

MOHS Guidance Newsletter

OCTOBER 2020



IN THIS ISSUE

What's Happening In Guidance.....2-3

Cool Out Corner.....4

Rethinking College? 6 Alternate Paths To Consider.....5-7

Why the "Why Us" Essay Is So Important..7

College Acceptance For Transfer Students May Rise Due to Coronavirus.....8-9

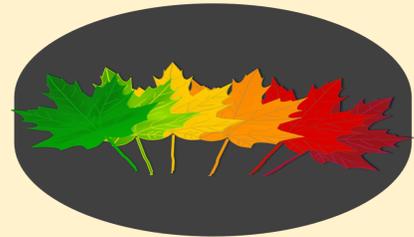
COVID Risk and Online Classes Spur Drop in College Enrollments.....9

Scholarships.....10

adaptability
 noun [U]
 US /əˌdæp.təˈbɪl.ə.t̬.ɪ/
an ability or willingness to change in order to suit different conditions

Adaptability seems to be the theme of the newsletter this month, if not for the year 2020. It is safe to say that this year certainly did not go as any of us had planned, and it continues to be very difficult to plan going forward. High school students - particularly juniors and seniors are typically facing uncertainties at this time in their lives. "What do I want to do when I graduate?" "Do I want to go to college?" "Where do I want to go to college?" "Can I get into my dream college/land my dream job?" These are just a few questions normally swirling around in a high school student's head. But this year brings even more confusion. "Will college be virtual next year?" "Will I be able to visit any colleges?" "Will my test scores count?" "How will I find a job/career?"

If this year has taught us nothing else, it has taught us that we must learn how to adapt. We've already adapted to quarantine, online learning and wearing masks. Now it's time to adapt how we look at the future. Right now may be a difficult time to make a long term plan. Maybe it's better to take a look at manageable steps forward - but with the idea that all of these ideas are subject to change - and that's okay. The articles in this newsletter will hopefully provide you with some new ideas to think about - and show you that there are always options to consider, even if they are not the options you planned. Maybe you will find that your plans change and evolve in a way that is better than you imagined.



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. If it's after school hours, 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!



SENIOR FINANCIAL AID NIGHT

Ed Zamora of Principia Prep will be presenting "Understanding the College (Financial) Aid Process."

Ed is a former Director of Financial Aid at Fairleigh Dickinson College, where he worked for 15 years. He has presented at a number of local high schools, including Mount Olive, and has a very thorough knowledge of the FAFSA program, Financial Aid in general, and other means of paying for college. He covers those topics and others in the [MOUNT OLIVE FINANCIAL AID](#) program which will be available on our MOHS Guidance website for the month of October.

REAL-TIME GRADEBOOK

Please visit the [Realtime Gradebook Slideshow](#) located on our MOHS Guidance website for an explanation of how to view your grades on the student and/or parent portal.

VIRTUAL MEET AND GREETES

Mount Olive High School will be hosting Virtual College Visits during the student's unit lunch block on the dates below thus far. We anticipate that more dates will be added in the future, so please be sure to check the high school website along with the Guidance Google Classroom for your particular grade level for more information in the future. Virtual College Visits are open to all grade levels. [Click here](#) for a full list of visits going on until December and please use the links below for the meetings:

Wednesdays

Dominican College - October 14th
George Mason University - October 21st
Sacred Heart University - October 28th
West Virginia University - November 4th
Penn State - November 11th
Saint Mary's College - November 18th
Kean University - November 25th
Montclair University - December 2nd
University of Maine - December 9th
Iona College - December 16th

Thursdays

Lynn University - October 15th
DeSales University - October 22nd
University of Connecticut - October 29th
Moravian College - November 5th
Flagler College - November 12th
Caldwell University - November 19th
Marywood University - December 3rd
Ramapo College - December 10th

<https://meet.google.com/ndp-joyj-crj>

<https://meet.google.com/rpv-cvjb-phz?authuser=0>

Additionally, the National Association of College Admissions Counseling (NACAC) is hosting several virtual college fairs as well. Please consider taking advantage of this wonderful opportunity by registering using the following link: <https://virtualcollegefairs.org/>

NCAA ELIGIBILITY INFORMATION

The Eligibility Center is hosting a webinar for college-bound student-athletes and their families on **Saturday, October 10 at 11 a.m. Eastern**. Use this [link](#) to attend this important event.

MOHS CARES

During the month of October, students, staff and administration in MOHS promote awareness for a variety of important topics ranging from: respect, resilience, anti bullying efforts, and drug/alcohol and school violence prevention.

To kick off our annual #MOHSCares activities the freshman class will have the opportunity to discuss the above topics with Ms. Wheaton and Ms. Cassidy during an open forum conversation in their Health 9 classes. The MOHS Guidance Team believes in the importance of communication. We want our students to know how to communicate their needs with the appropriate supports within our building, community and nation.



Click on the links below to see all of the 2020 Guidance Newsletters:

[January Newsletter](#)
[February Newsletter](#)
[March Newsletter](#)
[April Newsletter](#)

[May Newsletter](#)
[June Newsletter](#)
[September Newsletter](#)

Google Classroom Codes:
 Senior Class of 2021- brptpx2
 Junior Class of 2022- fpcs4m7
 Sophomore Class of 2023 - e23lmbi
 Freshman Class of 2024 - iwnlts6

Cool Out Corner

3 Good Things

Writing down 3 good things affirms what goes well in our lives. Have you ever noticed you tend to remember your mistakes and failures more often than you think about happy times? When we do 3 Good Things, we affirm what goes well in our lives. Recalling these events, and not taking them for granted, will grow our gratitude.

3 Good Things diverts our minds from the negative. When we reflect on the positive, it leads to noticing even more positive. We retrain our brain to remember the good things. We can choose to either count our blessings or total up our troubles.

Here's how it works:

Every night for two weeks, set aside three to five minutes right before you go to sleep. Grab some paper and jot down three things that went well that day, and note why they went well.

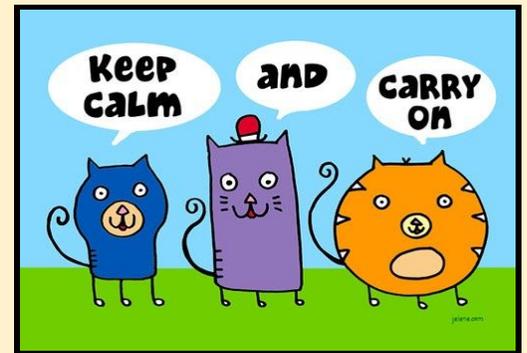
Some great tips:

- ❖ Write down 3 good things, or something positive noticed during a tough day, like beautiful weather
- ❖ It is more effective if you write by hand rather than using an electronic device
- ❖ The items you write can be short and specific. For example, a good thing could be a smile from a friend or an unexpected compliment at school
- ❖ It is best to start the exercise on a Monday
- ❖ Please stick with doing 3 Good Things for 14 days right before you go to sleep

Benefits:

- ❖ Becoming more aware of good events increases happiness and decreases depression.
- ❖ Improved sleep quality
- ❖ More positive relationships
- ❖ Reduced levels of burnout
- ❖ Increased focus on positive experiences

<https://www.bouncebackproject.org/3-good-things/>



Pandemic Got You Rethinking College? 6 Alternative Paths to Consider

The Pandemic Has Many People Rethinking the Four-Year Degree. Here Are Six Hot Alternative Paths to Consider.

Money and safety issues have many families asking themselves, Is traditional college worth it? For some people, the answer is no, says personal finance expert Eric Tyson.

Here, he lists a few attractive, lower-cost, and faster alternatives to at least consider.

COVID-19 has many people rethinking college. For starters, there's money. The traditional four-year path is expensive, and for families feeling the economic pinch of the pandemic, it's hard to justify the price tag. Add in the modified "college experience" students are having—virtual classes, masks, and social distancing—and what was already feeling like a questionable investment gets even less attractive. Last but not least is safety: virus hot spots are popping up in university towns across the country.

Personal finance counselor and best-selling author Eric Tyson says for all of these reasons, more and more students and their families find themselves open to exploring options they previously may not have considered.

"For a while now, people have been realizing that college simply isn't the only way to prepare for a rewarding career," says Tyson, author of *Paying For College For Dummies*®. "As costs have continued to rise, many had already been questioning the return on investment, and alternatives to the four-year degree have grown quickly over the past few years."

"It's just that now the pandemic has brought us to something of a tipping point," he adds. "Suddenly, more and more families are realizing that these alternatives might be a smart choice for their student. There's been a discernible mindset shift."

Tyson has long recommended that families investigate alternatives and consider all their child's options before making an informed choice. Some of the programs available today have been around for generations while others are new and emerging. For example:

Last-mile programs, including "boot camps." The most popular last-mile programs are "boot camps" that focus mostly on coding—a skill in demand like never before. Coding boot camps are full-time endeavors. Classes are small, and most of the time spent is actually working in teams on projects. In a survey done by job search engine website Indeed, 80 percent of technology hiring managers reported hiring coding boot camp graduates, and an astounding 99.8 percent of those said they'd hire more. While boot camps/last-mile programs cost an average of around \$12,000, it's still a bargain compared with the cost of traditional colleges. Here are some popular boot camps and an overview of what they offer:

- **Galvanize:** Galvanize is a popular coding program that cites an 84-percent placement rate within the first six months following their program's completion at an average starting salary of \$70,000. Galvanize takes only about 20 percent of applicants.
- **PrepMD:** With a tuition of \$30,000, PrepMD provides last-mile training that leads to careers in the medical device industry. PrepMD boasts a 94-percent placement rate within three months of graduation and an average starting salary around \$90,000.



- **Always Hired:** Always Hired, a boot camp that trains people for technology sales, has a 90-percent placement rate along with an interesting financial arrangement: Students are on the hook for only a \$200 deposit. Always Hired gets paid only if and when their students get hired—either by receiving 6 percent of the student’s first-year salary or perhaps less if the company doing the hiring is in the Always Hired network.

College minimum viable products (MVPs). College minimum viable product (MVP) programs combine the technical skill training and placement of traditional last-mile programs with sufficient cognitive and non-cognitive skill development that students get from a good college. Graduates of these programs pay through income-share arrangements (ISAs) in which they repay money owed to the program through paying a small portion of their employment income for a short period of time. An example is San Francisco’s Holberton School, a coding MVP program that typically takes two years to complete. Holberton’s ISA is 17 percent for the first three years of employment after leaving the program and while earning at least \$40,000 per year.

Apprenticeships. Once relegated to industrial trades such as electricians, plumbers, carpenters, and iron and steel workers, apprenticeships are now gaining momentum in industries like advanced manufacturing, healthcare, pharmacy, and IT.

“In the financial services industry, Wells Fargo has an apprenticeship program for numerous positions, as does JPMorgan,” says Tyson. “There are also pharmacy technician apprenticeships at places like CVS Health in partnership with local community colleges. Accenture and Amazon are also offering some apprenticeships for technology jobs such as cloud support associates and data center technicians. Techtonic, based in Boulder, Colorado, is a software development company that also does a registered apprenticeship program. By week six of their apprenticeship, aspiring software developers shadow experienced software developers.”

Staffing firms. Staffing firms like Manpower, Allegis, Adecco, Randstad, and Kelly Services offer last-mile training to workers and staff them out to clients. Revature, an IT staffing company, hires experienced software developers. The founder of Revature noticed around 2011 that his client companies also had an appetite for entry-level software developers. Today, the company has partnerships with numerous colleges, such as Arizona State, UNC-Charlotte, UVA, Davidson, and more, and offers a free 10- to 12-week advanced training program on campus. Meanwhile, Avenica places students from many colleges and offers last-mile training across many industries.

Vocational and trade schools. Also known as career and technical education (CTE), vocational and trade schools provide gateways to a wide range of jobs. They typically exist in several different entities, including community colleges, high schools, and other area CTE centers, and are constantly evolving to meet the changing economic environment and jobs that exist today.

Here is just a sampling of industries vocational and trade schools provide training for:

Automotive Industry: Repair technician, body and paint technician, collision repair and refinishing, diesel mechanic

Culinary Arts: Prep cook, sous chef, pastry chef, line cook

Emergency Services: Firefighters, paramedics, police officers, CPR and first-aid instructors

Healthcare: Nursing aides, certified nursing assistants, licensed practical nurses, vocational nurses, registered nurses, medical technicians, surgical prep technicians, dental hygienists, dental assistants, phlebotomy, sonography, radiology, pharmacy technician, mammography, laboratory technician, veterinary assisting, veterinary technician

Other skilled vocational jobs: Welding, electrician, plumbing, web designer, carpentry, construction management, pipe-fitting, machining, computer-aided drafting, network administration, civil engineering technician, paralegal, court reporter

College Cooperative Educational experiences. A number of four-year colleges offer so-called cooperative programs. The idea behind these is that during a portion of the student’s college experience, the student works part-time or full-time at an employer. This work is done during what would normally be the academic part of the year, counts toward school credits, and is paid.

These programs vary greatly from school to school, so you really need to do your institution-specific research to find something that is a good fit. Also be aware that at some schools, it may take five years rather than four to complete all the graduation requirements. Some colleges that offer co-op programs include:

Cornell University (Ithaca, New York); Drexel University (Philadelphia, Pennsylvania); Georgia Institute of Technology (Atlanta, Georgia); Northeastern University (Boston, Massachusetts); Purdue University (West Lafayette, Indiana); Rensselaer Polytechnic Institute (Troy, New York); Rochester Institute of Technology (Rochester, New York); Stevens Institute of Technology (Hoboken, New Jersey); University of Cincinnati (Cincinnati, Ohio); University of Florida (Gainesville, Florida)

Finally, the growing “alternatives” trend is good for you, the consumer. Competition for your time and dollars is slowly spurring some positive changes at colleges and universities, as it should. Colleges should earn your business and not get it by default, says Tyson.

“Traditional colleges and universities are not the only pathways to success,” concludes Tyson. “Keep an open mind about the alternatives available to your child, because they too can lead to career satisfaction. Pandemic or no pandemic, that has always been true. And it will continue to be true in the future.”

<https://communityjournal.net/pandemic-got-you-rethinking-college-6-alternative-paths-to-consider/>

Why is the “Why Us?” Such an Important Essay?

By Lee Shulman Bierer

Why Us????

Why is the “Why this college?” so important? Colleges care why students put their college on their list and many colleges incorporate the “why?” question into their applications.

While most students find themselves having to write a variety of essays for different colleges, the typical student will focus almost exclusively on the Common Application essay or a college’s Personal Statement. Frequently they think they’re done with their application and then they go to hit “submit” and find out that the college wants them to write another essay telling them why they want to attend.

These are usually the worst essays imaginable. Students don’t know how to distinguish themselves and consequently end up writing about football, greek life and the weather. The University of North Carolina at Wilmington got so tired of students saying they wanted to come to Wilmington for the sunny climate that a few years ago their prompt was “Tell us why you want to come to UNC Wilmington, besides the beach!”

I suggest that students imagine themselves on the other side of the admissions desk. If you were a Director of Admissions at a college and were choosing who to accept and who to deny, what would you want to read about in a “why this college?” essay? Once you are looking at the prompt from their perspective, it’s easy to see why droning on and on about the sense of spirit in the stadium won’t set you apart. Colleges want students who want to be there for the academics. Students need to demonstrate that they’ve done their homework on the college website. How does this specific college differ from others on your list? Are their multi-disciplinary majors appealing? Are there study abroad opportunities that you can’t resist? Is their commitment to an Honor Code something that speaks to you? Has one of their professors just written a fascinating book and you can’t wait to take their class?

What are some things that colleges don’t want to read about?

Students often fall prey to regurgitating college facts and trivia that they read in guidebooks or heard on their campus tour. Don’t tell colleges what they already know about themselves such as the number of books in their library or the fact that they have dining halls that are open 24 hours a day. Colleges really don’t like it when students suggest that they can make a lot of money after they graduate because their school did well on some college ranking or that with an undergraduate degree from their school they’ll be able to get into a top-notch graduate school.

Make sure your final “why this college?” essay is not an essay that you can multi-purpose and use for other colleges. Personalize it and be specific about identifying why each college is a good fit for you. It’s very easy for a college to determine which students have put in the effort on this essay.

<https://colletheadmissionsstrategies.com/why-is-the-why-us-such-an-important-essay/>





College Acceptance Rates for Transfer Students May Rise Due to Coronavirus

By: Jessica Dickler

If you are thinking of switching colleges, the coronavirus crisis could give you a leg up.

With a number of undergraduates sitting this semester out, and many international students unable to enter the U.S., some colleges and universities are well below their enrollment numbers for the 2020-2021 academic year.

"This has proven to be a boon for students wanting to change schools," said Christopher Rim, founder and CEO of Command Education.

"Many are taking advantage of the lack of competition, knowing that schools have too many openings and not enough enrolled."

Six in 10 admissions officials said they were "very concerned" about meeting their institution's enrollment goals for this fall, while another 30% said they were "concerned," according to a recent survey of college and university admissions officers by Inside Higher Ed.

More than three-quarters, or 78%, of colleges said they would increase recruitment of transfer students, the report found.

"These schools are also desperate for tuition dollars," Rim added. "If they can recoup half the year, they are going to do that."

Rim said his office has been inundated with calls from eager applicants.

"We're seeing a record-breaking number of students applying as transfer students to their dream schools," he said.

"We have twins who are currently at Northeastern who are interested in transferring to Stanford and students from Lehigh who are aiming to get into their dream school, University of Pennsylvania."

For the first time, even students in their junior year are considering a switch, Rim said. "I have never seen this."

In order to apply as a transfer student, deadlines are typically Oct. 1 or Nov. 1 for the winter semester and March 15 for the fall of 2021. Applicants will likely need to supply their college transcript and letters of recommendation, among other requirements.

While transfer admission rates vary greatly, the nation's most selective colleges and Ivy League schools admit few, if any, transfer students in a typical year.

Last year, the transfer acceptance rate at Stanford University, for example, was 0%, according to the College Board.

This year, "the attrition rate will be higher than expected, it could have an impact on the acceptance rate for transfers," according to Eric Greenberg, president of Greenberg Educational Group, a New York-based consulting firm.

While there will likely be more opportunities for transferring, there are considerations as well, Greenberg added.

The grass is not always greener

Finding the right college or university can be a very personal decision, which is made harder if you can't visit the campus or experience what the institution is like on a normal day.

Greenberg advises applicants to talk to upperclassmen to get their impressions of the school before the pandemic hit.

Further, if you are looking for a school that is in-person or hybrid because you don't like distance learning, it is important to remember that those conditions are not set in stone and may change throughout the remainder of the year.

In fact, many colleges and universities that started in-person are now reverting to remote as campuses become the latest hotspots for Covid-19. In other words, you could end up online at your next school, too.

Your coursework might not count

Find out from any school you might transfer to not just how many credits it will accept, but how many of those courses will be applied toward your degree.

Don't automatically assume your credits will transfer, Greenberg cautioned.

Because transfer students often lose credit for some coursework, it takes about three extra months to graduate, on average, than their nontransfer counterparts.

Transferring could cost more

If it takes longer to graduate as a transfer student, there will also be more tuition costs and student loans to consider.

As a general rule, financial aid is awarded on a first-come, first-served basis, so the students that have already matriculated tend to have "first dibs" on aid dollars, making it harder for transfer students to get the assistance they need, Greenberg said.

With many families under financial strain due to Covid-19, that can, and should, play a role in decision-making.

https://www.cnn.com/2020/09/28/college-acceptance-rates-rise-for-transfer-students-due-to-coronavirus.html?MessageRunDetailID=3414489700&PostID=20076791&utm_medium=email&utm_source=rasa_io

Covid Risk, Online Classes Spur Drop in U.S. College Enrollments

By: Janet Lorin

Undergraduate enrollment down 2.5% for current academic year Community colleges see biggest drop with a decline of 8%

Fewer students are opting to attend college in the U.S., deterred by Covid-19 risk and the prospect of taking classes online.

Undergraduate enrollments dropped 2.5% for the current academic year, according to data released by the National Student Clearinghouse Research Center. The steepest decline was among international students, with non-resident alien undergrads down 11.2%.

Higher education in the U.S. has been hard hit by the economic fallout from the pandemic. Schools were forced to close and they have struggled to reopen, with many scrapping full on-campus learning, especially after outbreaks. Students and families are very concerned about the quality of education that is delivered entirely online, said Mikyung Ryu, Director of Research Publications.

"That is the number one major difference that may distinguish from where we are today from all other previous economic recessions," Ryu said in an interview.

Even the most sought-after colleges are feeling the impact. Harvard University's undergraduate enrollment fell almost 20% from last year. The freshman class is about 14% smaller, as more than 200 accepted students notified Harvard that they intend to postpone their attendance to the next academic year.

Princeton, too, has fewer students this fall, driven by those seeking deferrals and leaves. The Ivy League school in New Jersey had 4,703 undergraduates enrolled for fall 2020, compared to 5,328 students for fall 2019, or a 12% decline from Oct. 15 of last year.

In terms of overall U.S. enrollments, community colleges were the hardest hit, with a decline of 8%, the Clearinghouse reported. Public four-year universities are suffering far less with enrollments declining 0.4%. Private non-profit four-year institutions saw a drop of 3.8%.

The only gain was seen at graduate schools, with enrollments increasing 3.9% from the previous September.

The National Student Clearinghouse's report is based on data from 629 colleges with 3.6 million students. It doesn't reflect students taking a gap year or deferring attendance this year.

The organization will get data later in the year from more schools, and if the 2.5% holds up, that would translate into about 400,000 fewer students out of 15 or 16 million, Ryu said.

"That may be equal to wiping out two years of new enrollment," Ryu said.

<https://www.bloomberg.com/news/articles/2020-09-24/covid-risk-online-classes-spur-drop-in-u-s-college-enrollments>



SCHOLARSHIPS

Horatio Alger State Scholarship

- Must demonstrate financial need
- 2.0 GPA
- Plan on attending college
- Due 10/25
- [Link](#)

Voice Of Democracy Scholarship Program

- Open to all high school students
- Audio essay on opinions about personal obligations as Americans, and address responsibilities to our country
- Due 10/31
- [Link](#)

Young Christian Leaders Scholarship

- Must have 3.0 GPA
- Rolling application deadlines
- Must be active member of church
- [Link](#)

NJCPA Scholarship

- Seniors interested in accounting
- Must write essay on interest in Accounting
- 3.5 GPA and at least 1260 SAT or 26 ACT
- [Link](#)