

Patchogue-Medford Guidance Newsletter

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 181 Buffalo Avenue
 Medford, NY 11763
 (631)-687-6530

Patchogue-Medford High School Guidance Department

For assistance, please call your individual buildings main line to be connected with the counseling office or use the links below.

Counselor	Grade 9	Grade 10-12	ENL	Contact Information
Ms. Lieberman Substitute: Ms. Goldfader	A-COL	A-CAP		631-687-6546 slieberman@pmschools.org ngoldfader@pmschools.org
Mr. Matamoros	A-G		GR. 9-12	631-687-6539 ematamoros@pmschools.org
Ms. Silsbe	CON-FERR	CAR-FORD		631-687-6545 ksilsbe@pmschools.org
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Ms. Nieto	JUN-MIR	JUN-MIR		631-687-6537 anieto@pmschools.org
Ms. Ceballos	H-O		GR. 9-12	631-687-6634 cceballos@pmschools.org
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Ms. Romani	RIC-STE	RIB-STEW		631-687-6543 gromani@pmschools.org
Ms. Space	STU-Z	STIT-Z		631-687-6538 mSPACE@pmschools.org

Middle School Counselors

Oregon Middle School	Saxton Middle School	South Ocean Middle School
Ms. Carpluk	Ms. Santarpia	Ms. Hughes
Ms. Owen	Ms. Giliberto	Ms. Ramos

Patchogue Medford High School Guidance Department NAVY (SEAL) LT MICHAEL P. MURPHY CAMPUS

Special Announcements

PMHS Elective Fair

During the school day on January 8th, students had the opportunity to explore electives for the upcoming 2024-2025 school year.

The SAT is Going Digital: Important Information for Students with Accommodations:

If you need test accommodations for the digital SAT or PSAT, you must get College Board approval. [Please refer to the College Board website for important information on registering.](#)

The FAFSA is open! Apply for Financial Aid

The application is available online: <https://studentaid.gov/h/apply-for-aid/fafsa>
In addition, there are many FAFSA resources available to help guide you through the process. Check out the FAFSA Help Center for informational videos: <https://studentaid.gov/help/fafsa>

SAT Practice and Preparation Resources

Many practice resources are provided by the College Board, including [free downloadable full-length SAT Practice Exams](#).

AAT (BOCES) Information & Important Dates:

- Academy of Applied Technology (AAT) candidates Save the Date – Wednesday February 7, 2024 Visitor's Day Field Trip. Students who returned all required forms will receive a field trip bus pass prior to February 7, 2024.
- Students, as well as parents/guardians may also attend the Academy Open House at the AAT Centers on February 8, 2024, from 6:30 p.m. -8:00 p.m. Attending the Open House will count as the required visit if a student misses the February 7 field trip. Students who use the evening AAT Open House as their required visit MUST return to the High School Counseling Office with Proof of Visit form. Please consult with Ms. Lorentsen to obtain a Proof of Visit Form prior to attending the Open House.

College Connections

Monthly College Connections

Updated Monthly!

Check out a host of information regarding college programs, virtual visits, financial aid programs, etc. Students can find it in the “[College Connections](#)” folder in the Resources tab of [the Guidance Office Schoology Group](#). Parents can find it [here](#) on the High Schools website or on [Naviance](#).

The College Tour

The College Tour is a TV series. Each episode of The College Tour tells the story of a single college through the lens of its students.

Join us for a truly one-of-a-kind series featuring colleges and universities in a way they have never been seen before!

The College Tour

The College Tour website also features a tour page for EVERY 4-year and community college in the USA. Some pages feature videos and virtual tours.

January Scholarship Highlights

Title	Amount	Deadline
Fresh Start Scholarship	\$2,024 1 Award Available	January 31, 2024
Common App Scholarship	\$2,000 3 Awards Available	February 29, 2024
Sallie Mae “No Essay” Scholarship	\$2,000 12 Awards Available	January 31, 2024
Washington Crossing Foundation Scholarship	\$5,000 31 Awards Available	January 15, 2024

Columbus Citizens Foundation Scholarships

2024-2025 CCF Scholarship Applications are now open. [View the available scholarships for the 2024-2025 academic year](#). The application deadline is March 1, 2024.

Eligibility:

Applicant must be entering their first year in high school or their first year at an accredited college/university or medical school

Applicant must be of at least 25% Italian heritage

Applicant must have a minimum GPA of 3.5 or 88%

Horatio Alger Scholarship Application

As one of the nation's largest need-based college scholarship programs in the country, the Horatio Alger Scholarship Programs specifically assist high school students who have faced and overcome great obstacles in their young lives. While many programs are directed primarily to recognizing academic achievement or leadership potential, the Horatio Alger Association seeks students who have exhibited determination, integrity, and perseverance in overcoming adversity, as well as have critical financial need.

Apply: <https://app.smarterselect.com/programs/93417>

Deadline: March 15, 2024

College On-Site Visits

College Admissions Representatives are coming to PMHS! Please have your applications submitted prior to your appointment.

What happens at a College On-Site Visit?

You will meet with an admissions representative on-site at PMHS and be provided with an admissions decision on the spot!

[Sign Up](#)

Upcoming On-Site Admissions Events

Utica University: January 11th

St. Thomas Aquinas College: January 24th

Farmingdale State College: January 30th

The Career Center is open at PMHS in room 278!

Students can explore job opportunities from a job board, apply for jobs, write a resume, and explore careers. The Career Center is open daily Periods 2,8,9 and after school.

Upcoming Events:

January 30, 2024- 8th Grade Transition Night at PMHS – 6:30 pm.

Free Webinar: The Digital SAT: Everything You Need to Know

Register: <https://register.gotowebinar.com/register/148375131919101792>

The 2024-25 New York State Tuition Assistance Program Application is now open!

The 2024-25 TAP application is now open for students to apply. With the delay in the FAFSA application, here are a few things to keep in mind for TAP:

- The application is available at hesc.ny.gov/TAP
- Students do not need to wait for the release of the FAFSA to complete their TAP application.
- Students will need to [create a HESCPIN](#) using their email address and a unique password in order to access the TAP application. Students who have an NYS Driver's License, non-driver ID, or Student ID will be asked to include that information when creating their HESCPIN account.
- Students who save their TAP application before the FAFSA is released must submit their FAFSA by February 15, 2024. Failure to do so will result in the saved TAP application being deleted. Students will then need to submit a new TAP application.

High School Juniors & Seniors: Register for the Early College Program at Suffolk Community College!

[Ask your Guidance Counselor for more information.](#)

Sign Up: If someone you know wants to sign-up for this newsletter they can [click here](#).

Registering for Parent Portal:

Instructions for registering for the parent portal can be found by clicking the [link here](#). The Portal contains student report cards, assessment data reports, schedules, and attendance data.

Registering for ParentSquare

ParentSquare is designed to keep parents and guardians informed and encourage greater engagement and connection.

Get signed up and find out more [here](#).

NCAA Eligibility Resources for Students and their Families

Interested in playing sports at the collegiate level? Please check out the below resources from the NCAA Eligibility Center. Below, you will find helpful guides, videos, fact-sheets, and checklists.

[Student-Athlete Survey](#)

[Initial Eligibility](#)

[2023-2024 Guide](#)

[Registration Checklist](#)

[Fall 2023 Webinar](#)

[Division I Facts](#)

[Division II Facts](#)

[Division III Facts](#)

Mental Health Matters

emPowering Minds Club

23-24 Overall Theme: YOUR JOURNEY MATTERS

January Theme: Self-Care

Check out the most recent posts [@empoweringminds_pm](#)

- Increasing student involvement in promoting Mental Health Awareness
- Students will have the opportunity to:
 - Educate themselves and their peers about mental health issues
 - Take part in the creation of PSA videos
 - Help with monthly campaigns by contributing their own ideas for Instagram posts and videos
 - Collaborate with other School Clubs to promote awareness

Article: [Is Internet Addiction Real?](#)

Article: [When Social Media Is Hurting Students: 5 Steps to Improve Digital Well-Being](#)

Article: [11 Self-Care Tips for Teens and Young Adults](#)

Article: [Empowering Teens with Self-Care](#)

Mental Health Community Resources

NY Project Hope

Monday-Friday from 9am-7pm

Calls are free, confidential, and anonymous, 631-471-7242, ext. 1800

Patchogue-Medford Family Center- Saxton Middle School

- (631) 687-6750
- Hours: Monday through Friday 8:00 a.m. - 4:30 p.m.
- Food Distribution Tuesday - Friday.
- Please text @pmfc2020 to 81010 for information and times.
- Community Advocacy, Informational, and Referral Program provides information, referrals, and access to assistance with electric, oil, food, etc.
- Crisis Intervention and Short-term Counseling - Free counseling for students
- Free Parent Support and Educational Workshops
- All services offered in English & Spanish

DASH- Huntington, NY

- (631)-952-3333- [Crisis Hotline](#)
- (631)-427-3700- Non-Crisis
- 24/7 Voluntary Program for individuals in a crisis
- Mobile response team of licensed professional experts
- Conduct assessments, develop safety plans, and recommend outpatient services

CPEP- Stony Brook, NY

- (631)-444-6050- Psychiatric Emergency Line
- (631)444-2990- General Line
- 24/7 Psychiatric Emergency Room
- Conduct evaluation, determine necessary care, refer to mental health services.

Community Resources

Al-Anon / Al-Ateen

www.al-anon-suffolk-ny.org

631-669-2827

Association for Mental Health and Wellness

www.mhaw.org

631-226-3900

Eating Disorders Council (NEDA)

www.nationaleatingdisorders.org

1-800-931-2237

EOC Suffolk Youth & Adolescent Services

www.eoc-suffolk.com

631-447-0698

Family Service League - Bereavement, Counseling, Crisis

www.fsl-li.org

631-427-3700

L.I. LGBT Community Center

www.lgbtnetwork.org

631-665-2300

Narcotics Anonymous

www.na.org

631-884-9500

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

1-800-273-8255

Patchogue Medford Youth and Community Services

<https://www.pmycs.org/>

631-758-4100

Town of Brookhaven Youth Bureau

<https://www.brookhavenny.gov/327/Youth>

631-451-8011

National Alliance of Mental Illness

<https://nami.org/Home>

1-800-950-NAMI (6264)

Your Life, Your Voice

<https://www.yourlifeyourvoice.org>

1-800-448-3000 OR Text VOICE to 20121

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

1-800-273-8255 OR Text to 741741

LGBT National Help Center

<https://www.lgbthotline.org/>

The Suffolk County Directory of Behavioral Health Services

This is a directory of behavioral health prevention, education, treatment, recovery services and supports.

[Access here.](#)

988 Lifeline

988 New Number to Call for Mental Health Assistance. Anyone facing a mental health crisis can call 988 and get connected to the National Suicide Prevention Lifeline (also called the Lifeline).

The line is:

- Staffed with trained crisis counselors 24/7
 - Free and confidential
- Unlike 911, counselors will be at the other end of the Lifeline when you dial 988.