

# LITTLE FERRY GUIDANCE NEWSLETTER

## Transition Time

By Ms. Anderson



The end of the school year brings about a variety of different emotions. Excitement for the summer, relief that schoolwork is finished for the year, yearning for that daily time spent with friends and maybe even some angst for the start of the new year. However, one aspect of the end of the

school year gets overlooked at times – the transition to summer and what this means for students. Anytime children must face a transition it presents challenges and opportunities.

Transitions can be difficult because they result in change, and no matter if the change is

good or bad, it throws people off. Preparing children for that change can be an important process at the beginning of summer. Reviewing parent and child schedules, bedtime routines, summer rules and parent expectations are all important to help the child in guiding their summer success. Structure is an important component that supports the growth and development of our youth. While some may see transitions and change as daunting, the summer transition is really an opportunity for parents and children to work together to embrace one of life's many natural turning points.

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#### College Spotlight: Ramapo College of New Jersey

Ramapo College of New Jersey offers 172 majors. There is a 16:1 student to faculty ratio. Of the total student body, 95% are in state residents.

- Location: Mahwah, NJ (Suburban)
- Size: Medium - 5,609 total undergrads
- 74% graduate within six years
- 88% return their sophomore year
- Popular majors: Business/Marketing (23%), Psychology (12%), Communication/Journalism (10%), Visual and Performing Arts (8%), Biology (8%) & Health Professions (8%).
- 45% Men, 55% Women
- Division III sports
- Mascot: Roadrunner
- 47% have a 3.25 or higher GPA in HS
- SAT Total: 1050-1230
- ACT: 21-26
- Tuition and fees: \$31,964 (on campus)

Source: CollegeBoard

## WHAT ARE YOUR SUMMER PLANS?

This is likely a common question many students will be asked as the year ends. Oftentimes, the answers I hear are family vacation, hanging out with friends, playing video games and sleeping all day long. Reflecting on the answer to this question ahead of time can help prepare you to make the most of summer! Thinking ahead can help you identify things you would like to do, but it can also provide a time for reflection. It provides a time to pause and think about new activities and interests you may want to explore and engage in. An opportunity for the things there was no time for during the year or for budding interests you want to dig deeper into. Taking time to explore these areas of interests allows individuals to make meaningful connections with the world around them. Exploration at this age can then lead further into the selection of future elective options, volunteering opportunities and possible college and career plans. To think that the development of the future can begin with just a few summer plans! To make sure you have the chance to do the activities you would like – set goals! Oftentimes goals are thought of in relation to academic success, but they can be used for just about anything. Identifying goals early on, for whatever it may be, will help increase your chances of reaching your goals. Below are some simple, but meaningful summer activities. Think about setting goals to complete some!

- *Read a classic novel.*
- **Volunteer in the community.**
- Visit your local library.
- Have a picnic in the park.
- **HANGOUT WITH SOMEONE NEW.**
- **EXPLORE AN INTEREST IN DEPTH.**
- Visit a museum.
- Learn about a new culture.
- *Go for a hike.*
- *Learn how to cook a new meal.*
- Watch the Perseid Meteor Shower (8/12-13)
- Plant a seed and watch it grow.
- Try new food.



[Click here to visit the Bergen ResourceNet Website!](#)

The Bergen ResourceNet is a website that has information about support groups, resources and services for Bergen County residents. They also have information about summer programs for students and volunteer opportunities.

## 8<sup>th</sup> Grade – Guidance Lessons

### Are you ready for high school?

In a few short months the 8<sup>th</sup> grade class, will be moving up to their new status as 9<sup>th</sup> grade students. They will enter into their freshman year with new students, teachers and expectations – they will take on the identity as the Class of 2023. To help prepare and ease them into this transition, the 8<sup>th</sup> grade students have received Guidance Lessons throughout the school year. Most recently the lesson topics focused on High School Preparation and Self-Care.

It is hard to say if you can ever be fully prepared for something until you have experienced it for yourself, however, preparation goes a long way in making the transition easier. To give freshmen a preview into 9<sup>th</sup> grade, they reviewed some of the top struggles freshmen face, high school scenarios they might encounter and helpful strategies for success. See below for the top freshmen struggles!

In May the students learned about the topic of Self-Care as part of Mental Health Awareness Month. A focus was placed on the topic of self-compassion and the importance of being kind to yourself and accepting that we all make mistakes. A good reminder of self-compassion is asking yourself if – *you treat yourself like you would a dear friend*. If the answer is no, ask yourself “*why not?*”.

## Career Spotlight

### Market Research Analyst

☀️ A *Bright Outlook* profession that is expected to grow rapidly in the near future.

**Description:** Research market conditions in local, regional, or national areas, or gather information to determine potential sales of a product or service, or create a marketing campaign.

#### Tasks:

- Prepare data reports that convey information graphically and in writing.
- Collect and analyze data on customer demographics, preferences, needs, and buying habits to identify what impacts product demand.
- Conduct research on consumer opinions and marketing strategies.
- Review customer and employee satisfaction.
- Determine methods and procedures for collecting data and evaluating it.

#### Education:

- Bachelor’s or Master’s Degree

#### Skill Areas Required

- Critical Thinking, Reading Comprehension, Writing, Active Listening & Complex Problem Solving

#### Income:

- \$30.35 hourly, \$63,120 annually



# Common Freshmen Struggles

*The person to best advise you on your next steps is the person who just traversed the path you are about to embark on.*

Freshmen year is filled with excitement and uncertainty for what's to come. Excitement for new opportunity, teachers, knowledge, friends and activities, and uncertainty for new expectations and the general unknown. This can make traversing the start of the freshmen year difficult as students try to balance the new demands that they face. Upperclassmen provide a helpful voice for freshmen on key areas to be aware of and handle with care.

Sacrificing your grades for your social life.

Not signing up for extracurricular activities.

Skipping homework and not making it up.

Not asking for help.

Believing your freshman year doesn't really count and you can improve your grades

Assuming you're not doing well because the teacher "just doesn't like you."

Taking classes just because your friends are taking them.

*Thoughts for Consideration...*