

PRINCETON PUBLIC SCHOOLS GUIDANCE NEWSLETTER

A New Year

A new year brings with it so many opportunities! Opportunities to try things you have never tried before, such as that club that you have always wanted to check out. Or an opportunity to stretch and take a challenging course in a subject you have always wanted to study. It is the opportunity to grow, to learn, to change, and above all to be true to who you are now, and who you want to become.

As you pack up your book bag, anxiously review your schedule, and start to get back in to the swing of school... don't forget to take a moment to spend some time with friends and find out what amazing and inspirational things they did this summer. Your teachers too! Some were taking classes, teaching classes, going on incredible trips, conducting research – you name it.

The theme of this quarter's newsletter is growth. I challenge each of you to take some time for reflection and congratulate yourself for things you did well last year, and identity areas of growth. Use this new school year as the vehicle to being the best that you can be.

And remember, the counseling department is here to help you as you embark on this journey...

- Mrs Donovan, PHS Counselor



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**LIVE TO LEARN...
LEARN TO LIVE**

Important Dates

September 17th – Senior CAN night
September 19th - Pep Rally
October 1st – Back to School Night
October 11th – SAT
October 25th - ACT
November 8th - SAT

Course Selections

The course request deadline for changing classes was April 11th. We understand that things change, however, course selections are how the schedule is built, so when course selections change, it may cause certain classes to quickly become full. If you have changed your schedule, take a few minutes to check your classes and ensure you are meeting all of your graduation requirements!

Deadlines for adding and dropping classes are below, and can also be viewed in the program of studies:

Last day to add a first semester class: September 26th
 Last day to add a full year class: September 26th
 Last day to drop a first semester class: September 19th
 Last day to drop a full year class: October 31st

Please remember all students must carry a minimum of 30 credits to be considered full time. Seniors who wish to change courses must notify all colleges they have applied to.

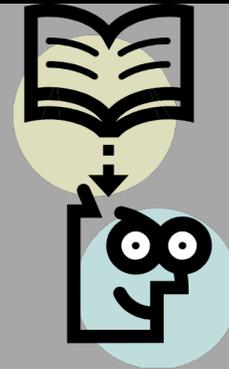
Starting High School*

Starting High School may seem overwhelming at first. Freshman orientation, and the seminar series were designed to help with this transition. Below are some tips to help you have a successful school year:

- 1) **Ask for help.** The workload may have increased from middle school, or from your previous school. Further, courses as you progress through high school expect a higher level of thinking and work. Tests may be harder, projects larger, and overall concepts may take you longer to fully grasp and apply. Talk to your teacher and find out if they offer extra help. Sign up for a tutor in the Ideas Center. The students who identify that they need, and then ask for help stand the best chance to do well in their courses.
- 2) **Extracurricular activities.** High School affords students the opportunity to try out new things that may interest them. School doesn't have to be all work! Join a team, start a club, be a part of the play, this is your time to try out new things.
- 3) **Independence.** With your new independence as a high school student, comes some responsibility. You will be held accountable for your homework, grades, and testing. You will also be held accountable for your actions. Be a good friend, listen to those that are offering good advice, keep talking with your parents, make friends with your teachers. The more you build your support system, the easier it will be to overcome obstacles that come your way.
- 4) **Lastly, visit your high school counselor.** We are here for you. Whether you have a question about a class, had a fight with your best friend, or just need to talk.

*Adapted from Kidshealth

Reach out to your school counselor for more information about upcoming events!



Suggestions?

Want to see something in an upcoming edition? We welcome your feedback! Please email Kristina_donovan@princetonk12.org with your ideas.

www.princetonk12.org

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Have a great school
year!

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