

Counseling Staff

Linda Weinstein, Department Chair, last names A-B
Lauren Perkins, last names C-D
Katie Roberts, last names E-Hn
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Robyn Myers, Community Liaison, Homeless Coordinator
Fabiane Figueira, EL Community Liaison

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Counseling Communication

Counseling Office Phone Number: 240-236-8214

FOF: www.fcps.org under Quick Links, click on FindOutFirst Email & Text to create an account

NAVIANCE: <https://student.naviance.com/gtjh>

Enter your student ID number as the username and your password is student created.

SCHOOLGY GROUPS

Schoology Group for School Wide School Counseling Updates Access Code= **5QBK-CPFG-2Z5FX**

SENIOR Class of 2023 Access Code= **FVFC-G7G2-DKW7B**

JUNIOR Class of 2024 Access Code= **56RF-KKVQ-F2TG2**

SOPHOMORE Class of 2025 Access Code= **NX4Q-QVDR-772BB**

FRESHMAN Class of 2026 Access Code= **HCBC-57HM-DSVG8**

Twitter: @TJCounselorFCPS

SCHOOL WEBSITE: <https://edu.fcps.org/gtjhs/> **PATRIOT STRONG! ALL IN T!**

Feel free to email, message us on Schoology, or call and leave a message. We will do our best to respond to you within one business day.

Need Help?

| | |
|---------------------------------|----------------|
| Child Protective Services (CPS) | 301-600-2464 |
| Crisis Services: | Dial 211 |
| Maryland Anonymous Tip Line: | 1-833-632-7233 |
| Suicide Prevention Hotline: | Dial/Text 988 |

Counseling Office Services

ALL Transcript Requests: contact Vanessa Holness Sing at vanessa.sing@fcps.org

Stay tuned into **SCHOOLGY** daily for important announcements and information updates! We know you have a lot of questions regarding grades, tutoring, graduation, sports, and many other issues. We are working hard to gather information and find answers for all your questions. Look for updates!

TRANSCRIPTS

\$2.00 for each hard copy request of an OFFICIAL transcript

Please allow **24 hours notice for transcript only request**; email Ms. Sing in the Counseling Office.

There is no charge if requesting an **electronic transcript** through NAVIANCE.

The Transcript Release/Request form must be completed and shared with Ms. Sing; it is found on our school website: <https://edu.fcps.org/gtjhs/> under the Parent and Students tab, click on School Counseling, and then Counseling Office.

Please allow **two weeks processing time for letters of recommendation.**

Any/all hard copies of completed correspondence, counselor letters of recommendation, and transcripts are to be picked up from the Counseling Office and must be mailed by the student.

NCAA ELIGIBILITY CENTER

Any student-athlete interested in playing at the Division 1 or 2 level must be determined to be eligible by the NCAA to participate. www.eligibilitycenter.org. The student-athlete must log in using his/her NCAA ID or SSN and PIN.

College Visits

Schedule a visit with a college representative by signing up through your Schoology resource page>>>>Class of 2023 Counseling Information, click on Resources, click on College Visits Registration Form folder.

All visits will take place in room 1311 (College Center) during Connect. Sign up is mandatory in order to attend!

College Fairs

SAVE THE DATE--COLLEGE FAIR

When: April 18 and 19

Where: 1803 Central Park Cir., Boyds, MD 20841

What: MCPS will be hosting their annual NACAC College Fair. This is open to all juniors in MCPS and local school districts. This is the LARGEST COLLEGE FAIR on the East Coast with 300+ colleges represented.

Registration Information coming soon! For more information now, please email

[Theresa M Dethlefsen@mcpsmd.org](mailto:Theresa_M_Dethlefsen@mcpsmd.org) or [Jessica L Conter@mcpsmd.org](mailto:Jessica_L_Conter@mcpsmd.org).

NACAC (National Association for College Admissions Counseling)

COLLEGE FAIRS

Check out the latest fair near you at: <https://www.nacacfairs.org/>

National Association for College Admissions Counseling (NACAC)

NACAC's College Admission Status Update is a central resource of information about changes in college admission as a result of the coronavirus outbreak. The website currently includes information provided to NACAC by colleges and universities worldwide. You'll find information on each institution's plans and policies for admission events; for consideration of high school transcripts and standardized test scores; for decision and deposit dates; for summer and fall semester plans; and more.

College Admission Testing – SAT/ACT Test Dates

2022-23 SAT TEST DATES AND REGISTRATION DEADLINES

Learn more, register and get free practice at <https://collegeboard.org/sat>

CEEB/ETS High School Code: 210535

| Test Date | Registration Deadline | Score Release Date |
|--------------|-----------------------|--------------------|
| May 6, 2023 | April 7, 2023 | May 19, 2023 |
| June 3, 2023 | May 4, 2023 | June 16, 2023 |

2022-23 ACT TEST DATES AND REGISTRATION DEADLINES

Register at <https://www.act.org/>

CEEB/ETS High School code: **210535**

| Test Date | Registration Deadline | Score Release Date |
|----------------|-----------------------|--------------------|
| April 15, 2023 | March 10, 2023 | April 11, 2023 |
| June 10, 2023 | May 5, 2023 | June 20, 2023 |
| July 15, 2023 | June 16, 2023 | July 25, 2023 |

ACT Prep

FREE Study Guide available on app www.act.org

SAT PREP – College Board

FREE SAT Prep through the daily practice app <https://collegereadiness.collegeboard.org/sat>

FREE practice that is personalized, official, interactive, and instant <https://www.khanacademy.org/sat>

Frederick Community College SAT Preparation Classes

Frederick Community College offers SAT Review classes for both Verbal and Math Skills. Fee for each class is \$149. Classes fill quickly due to the low student to teacher ratio. For more information, go to: https://frederick.augusoft.net/index.cfm?method=ClassListing.ClassListingDisplay&int_category_id=7&int_sub_category_id=34&int_catalog_id

SAT/ACT Prep

Preparation courses are offered by Dr. Martha Gagnon and her staff at various locations in the area. For more information about the course, locations, and price, go to: <https://marthagagnon.com/>

JUNIORS: ARE YOU INTERESTED IN ATTENDING A SERVICE ACADEMY?

If you are currently in your junior year of high school and considering a Service Academy as your college of choice, you should consider applying to each Academy's summer program. These programs, which go by various names, will introduce you to life at an Academy, where you will experience first-class academic, athletic, and professional training. You will have an opportunity to see firsthand what an Academy has to offer through its exceptional academic, athletic, extracurricular activities and leadership training programs.

2023 US NAVAL ACADEMY SESSION DATES

For more information and to apply, go [here](#). The application closes on April 15, 2023.

Session 1 (Sat - Thurs): June 3 - June 8

Session 2 (Sat - Thurs): June 10 - June 15

Session 3 (Sun - Fri): June 18 - June 23 (Please note Session 3 runs during a Federal holiday.)

WOMEN IN SCIENCE AND ENGINEERING MEETING AND GUEST SPEAKER

Wednesday, April 26: 6:00 PM - 7:15 PM

FCPS encourages female high school students interested in STEM careers to attend this school year's first meeting. The meeting will be held at the **FCPS Earth and Space Science Lab****

Meet Senior Chief Engineer (Materials, Access Global Product Development), JLG

Janine Borofka

[See the flier](#)

[See this year's speaker schedule](#)

Although WISE is designed to encourage female student participation, all students are welcome.

Penn State Mont Alto MedCamp 2023 | June 26 -30, 2023

Registration Deadline is April 17, 2023

Are you a high-achieving 9th-or-10-grader interested in a career in healthcare, but exactly not sure what you want to do? MedCamp is for you!

Join us for a week of exploration and hands-on activities including suturing, phlebotomy, nursing diagnostics, and operating room simulation.

This popular camp, the only one of its kind in the region, gives youths a real-world glimpse into the world of healthcare.

Campers will learn about careers in nursing, oncology, cardiology, radiology, emergency medicine, surgery, dentistry, physical therapy, occupational therapy, veterinary medicine, and more!

<https://montalto.psu.edu/community/youth-programs/med-camp>

Health and Biomedical Sciences Summer Camp, Lebanon Valley College

July 24-29, 2023

Through lectures and hands-on laboratory investigations in state-of-the-art laboratories, students will be introduced to the fundamentals of disciplines such as molecular biology, neuroscience, physiology, pharmacology, immunology, and other medical sciences. Students will learn how laboratory science can be translated into improved human health and will engage in investigative experiences that will allow them to apply their laboratory skills to real-life problems. In addition, students will interact with practicing professionals in fields such as medicine, physical therapy, toxicology, genetic counseling, and biomedical laboratory research.

The Health and Biomedical Sciences Summer Camp will provide a fun, challenging, and engaging college environment in which students will develop a deeper understanding of what it means to be a biomedical scientist and health professional.

This camp is for rising high school sophomores, juniors, and seniors.

<https://www.lvc.edu/about/camps-community-programming/health-biomedical-sciences-camp/>

General Information

NJROTC

Founded in 1916, the JROTC program hosts over 500,000 students in over 3,500 units across the country. Representing all branches of service, the mission is to instill the values of citizenship, service to the United States, personal responsibility and a sense of accomplishment. To fulfill this mission, **Patriot** NJROTC combines academic classwork, extracurricular activities, and competitive teams. For more information, click on the following link: <http://patriotnjrotc.com/>

Frederick Community College (FCC)

FCC Admissions and Class Schedules

<https://www.frederick.edu/class-schedules.aspx>

Spring Open House (event open to all prospective students + parents)

Saturday, April 22, 2023

9:00 am- 12:00 pm

Athletics Center (Gym)

Guests will be able to engage with faculty and staff at an information fair, tour campus, hear from current FCC students, and participate in a career exploration workshop held by FCC Career Services. An RSVP will be sent out in the future and will be posted on the Admissions webpage under upcoming events.

Information Session in Spanish, Cindy Vinson, our Transition Recruiter, will be holding an **FCC Virtual Information Session in Spanish** on **Tuesday, April 25th at 6:00 pm via Zoom**. Please share this event with any Spanish speaking students or households. The presentation will cover:

- Definition of Credit and non-Credit programs. What is the difference?
- Affordability of FCC
- How to apply and complete the enrollment process?
- Available Resources and Support Services
- Why is it important that families encourage and support their students to take Dual Enrolment classes?

We are targeting juniors and seniors, but underclassmen may attend as well. Those interested can sign up through [Eventbrite](#) and will receive the Zoom link in a confirmation email. If you have any questions please contact Cindy Vinson, Transition Recruiter- Admissions, at cvinson@frederick.edu

FCC STEM Scholars Program focuses on mentoring students, providing financial aid and scholarship opportunities and delivering specialized classes to prepare individuals for science, technology, engineering and mathematics careers. Assisting low-income, full-time college students obtain a STEM degree, new applicants can receive up to \$13,000 in financial aid per year. Applications are now open! For best consideration, apply by **May 31, 2023**.

Click here for more information: www.frederick.edu/stem-scholars

If you have questions, please email: stemscholars@frederick.edu

FCC Application and Scholarship Information

Students planning to attend FCC in the fall can apply for scholarships now through June 15, 2023. Students will still complete the application online and can apply for credit and non-credit continuing education scholarships.

[All applications can be found here.](#)

SCHOLARSHIPS/FINANCIAL AID

Community Foundation Scholarship Application

The Community Foundation of Frederick County has more than \$1 million available for scholarships for the 2023-24 school year. Scholarships are awarded to Frederick County residents who are pursuing post-secondary education, including undergraduate and graduate degrees, or certifications. Complete the application one time to be considered for more than 200 scholarship opportunities. Scholarship money can be used to pay tuition, room and board, books, and other fees.

The application must be completed online between March 1-31, 2023.

For details on specific scholarships go to www.ScholarshipsFrederickCounty.com.

Government & Financial Aid Information

<https://finaid.org/> public information page

<https://www.ed.gov/> general government information

<https://studentaid.gov/h/apply-for-aid/fafsa> FAFSA

<https://mhec.maryland.gov/> Maryland State Scholarship information

<https://www.va.gov/> veterans information

Scholarship & Loan Information

<https://www.collegenet.com/> College Net & scholarship information

<https://uncf.org/> United Negro College Fund

<https://www.collegescholarships.com/> scholarship search

<https://www.fastweb.com/> scholarship search

<http://www.gocollege.com/> scholarship search

<https://www.scholarships.com/> scholarship search

<https://www.scholarsnapp.org> scholarship search

<https://www.cappex.com/scholarships> scholarship search

<https://www.college-scholarships.com/> scholarship search

<https://www.chegg.com/scholarships> scholarship search

<https://www.salliemae.com/college-planning/> scholarship search

www.latinocollegedollars.org scholarship search

<https://www.salliemae.com/> loan information

<https://www.hsf.net/> National Hispanic Fund Scholarships

OTHER SCHOLARSHIPS- for NEW additions

Go to the Class of 2023 Schoology page, click on Resources and then click on Scholarships folder. This page is updated frequently.

Maryland Tuition Waiver for Unaccompanied Homeless Youth

http://mhec.maryland.gov/preparing/Pages/FinancialAid/ProgramDescriptions/prog_homelessyouth.aspx

<https://fcps.ezcommunicator.net/edu/frederick/upload/52/5924.pdf>

FCPS PROVIDES SCHOLARSHIP INFORMATION AS A RESOURCE ONLY AND DOES NOT ENDORSE ANY SPONSOR OF ANY PARTICULAR SCHOLARSHIP PROGRAM

Mid-Term & Report Card Dates

Mid-Term**

| Mid-Term Date | Interim Distribution |
|---------------|----------------------|
| April 28 | May 8 |

****Dates are subject to change.**

Report Card**

| End of Term | Report Card Distribution |
|-------------|--------------------------|
| June 2 | TBD |

**** Dates are subject to change.**

RESOURCES

211

WHAT IS 2-1-1?

2-1-1 is a quick and easy way to find information and get referrals for thousands of programs and services across Maryland.

WHO SHOULD CALL? Anyone of any age can call 2-1-1 at any time. 2-1-1 call specialists are trained to assist people dealing with all kinds of challenges including housing, utility shutoffs, family crisis, financial, legal, employment, and other problems. 2-1-1 is available 24 hours a day, 365 days a year in over 180 languages. 2-1-1 is also accessible for the deaf and hard of hearing through Maryland Relay (dial 7-1-1).

DOES IT COST ANYTHING? 2-1-1 services are free. Your telephone provider's long-distance rates may apply if you are calling one of our local numbers from out of the area. If you are calling from a cell phone, air time and other cell phone charges may apply. If you or a loved one need help or support, pick up the phone and dial 2-1-1 today.

Comcast Internet is providing a low cost high speed internet service to families that have a financial need. To qualify for the program families must:

- Have at least one child who qualifies for the National School Lunch Program (NSLP) or can provide documentation outlined in the 'Acceptable Eligibility Documentation' section.
- Not have outstanding debt to Comcast that is less than a year old. Families with outstanding debt more than one year old may still be eligible.
- Live in an area where Comcast Internet service is available but have not subscribed to Comcast Internet service within the last 90 days, where applicable.

If you are interested in learning more about this service you can visit <https://www.internetessentials.com/> or call 1-855-8468376.

FindOutFirst

Would you like to receive notification/updates right at your computer about what's happening at GTJHS? All parents (and high school students) have accounts already uploaded with the email address we have on file in eSchool. Go to www.fcps.org/fof and log in to select news groups and add your mobile phone number if you want to get emergency-closing texts. Parents not able to access your FOF account should make sure to provide your current email address to us for eSchool. FOF uploads addresses from eSchool nightly. FOF uses students' FCPS-issued email addresses.

Frederick County Youth Action Corps (YAC): The Frederick County YAC promotes youth service and leadership, and encourages youth to make a difference in the community. YAC is a group of dedicated middle and high school youth who are committed to service in the county. The group works closely with Volunteer Frederick, the local Volunteer Center, to help coordinate and participate in local service projects. The YAC Leadership Team meets monthly to identify community needs, then design and implement service learning projects to meet those needs. If you are interested in learning more about the YAC, please contact Stacey, Ali, or Keila at Volunteer Frederick – 301-663-5214, Ext. 2 or email YAC@volunteerfrederick.org

Grades Online

Check out your student's grades online at <https://www.fcps.org/> and click on Schoology. All students received a letter at the beginning of the school year stating their respective username and password. Parents: Can't remember your personalized login and password? Call the Counseling Office at 240-236-8214.

Maryland Job Service: The MD Job Service, part of the Dept. of Labor, Licensing & Regulation (DLLR), connects businesses and job seekers with a complete range of employment services offered on the internet or at locations statewide at no cost. *For more information, go to* www.dllr.state.md.us

Meal Information

If you have questions about how much meals will cost during the 2022-2023 school year, FCPS has created a webpage that explains the current pricing information, including information about free and reduced meals. Please note, meals are not free for all students. Please [click here](#) for the latest details

Mental Health Association of Frederick County

Our world has shifted dramatically over the past few weeks. Students and family members who are experiencing difficulty may wish to contact the Frederick County Mental Health Association. (MHA)

The MHA's Call Center is available **24 hours a day, 7 days a week**. From intervention, a caring and supporting voice at a moment of crisis, to connecting you to resources and information, **dial 211**.

With the physical facility closed, **MHA's Walk-in Behavioral Health Services has moved to an online telehealth platform**. The program, and the services it provides, remains the same in all other aspects; and will still provide comprehensive safety/wellness planning, resource information, and referrals as appropriate.

To access: Go to <https://fcmha.org/> and click on the yellow banner at the top to access an intake form for the service. After completing and submitting the form, information to access the platform will be provided. This can be accessed via computer, tablet, or smartphone (must have access to internet/cellular data)

Mental Health Association of Frederick County

<https://fcmha.org/>

The Mental Health Association of Frederick County builds a strong foundation of emotional wellness for our community by: Preparing Resilient Children, Supporting Vulnerable Families and Facing Crises Together.

The Virtual Walk-in Behavioral Health Service is operational Monday - Friday from 10 AM - 10 PM and Saturday and Sunday from 10 AM - 6 PM.

Help is available, if you or a loved one, friend or neighbor is hurting please seek help.

MVA Forms- LEARNER'S PERMIT VERIFICATION FORM

Is your student applying for an MVA learner's permit? Students applying are required to have a Verification of Identity and/or School Attendance form completed by the school.

- You must give the school 24 hours to process your student's MVA form.
- Section A, of the form, must be completed and signed by both the student and a parent before bringing it to the school, for verification.
- Once the verification is done the form will be placed in an envelope, sealed and put in the front office for your student to pick up.
- Do not open the envelope, it must be opened by the MVA only.

You can obtain the form on the MVA website or click the link provided below <https://mva.maryland.gov/Documents/DL-300.pdf>

NAVIANCE

A web-based resource for staff, students, and parents that encourages and supports post high school career and college planning. The student side of the system and is linked with Naviance Succeed, the counselor's system.

How can it be used?

- Career Planning: Learning Style Inventory, Interest Inventory, Personality Inventory, Resume Building
- College Planning: College Search, Application Process, College Major Exploration, Scholarship/Financial Aid Resources
- Success Planning: Personalized Goals and Tasks, Journal Entries, Student Planner, Shared Documents. Go to the following website: <http://student.naviance.com/gtjh>

Once on the login page, click on the button: **CONTINUE WITH SINGLE SIGN ON**, you will arrive at your *personal* Naviance page. If your FCPS login information is not automatically populated, enter your FCPS email address and password. Any previous student ID and password information will not work.

National Suicide Prevention Lifeline – Dial 988 new number** 988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health **crisis** services. <https://988lifeline.org/>

NCAA ELIGIBILITY CENTER


Any student-athlete interested in playing at the Division 1 or 2 level must be determined to be eligible by the NCAA to participate. www.eligibilitycenter.org. The student-athlete must log in using his/her NCAA ID or SSN and PIN.

Runaway Child Prevention - Resources for Parents

Over the past several months, the Frederick Police Department (FPD) has investigated multiple reports of missing juvenile females. A common thread in these cases is that the missing girl leaves home without permission for several days to see a friend, and attempts to keep her location a secret. These cases are assigned to detectives, who attempt to track down the missing person through various investigative techniques.

It is likely that social distancing can be hard for teens who feel cut off from friends, and as a result, they may feel sad, depressed, hopeless, nervous, or angry. Please see the links below for signs that your teen may need help, as well as suggestions on how you can stay engaged with your child's social life and promote emotional well-being during the pandemic:

<https://www.parentteenconnect.org/learn-more/>

| | |
|---|---|
|  | <p>Learn More Parent Resources ParenTeen Connect</p> <p>www.parentteenconnect.org</p> <p>Meet the brains behind ParenTeen Connect and explore additional parent resources on raising teenagers. ParenTeen Connect seeks to normalize the challenges that come with raising teens through interviews with real families—they're here to show you that you're not the only ones struggling.</p> |
|---|---|

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Teens-and-COVID-19.aspx>

<https://www.missingkids.org/theissues/runaways>

The National Center for Missing & Exploited Children intakes reports about missing children, younger than 18 years of age, who have run away from a parent, guardian or state care facility. The risk factors for running away from home or state care are multifaceted, and there is no typical runaway.

For additional resources, parents can call the FPD Victim Services Unit at 301-600-1356, or the Mental Health Association of Frederick County hotline at 2-1-1 to speak with a crisis counselor for support, 24/7.

Information Contact: Sgt. Matt Carrado - 301-600-2104

Selective Service Registration

A reminder that under federal law, men living in the U.S., citizen and non-citizens alike, are required by law to register with Selective Service at 18 years old.

Men who register with Selective Service remain eligible for federal student financial aid, state-funded student financial aid, federal employment, state employment, job training under the Workforce Innovation and Opportunity Act, security clearances, and U.S. citizenship for immigrant men. For more information, see [Why Register](#). Selective Service accepts early registrations as young as 17 years and 3 months.

The Selective Service System has not now, or in the past, collected or shared any information which would indicate a man's immigration status, either documented or undocumented. Students can register on-line at <https://www.sss.gov/>

"TUTOR ME" - FREE VIRTUAL TUTORING SERVICES

TutorMe.com, a free student online tutoring and homework help service, is now available in any subject for students in grades 6-12.

- TutorMe.com is a secure, online resource easily accessible through the FCPS Clever Portal and offers on-demand assistance.
- The TutorMe.com service provides assistance that aligns with the FCPS curriculum, including knowledge of new curriculum tools being implemented.
- The service maintains rigorous standards providing high-quality, diverse tutors, screened for excellence (including a criminal background check). The service is available 7 days a week, 24 hours a day.
- Features include:
 - An online lesson space with a virtual whiteboard - [Demo Space](#)
 - Text editor and chat space
 - Audio/video chat (although you do not have to use this feature or turn on your camera)
 - A function to allow sharing of screenshots of work examples to assist tutors as they provide support

- More than [300 subjects](#) from math to science, social studies and languages
- Directions for how students can access the service are [here](#).

More information is available at the vendor website, www.tutorme.com and [this Student Support Document](#).

Underage Drinking and Drug Use

To report any underage party where alcohol or drugs may be served to youth under 21 years of age, please call the Party Tip Hotline at 301-600-1318. Your tip is confidential. You may save the life of a friend or child you love. This message is part of the Frederick County Teen Safe Driving Initiative and the Combating Underage Drinking Program.

Work Permits: Schools are **no longer** issuing officers of work permits.

Need a Work Permit? Apply here: [Work Permit](#)

<https://www.dllr.state.md.us/labor/wages/empm.shtml>

DISCLAIMER: Notice to any user of the provided information above. GTJHS shall have no liability for the accuracy of the information and cannot be held liable for any third-party claims or losses. GTJHS, may at any time, revise the information without notice and makes no commitment to update this information.