

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
Ms. Rohme	FISH-JOS	FOX-JONES		631-687-6547 erohme@pmschools.org
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. Tirado	MON-REY	MIS-REY		631-687-6536 ltirado@pmschools.org
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

Save the Date for Patchogue-Medford High School's Spring College and Post-Secondary Fair!

The fair will take place in the PMHS West Gym on Tuesday, April 9th 2024 from 6:30-8:30PM.

Upcoming Events:

College and Post-Secondary Fair at PMHS: Tuesday, April 9th 6:30-8:30 PM

ACT at PMHS: Saturday, April 13th

SAT at PMHS: Saturday, May 4th

Scholarships and Awards Night: June 6th

Summer College Programs

Many colleges and universities will be offering summer opportunities to high school students this summer. Check out our *College Connections* section for more!

Attention Academy of Applied Technology Applicants for the 2024-2025 School Year:

A friendly reminder that as the school year progresses to be mindful of Board of Education Admissions Criteria to ensure that you will be eligible for admission into your program of choice:

- Must be a Senior and have graduating status
- Maintain minimum average of 70
- No more than 10 unexcused absences
- Have no more than 1 course failure
- Have no out of school suspensions
- Attend Visitor's Day or Open House"

Register for the May SAT

Registration can be found via [College Board](#).

Register for the April ACT

Registration can be found via [ACT](#).

Taking your first AP Exam this year? Here are some tips:

Learn about best practices for taking your AP exam here: [What to Expect When Taking Your First AP Exam](#)

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](#).

Summer College Programs

There are opportunities within New York, as well as all over the country for summer college programs. Check out our comprehensive list of summer programs for 2024 on the [College Connections tab](#) on our website.

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.

March Scholarship Highlights

Title	Amount	Deadline
Brookhaven National Laboratory Hispanic Heritage Group Scholarship	\$250-\$1000 Several Awards Available	May 17, 2024
Be Bold Scholarship	\$25,000 One Award Available	April 1, 2024
Joieful Connections Scholarship	\$5,000 3 Awards Available	March 21, 2024
Cypress Creek: Energizing Tomorrow's Leaders Scholarship	\$1,000 Several Awards Available	April 1, 2024

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.

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.](#)

Suffolk County Community College Open House:

You are invited to join Suffolk Community College for on-campus Open House on Sunday, April 7 from 12 - 2 p.m.

- Meet Faculty
- Scholarships
- Find Your Future
- Tour Our Campuses
- Learn About Financial Aid

Students will learn about nearly 100 degree and certificate options. [Register 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.

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

March Theme: Diversity

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

Resources for Parents:

FREE Toolkit: [Self-Acceptance and Positive Change](#)

Article: [Teaching Teens to Respect Diversity](#)

Article: [School Breaks and Student Mental Health](#)

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.