

Counseling Staff

Linda Weinstein, Department Chair, last names A-B
Lauren Perkins, last names C-D
Katie Roberts, last names E-Hn
Chris Riggin, last names Ho-L
Amanda Lowe, last names M-O
Katy Boyd, last names P-Sn
Matt Smith, last names So-Z
Geri Beth Chavez, all EL (English Learners)

X68221 linda.weinstein@fcps.org
X68210 lauren.perkins@fcps.org
X68279 katie.roberts@fcps.org
X68217 christopher.riggin@fcps.org
X68239 amanda.lowe@fcps.org
X68392 catherine.boyd@fcps.org
X68220 matthew.smith@fcps.org
X68216 geri.chavez@fcps.org

Cindy Holley, Registrar
Christine Umberger, Counseling Secretary
Vanessa Holness Sing, Program Assistant

X68218 cynthia.holley@fcps.org
X68214 christine.umberger@fcps.org
X68204 vanessa.sing@fcps.org

Robyn Myers, Community Liaison, Homeless Coordinator
Fabiane Figueira, EL Community Liaison

X68258 robyn.myers@fcps.org
X68215 fabiane.figueira@fcps.org

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

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
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
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/>

General Information

FCPS, Career and Technology Center (CTC)

NEW DENTAL ASSISTANT PROGRAM for SY 23- 24

FCPS high school students entering grades 10-12 next school year may enroll in an exciting new program offered at the FCPS Career and Technology Center (CTC) - Dental Assisting.

The new Dental Assisting Program will introduce students to the fundamental knowledge and skills necessary to become a dental assistant. In addition, students can earn industry certifications in Dental Assisting, National Board Radiation Health and Safety, and the Maryland General Chairside Exam (MDG).

This Maryland State Department of Education approved program is part of the Academy of Health Professions and includes courses designed to expose students to the world of dental assisting:

- Foundations of Medicine and Health Science
- Structure and Functions of the Human Body
- Dental Assisting

The program culminates with an Allied Health Internship designed to give students supervised practical application of Dental Assisting in a professional healthcare setting.

CTC staff will facilitate the application process for the new program during the current 22-23 school year.

Students will not have to shadow this year; interested students only need to submit an online application at: [CTC Dental Assistant Program](#)

Questions? Feel free to contact Erica Stull at 240-236-8486 or erica.stull@fcps.org.

2nd ROUND of Shadowing

Shadowing has re-opened at the Career & Technology Center (CTC) for the following programs only:

- Agribusiness
- CAD Architecture
- Environmental Landscape Design & Management

Shadowing for the **waitlist** has re-opened for the following programs only:

- Electricity (waitlist only for current 9th and 10th graders)

Click here to request a 2nd Round Shadow - <https://edu.fcps.org/ctc/>

~Last day to request a shadow is May 16, 2023~

Please note - students who have already shadowed an open program do not need to re-shadow and can submit an application

Questions? Contact kristen.daly@fcps.org or erica.stull@fcps.org

FCPS, Virtual Summer Sessions

Frederick County Virtual School (FCVS) provides online courses for high school credit through two summer session programs.

To pre-register, students:

- Must be enrolled with FCPS and entering 9th-12th grade in the fall of 2023
- Need reliable and consistent access to a device and high-speed internet
 - If necessary, students may check out a FCPS-issued Chromebook from their home school's User Support Specialist.
- Commit to 15-20 hours/week to be successful.

FCVS Summer Session Programs:

Virtual Summer Session (VSS):

- VSS is a 5-week program designed for independent and self-motivated learners
- VSS offers high school honors courses and electives
- Required to attend synchronous Google Meet sessions once a week with the teacher

Support Based Summer Session (SBSS):

- SBSS is a 5-week credit recovery program designed for students who need to retake a core course, and benefit from a structured day with support of a Virtual Mentor
- SBSS offers high school core courses
- Required to attend daily synchronous Google Meet sessions with a Virtual Mentor and weekly synchronous Google Meet sessions with the teacher

Click [here](#) for pre-registration information.

Deadline to pre-register: Completed forms must be turned in to your school counselor by **3 p.m. on Friday, June 2, 2023**. Enrollment is limited and many course sections fill quickly.

Submissions are processed on a first come, first served basis.

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>

FCC CAREER EXPLORATION OPEN HOUSE

Wednesday, May 10, 2023

5:30 PM - 7:00 PM

Discover a variety of flexible and affordable career training programs, including but not limited to Computers & Technology, Healthcare Careers, Logistics & Production.

Meet program staff, learn about the FCC Monroe Center, and discover tuition assistance and scholarship opportunities. For more information and to register, click on the link below.

[FCC Career Exploration Open House](#)

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

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

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.