



# RIVER DELL

REGIONAL SCHOOL DISTRICT

## GUIDE LINES

RDHS Counseling Dept. Newsletter

SEPTEMBER 2022



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### **\*\*Attn. Juniors & Seniors\*\***

Each year representatives from colleges and universities visit our school to meet with juniors, seniors and counselors. These visits are a wonderful opportunity to learn about specific programs of study, admissions procedures, social life, financial aid, etc. These representatives visit us daily. Please check the Guidance Department website or Naviance for the most current schedule of college visits. Please note that it is often the admissions counselors that visit our school who are part of the decision making process.

### Welcome Class of 2026!

The Counseling Department would like to welcome the newest members to our River Dell Community. We look forward to the months ahead and anticipate many opportunities to meet with you to discuss and support your academic, social and extracurricular life here at RDHS. Looking ahead, keep in mind that meeting challenges head on, asking for help and stepping outside your comfort zone, are ways to ensure happiness and success as a student. Best of luck.

### Financial Aid Night

The NJ Higher Education Student Assistance Authority will be hosting a virtual Financial Aid Night on **Thursday, September 29th at 7:00 pm.** More information to follow.

### Genesis Parent Portal

Parents will have continuous access to their children's academic performance, attendance and attendance letters. You can also report your child's absence in the parent portal. To access the portal go to the "Quick Links" section on the River Dell District homepage and click **Genesis Parent Portal.**

### Our Counseling Department Website

Our website will provide you with the most current information needed to stay informed of our work with students. Information pertaining to the college process, upcoming events, scheduling, our contact information and our Guide Lines Newsletter may be found on this site. You can access our site from the main River Dell website ([www.riverdell.org](http://www.riverdell.org)) by selecting River Dell High School and then the Guidance tab. Please take advantage of our website.

### School Counselors: Our Role at RDHS

Although school counselors (also known as guidance counselors) may appear to fill many different roles, the counselors at RDHS have defined positions that can be divided into three areas: academic concerns, post-secondary options such as college and career selection and personal or social issues.

Here at RDHS, students have the same school counselor for all four years whom they will meet many times. For this reason, it is very important to get to know your counselor. If you are curious about college or the work world, need assistance with choosing courses, feeling disorganized or feeling stressed and need someone to talk to, please see your counselor immediately. Their doors are always open and they are there to help you. Parents, feel free to contact your child's counselor anytime if you have any questions or concerns.

### DATES TO REMEMBER

Sept. 5th, Labor Day  
No School

Tues., Sept. 6th  
1st Day for Students

Tues., Sept. 6th  
Freshmen Orientation  
(more information to follow)

Sat., Sept. 10th  
ACT Test  
(offered at RDHS)

Sept. 12th & 13th  
Underclassmen Pictures Taken

Thurs., Sept. 22nd  
H.S. Back-to-School Night

Sept. 26th & 27th  
Rosh Hashanah  
No School

Thurs., Sept. 29th, 7:00 PM  
Financial Aid Night

### Reminder to Seniors

IMPORTANT! If you are applying to a four-year college and haven't already done so, it is essential that you speak with your teachers about writing letters of recommendation. Remember, teachers are asked to write many recommendations and the process takes some time. As a courtesy, please ask them as soon as possible to give them time to write the best possible recommendation for you. If you have any questions or concerns speak with your counselor.



**"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice."**  
— Brian Herbert

***“I wish someone had told me.....my first day at RDHS”***

**Food For Thought.....**

- ◆ Freshman year grades count and will determine most of the classes you will be taking the rest of your high school career. So get off to a good start!
- ◆ Get involved in things that you are really passionate about and make the most of your time here.
- ◆ Take some educational risks and don't be afraid to ask for help. People here will help you.
- ◆ Treat everyone with respect. The people you might not like freshman year might end up as your best friend by the time you make it to senior year.
- ◆ Take advantage of everything that RDHS has to offer academically, as well as clubs and activities.
- ◆ High school is about making mistakes and learning from them, but most importantly, it's about having fun. Don't take yourself too seriously.
- ◆ The things you worry about and stress over aren't as important as you make them seem. Everything works out so keep things in perspective. That is the best way to be happy, healthy and successful.
- ◆ In the end, everything with college works out, so don't worry about it until you need to.
- ◆ It is important to form relationships with your teachers. Remember, you will need someone to write you a letter of recommendation for college one day.
- ◆ Work hard, have no regrets and enjoy the ride.

***Seniors.....***

The college application process is underway. Make sure to see your counselor to review your transcript and return the completed Senior Questionnaire, Parent Brag Sheet and the Transcript Release form. These all can be found in the Guidance Section of the school website, as well as the Guidance Office.

***Juniors.....***

If you are interested in attending a four-year college or university, you should begin preparations for taking the SAT and/or the ACT. Test dates can be found on [www.collegeboard.com](http://www.collegeboard.com) for the SAT and [www.act.org](http://www.act.org) for the ACT, as well as the Guidance section of the school website or Guidance Office. Be sure to register by the deadline to avoid a late fee!

Remember, this year is an important year regarding your grades. It is the last full year of grades that colleges will see on your transcript before you graduate. If you had solid grades your freshman and sophomore years, it is essential to keep those grades up during your junior year. If you had a rough start to your high school career, a strong junior year is a great way to show improvement and maturity.

***Sophomores.....***

Now that you have embarked on the second year of high school, it is important to speak with your counselor about your plans for the present and future, including academic and personal interests, whether you are considering college or working right out of high school.

***Freshman.....***

It is important to remember that if you need additional help in class to contact your teacher immediately. Teachers are available for after school help, just ask. Communicating with your teachers is vital to your success here at RDHS. Now that you are in high school, you must start taking responsibility for yourself. Also, remember, your counselors are always available if you need assistance.

During the year, you will have an opportunity to get hands-on experience with Naviance, our premiere college and career software. Your counselors look forward to showing you what Naviance can do for you.

Good Luck and remember, we are here to help!!!