

PRINCETON PUBLIC SCHOOLS GUIDANCE NEWSLETTER

The Importance of Me

Often the holiday season is filled with giving. Giving time, love, and for some the most important: presents! In the midst of all of this chaos, closing out your classes for this calendar year, getting those papers in, planning for college admissions, studying for your SAT or ACT, or perhaps just getting used to attending high school, I challenge you to remember the importance of taking time for yourself.

In order to give, one must take the time necessary to make sure he or she is eating right, getting enough sleep, exercising, balancing school and life, hanging out with friends, and spending time with family. It is all too easy to skip these things and focus on all work all the time.

Princeton Public Schools have recognized the importance of these things and as you may have heard, have spent the fall conducting Wellness Workshops where students and parents have expressed their opinions on a variety of topics.

This is an important, meaningful, and necessary conversation. So going in to the holiday season, I hope you will remember how important YOU are.

Go ahead, take that second slice of pie.

- Mrs Donovan, PHS Counselor



Princeton High School Counselors

Kyle Campisi

Kyle_Campisi@princetonk12.org

Tom Filippone

Tom_filippone@princetonk12.org

Kristina Donovan

Kristina_donovan@princetonk12.org

Sonia Moticha

Sonia_moticha@princetonk12.org

Nipurna Shah

Nipurna_shah@princetonk12.org

Paulo Velasco

Paulo_velaso@princetonk12.org

Supervisor of Guidance: Angela Siso

Dean of Students: Diana Lygas

College Counselor: Patti Lieberman

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

Important Dates

November 27 & 28 – Thanksgiving break

December 3rd – Wellness Evening at JWMS, 7pm

December 3rd – FAFSA Evening, PHS Cafeteria, 7pm

December 6th – SAT

December 13th – ACT

Wellness

You have probably been hearing a lot about Wellness. What does wellness mean to you? In a school environment, stress may be the number one damage to your overall wellness. There are some ways to help alleviate stress that you can start today!

- Journal - write down what is stressing you out, and how that is making you feel
- Let your feelings out – laugh, cry, talk to your counselor
- Do something you love – paint, ride horses, listen to music
- Meditate – keep your focus on the present
- Exercise – take some time to add exercise in to your life. Just 30 minutes a day can make a huge difference
- Take a breath – deep breathing can help to relax you when you need a moment during your day
- Keep perspective – stress is unpleasant but it too shall pass

High School Internship Opportunities

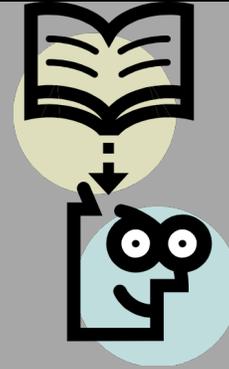
A recent article in the Huffington Post (2014)* revealed some amazing high school internship opportunities at some large and recognizable companies and organizations. Internships offer students the ability to “try out” a career before applying to college or declaring a major. For those students that know exactly what they want to do, or the subject they are interested in, it allows them to learn more about the field, what the opportunities are, and the various ways they can apply their skills and knowledge.

Below are a few companies that offer high school internships:

- 1) **The New York Historical Society has an internship program for 10th, 11th, and 12th graders which provides students the opportunity to see the various things that can be done with a History college major**
- 2) **Google’s Computer Science Summer Institute provides Senior students the opportunity to learn more about computer science and support them and their interest in computer networking**
- 3) **NASA offers a STEM internship program, primarily suited for students with an interest in Earth / Space Science and Computer Science**
- 4) **Smithsonian has a large and varied amount of internship opportunities for high school students.**

*Based on <http://www.hercampus.com/high-school/7-great-companies-high-school-internships>

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.

**“LIVE TO LEARN
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www.princetonk12.org

Stay Healthy, Happy &
Wise

Princeton High School
Guidance Department
151 Moore Street
Princeton, NJ 08540
608-806-4282