Rather than make a broad resolution, such as to get better grades or eat healthier, try making specific goals that you can work on with new habits each day. For example, if your goal is to get better grades, start with a new habit such as completing assignments when they are assigned rather than putting them off until the last minute. In the long term, adding small manageable habits can add up to big changes. You will be less likely to give up and more likely to change your behavior overall making your new habits part of your everyday life.

Welcome to 2020!

Did you make a New Year’s Resolution this year? 2020 is not only a new year, but the start of a new decade. What a perfect time to commit to change and make it happen! Unfortunately the success rate for New Year’s resolutions is not so great. According to U.S. News and World Report, 80% of New Year’s resolutions fail by the second week of February. Resolutions can be frustrating, since they seem to be so vague and therefore easy to break. So rather than giving up on your resolutions why not turn your resolutions into habits?

Rather than make a broad resolution, such as to get better grades or eat healthier, try making specific goals that you can work on with new habits each day. For example, if your goal is to get better grades, start with a new habit such as completing assignments when they are assigned rather than putting them off until the last minute.

In the long term, adding small manageable habits can add up to big changes. You will be less likely to give up and more likely to change your behavior overall making your new habits part of your everyday life.

YOU ARE NOT ALONE

We all need support sometimes. If you are feeling sad and need someone to talk to, your school counselors are here. What if you’re not in school? If it’s after school, late at night, or during the weekend or a school break, and you need someone to talk to, you can call or text HELP to 888-222-2228.

The 2nd Floor Youth Hotline is a confidential and anonymous hotline to help you find solutions to the problems that you face at home, at school or on an everyday basis.

Their website also has helpful information on cyberbullying, dating abuse, mental health and other important issues.

Remember, YOU ARE NOT ALONE.
What’s Happening in Guidance!

Make sure to check the Guidance website for updates and announcements!

If you have a question for Guidance, contact the Guidance Corner through Google Classroom using the code “a8yc5h”

CURRENT FRESHMEN will change counselors next year. These counselors will remain with them until they graduate. They are also in the process of meeting with their new counselors to discuss their schedules for next year. The following breakdown will be used for the 2020-2021 rising sophomores:

2020-2021 Sophomores:

<table>
<thead>
<tr>
<th>2020-2021 Sophomores:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A to De</td>
</tr>
<tr>
<td>Df to I</td>
</tr>
<tr>
<td>J to Mi</td>
</tr>
<tr>
<td>Mj to R</td>
</tr>
<tr>
<td>S to Z</td>
</tr>
<tr>
<td>Prisco</td>
</tr>
<tr>
<td>Russo</td>
</tr>
<tr>
<td>Kellam</td>
</tr>
<tr>
<td>Delman</td>
</tr>
<tr>
<td>Kerrigan</td>
</tr>
</tbody>
</table>

STUDENTS!! NEED TO SCHEDULE AN APPOINTMENT WITH YOUR COUNSELOR?
1. Go to: motsd.org
2. Click on Mount Olive School District and select Mount Olive High School
3. Cursor over “Academics” and click on General Information under “Guidance”
4. Click the “Counselor Contact Information/Requesting an Appointment” link
5. Find your counselor and click the link for his/her name
6. Fill out the google form and submit. Your counselor will schedule a meeting!

We also have chromebooks available in guidance for your use.

Parents! You may also contact your student’s guidance counselor and request a meeting by using this google form.
Having Trouble? Get Help!!

The following resources are just some of the help available to MOHS students who are struggling with their grades. Always try to meet with your teacher first to ask for help; you can also meet with your Guidance Counselor to check on your grades and make a plan to help improve.

**Homework Club**

Peer tutors are available for help during Homework Club. Homework Club meets every Tuesday, Wednesday and Thursday from 2:20 to 3:45 in the MOHS Library. No sign up is needed; walk-ins are welcome. Just make sure to sign up for a late bus in the cafeteria at lunch (or with Mrs. Khan in Ms. Pasqualone’s office if it’s after lunch) if you plan to stay! You can also arrange to do retakes during Homework Club as well.

**Math Center**

Math help is available during every block of the day in the Math Center (located in the Library). Students can go to the Math Center during study hall or Achievement Lab. Students can also acquire extra help during lunch in Room D216 with Mrs. Huizenga or after school at Homework Club with Ms. Hibler.

**Science**

The Science National Honor Society provides free tutoring for all science classes (Physics, Chemistry, Biology, Environmental). If you need help with content, homework or lab reports, tutoring is available on Tuesdays and Thursdays during lunch in S-007. Make sure to get a pass in advance from a science teacher.

**Time Management Tips**

Stay organized! Make sure you keep track of homework, and check Google Classroom for additional help and explanation of assignments. Try using different folders for each class, rather than stuffing all of your papers into one folder.

Limit distractions. Are there too many things going on in the kitchen? If you are in your room, can you stay off of the phone? Find a quiet place in your house, or go to the library on weekends, if that’s what you need to stay focused.

Know your deadlines! Don’t wait until the last minute — give yourself some buffer time just in case something unexpected comes up; this way, your work will already be done and you can relax. It will also give you some extra time for checking your work and making sure the assignment is complete and ready to turn in. If you’re not sure about the due date, ask your teacher immediately. Don’t procrastinate!

Break large assignments into smaller pieces, so you don’t feel overwhelmed. Give yourself due dates for each piece so you stay on track.

The most important thing is for you to find the system that works best for you, and stick with it.
Morris County Retirees Education Association Scholarship

- Due March 31, 2020
- Education majors
- Website: https://www.morriscountyrea.org/mcrea-scholarships/

SGT Ryan E. Doltz Scholarship

- Due April 1, 2020
- Open to graduating seniors planning on attending 4 year school
- Must have 2.5 GPA
- Website: http://www.rememberingryan.org/

Rise Above Scholarship

- Due May 15, 2020
- Open to seniors that have been accepted to a 2 or 4 year school in NJ or PA
- Website: https://peterdavislaw.com/peter-n-davis-scholarship/

Youth Citizenship Award

- Due March 1, 2020
- Open to graduating seniors that demonstrate service, dependability, sincerity, integrity, and leadership.
- Website: https://www.wmchs.org/UserFiles/Servers/Server_65554/File/YOUTH%20CITIZENSHIP%20AWARD%202019.pdf

American Society of Civil Engineers Scholarships

- Due March 27, 2020
- Open to graduating seniors that plan on majoring in civil engineering
- Website: https://www.ascenjb.org/applications
Get Organized for College Scholarship Application Season

Preparing early and staying on top of the process are key when applying for college aid.

February 1 through the end of April is the busiest season for college scholarship applications. That means if you’re planning to head off to college next fall, you’d better get cracking. Follow these tips to stay organized and ahead of the game during scholarship application season.

Search for scholarships in a variety of places:

• Check the Guidance website frequently for scholarship information and updates!

• Consult with post-secondary institutions you are considering attending. The financial aid office might be able to suggest local and institutional scholarship sources.

• Last, but not least, you can do a scholarship search on the Internet. One word of caution: investigate the source, especially if it charges a fee for its scholarship search and referral services. Don’t apply for any that charge a fee or any form of payment. The point is for money to go to students, not the other way around! Watch out for scams and never give out your social security number or credit card information when applying.

Prepare early: Begin your scholarship research early, even as early as your sophomore or junior year of high school. But even if you’re already halfway through your senior year, you still have time!

• Make a list of all the scholarships for which you want to apply. It’s a great idea to use Google Spreadsheets so you can update deadlines, submission status and results, and share with your parents.

• Apply for as many scholarships as you are eligible for; several smaller ones can add up!

• Make special note of application deadlines.

• Get involved, and stay involved, in extracurricular activities. Sports, clubs, drama, band—they often count toward a student's overall scholarship application evaluation.

• Use social media to find up-to-the-minute information on scholarships. On Twitter, search regularly for tweets that contain the hashtags #scholarship and #scholarships.

Be thorough in your application process—and don’t rush! Rushing can lead to mistakes that will take you out of the running for the scholarship award. Write down everything you can think of for each question, and then set the application aside for a day before finishing. In addition:

• Read the supplemental materials with the scholarship application to better understand the program’s focus (community service, academics, subject interest).

• Answer questions as they are asked. Don’t go off topic.

• If there is a financial component to the application, make sure you get accurate and complete information from all appropriate sources to assure your eligibility.

• Don’t wait until the last minute to complete your application, especially if you are applying online.

• If you need a letter of recommendation, be sure to follow up early and as often as necessary to assure your recommender provides you with the necessary materials on time.

• Finally, review your application with your parents to make sure you haven’t left out something important.

Adapted from U.S. News & World Report,
CCM Instant Decision Day—March 12, 2020

What is Instant Decision Day?
Admissions representatives will be coming to MOHS to meet with students who have applied to County College of Morris. It will take place on March 12 from 9 a.m. to 2 p.m.

What occurs during the meeting?
- An interview will be conducted; students can set up academic advisor appointments
- Students will be able to ask questions about CCM’s different types of degrees, their various majors and course offerings
- Verbal evaluation of transcript
- Receive an admissions decision immediately!

For more information, contact your Guidance counselor

College Application Corner
Mid-Year Grades and Updates

Does your potential college require mid-year grades? Not all schools do. If yours is one, you will need to fill out a transcript release form specifically for mid-year grades, and we will send your mid-year grades after the end of the second semester (February). Some colleges may have different due dates for mid-year grades; for example, high schools in the South begin classes in August, so their mid-year grades are available earlier than ours. If that’s the case, let your admissions counselor know when they can expect to receive them. Don’t panic!

Decide which schools you have applied to are still in the running. There’s no need to send additional paperwork if you know that you’re no longer interested. For the ones that are still on your list, feel free to let the admissions department know of any recent accomplishments that were not included in the original application. It may make a difference in their admissions decision. If you were deferred or waitlisted, definitely let them know you are still interested!