

Fall 2016

To All My Tenth Graders,

Welcome! I'm Mrs. Acosta and I will be your counselor throughout the rest of your time at Fort Lee High School. I would like to be the first to wish you a Happy New Year! A Happy New School Year that is! I have always loved the beginning of the school year. There is something about walking into a sparkling clean building that is thrilling and exciting. The smell of freshly sharpened pencils and crisp new notebooks can really get you during those first few days. The anticipation and excitement everyone has of doing well during this time is at an all time high. As you make your *new school year resolutions* I suggest you try to stick with them from September to June. I would urge you to keep that excitement and anticipation and hold on to them, even if things get tough along the way. Together, we can work to find solutions to your challenges!

Tenth grade is an important year. If you did well in ninth grade, keep up the good work. If you did not reach your expectations last year, you have the next three years to improve. College admissions representatives like to see that you improved each year that followed. They call it "Growth". They love to see how you grew throughout your four years in high school. Now is the perfect time to work on bringing up your GPA. If you wait until senior year it will be too late.

We have many exciting things to look forward to this year. I will be meeting with all of you beginning in September. I look forward to putting a face to each of your names. On the *evening of September the 28th*, we will have our **Annual College Fair** at 6:00 PM. I urge all of you to attend with your parents. Speak with the college representatives who will be present. Explore your options. It is not too early to begin scheduling college visits.

On *October the 20th at 10:00 AM* we have our *10th Grade Parent/Counselor Meet and Greet Breakfast*. At that time, we will discuss all extracurricular activities that are available to you, and discuss why it is so important that you become involved. This will give your parents a chance to meet me and ask any questions they may have. Join something - a club, a team, or an extracurricular activity of interest to you. Become involved! As your GPA and standardized test scores are important in the college application process, so is what you did in terms of extracurricular activities, quality, being more important than quantity. You do not have to join many activities. However, stick to what you do join for a number of years. If you are able, try to reach positions of leadership within your activity.

On *April the 20th*, we will be hosting our annual *College Planning Night*. A number of colleges will participate in a panel discussion to answer questions posed by the Guidance Department and the audience. If you come every year you will hear from 6 or 7 different colleges totaling 20 over three years!

Later this year I will be meeting with you to explore career opportunities. We will use Naviance, our electronic college and career planning tool.

I wish you all a wonderful school year. I can be reached at dacosta@flboe.com or (201) 585 – 4675 Ext. 6516.

Sincerely,

Mrs. Acosta

School Counselor