

GUIDELINES

November 2023

Mental Health: Get Ahead of the Holidays

As the holiday season approaches, it is common for individuals of all ages to experience mixed emotions. To support your mental health during this time, consider these strategies:

1) Journaling

Write down your thoughts, feelings, observations, and/or goals. Journaling is an easy and effective opportunity to practice thoughtful self-reflection.

2) Mindfulness

A consistent breathing or meditation routine is a great way to regulate your emotions and hit the reset button. Many great guided options are available online!

3) Get Organized

Getting organized can reduce stress and anxiety by providing a sense of control and clarity in one's daily life.

4) Do More Of What You Love

Whether spending time with loved ones or starting a hobby - Make time to do more of the (healthy) things that bring you joy!

5) Stay Active

Even a quick 10-minute walk can get your heart rate up and release mood-boosting endorphins!

6) Make A Gratitude List

Studies show that acknowledging what you are thankful for has a positive impact on mental health.

7) Reach Out For Support

School counselors are always here to help. You can also [visit our website](#) for additional resources.

EVENTS IN THE COMMUNITY

**Empowering Mindfulness:
Nurturing Neurodiversity in Parenting**
Wednesday, November 15, 2023
7:00 – 8:30 PM

Talk Saves Lives
Wednesday, November 29, 2023
7:00 – 8:30 PM

Empowering Mindfulness

Location: 0-108 29th Street, Fair Lawn, NJ

Details: Mindfulness can be incredibly beneficial for parents of neurodivergent kids. This workshop will review practical tools including breathing exercises, grounding techniques, body scan, movement, and much more. Mindfulness tools can foster a sense of calm, emotional regulation, and improved communication between you and your neurodivergent child.

Registration: Please use the [following link](#)

Talk Saves Lives

Location: 0-108 29th Street, Fair Lawn, NJ

Details: Talk Saves lives provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what everyone can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

Registration: Please use the [following link](#)



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College Deadlines: What's What?

November is a big month in college admissions, with many early admissions deadlines falling on November 1st or November 15th. It is critical to know the difference between these deadlines, and all college deadlines, and work together as a family and with your counselor to determine which is best for you! Admissions options and deadlines vary from college to college, but below is an overview of the most common ones:

Early Action: Early Action (EA) plans are non-binding. This application deadline, usually November 1st or 15th provides students with an earlier notification of admission. Students may apply to as many other colleges/universities under their early action and/or regular admission deadlines as they would like.

Early Decision: Early Decision (ED) agreements are binding and include a signed agreement to attend the college/university if accepted. When deciding whether to apply ED, consider whether or not it is a financially feasible option. Students may only apply to one college/university ED, but may apply to others through other admission processes (EA, RD, Priority, Rolling). If accepted through ED, students must withdraw all other admission applications.

Priority Deadline: Directly refers to the date in which a student needs to submit their application in order to receive full consideration for scholarships and/or priority consideration for financial aid. Many state and/or public universities utilize a priority deadline and these deadlines typically fall in November and December.

Regular Admission/Regular Decision: The typical process by which students apply by published deadlines (usually in the winter of senior year), with the promise of receiving an admissions decision no later than April 1 of their senior year. A student may apply to as many schools via regular admission/regular decision as they would like.

Restrictive Early Action/Single Choice Early Action: Restrictive Early Action/Single Choice Early Action is non-binding, but students typically cannot apply to any other college/university under their Early Action, Restrictive Early Action, Early Decision or Early Notification program.

Rolling Admission: Colleges/universities that offer rolling admissions will evaluate a student's application once all of the required materials are received and the application file is complete. Depending on when a student applies, they will be notified of their admissions decision within anywhere from two weeks (ex: application is submitted at the beginning of the senior year) up to eight weeks (ex: application is submitted in the winter of senior year).

You Applied to College... Now What?

- Check your email.
 - This is how colleges will notify you of missing materials and/or admission decision updates.
- Focus on financial aid.
 - Complete the FAFSA, CSS Profile (if needed), and begin researching scholarships!
- Continue to work hard!
 - Many colleges will request first marking period grades and all will receive your mid-year report. Keep those grades up!
- Thank your recommenders.
- Celebrate your achievements.
 - This process is stressful. Be sure to give yourself credit and celebrate!



Our counseling department is thankful to be part of such a positive and supportive community here at River Dell. Thank you for being a part of that experience!