

LITTLE FERRY GUIDANCE NEWSLETTER

Emotional Intelligence

By Ms. Anderson



When thinking about intelligence, often the first thought that comes to mind is how smart someone is in an academic setting. However, what if I told you there is more to intelligence than just academics? Have you ever heard of emotional intelligence? Emotional intelligence is the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships

judiciously and empathetically. Sometimes emotional intelligence is easy to manage, however, this is not always the case. Have you ever gotten upset, angry confused or were just really tired and as a result did not interact with others to the best of your ability? It happens to the best of us, but what's important is that while in an emotional interaction we take some time to think about our general state of emotional

being, how our interactions have been with others and if we have any areas we need to improve upon. Sometimes this is a lot easier said than done, so check out these simple tips on how to channel your own emotional intelligence when in a stressful moment. 1. Take 3 Deep Breaths. This may sound cheesy, but increased oxygen flow to your brain helps you think better! 2. Count to 10. Research shows that it takes 10 seconds for our brains to calm and focus. 3. Positive Self-Talk - Positive Self Talk allows you to explore the issue, while building yourself up rather than putting your self down! In order for children to implement these skills they must be taught. Parents, one way to do that is to demonstrate these skills when appropriate and in a positive way.

WINTER ISSUE, 2019

College Spotlight: Montclair State University

Montclair State University offers 54 undergraduate majors, 60 concentration areas and 61 minors. MSU was the first public university in NJ to adopt a SAT/ACT test optional policy. This means you are not required to take the SAT or ACT as part of the application process. There is a 17:1 student to faculty ratio.

- Location: Suburban, large city
- Size: Large – 16,852 total undergrads
- 65% graduate within six years
- 81% return their sophomore year
- Popular majors: Business/Marketing (18%), Psychology (12%), Family and Consumer Sciences (11%), Visual and Performing Arts (11%) & Biology (6%)
- 39% Men, 61% Women
- Division III sports
- Nickname: Red Hawks
- 47% have a 3.25 or higher GPA in HS
- SAT/ACT: Optional
- Tuition and fees: \$31,964 (on campus)



Source:
CollegeBoard

Blue Light

What is it? & How does it impact you?

Blue light is a type of wavelength that we encounter everyday, through the sun's rays, but also through our tech devices. The natural light from day to night plays a primary role in regulating our sleep and wake cycle, which is known as our circadian rhythm. You can think of this as a primitive alarm clock, used to guide our sleep patterns before we had a device to wake us up. However, now that we have a variety of tech devices that we interact with on a daily basis such as smartphones, tablets and televisions they are jumping into the mix and throwing our natural cycle off. Anytime you mess with the natural rhythm of your body there are going to be effects that follow. As a student or parent, think about the waterfall impact of blue light at night:

BLUE LIGHT AT NIGHT → SLEEP QUALITY → FOCUS IN SCHOOL → GRADES

How exposure to blue light affects your brain and body

BY DISRUPTING MELATONIN, SMARTPHONE LIGHT RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF HEALTH PROBLEMS:

The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.

There's some evidence that blue light could damage our vision by harming the **RETINA** over time – though more research is needed.

A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.

Researchers are investigating whether or not blue light could lead to **CATARACTS**.

Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.

People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.

By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.

There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.

SOURCES: Nature Neuroscience; Harvard Health Publications; ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

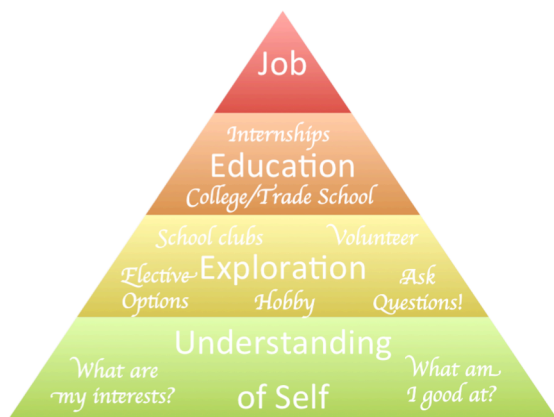
TECH INSIDER

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

8th Grade - High School Information

Now that we are midway through the school year it is time to start preparing for next year! All 8th graders will take part in the scheduling process to select their desired electives for RPHS.

There are 15 electives to choose from! Each student will pick two electives and an additional back up elective. To prepare students for this process there will be a Career Exploration School Counseling Lesson, which will include a brief career assessment. The purpose of this lesson is to assist students in igniting their career exploration process, beginning with critical thinking about their interests and putting those thoughts into actions by exploring and learning more about what is out there. By starting this process now, students will be more prepared when it comes time to plan for college.





“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

- Thomas A. Edison

Career Spotlight

Civil Engineers

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

 A *Green Profession* that is impacted by the changes in green economy activities, which can impact the daily job activities and skill requirements.

Tasks:

- Inspect project sites to monitor progress and ensure conformance to design specifications and safety or sanitation standards.
- Compute load and grade requirements, water flow rates, or material stress factors to determine design specifications.
- Provide technical advice to industrial or managerial personnel regarding design, construction, or program modifications or structural repairs.
- Test soils or materials to determine the adequacy and strength of foundations, concrete, asphalt, or steel.
- Manage and direct the construction, operations, or maintenance activities at project site.

Education:

- Bachelor’s or Master’s Degree

Skill Areas Required

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

Income:

- \$40.75 hourly, \$84,700 annually

Visit the O*Net Online for more information on this career!
O*Net also has information on hundreds of other careers as well.



TEEN DATING VIOLENCE AWARENESS MONTH

-FEBRUARY 2019-

What is Teen Dating Violence?

Physical, sexual or emotional abuse that occurs within a relationship between two adolescents.

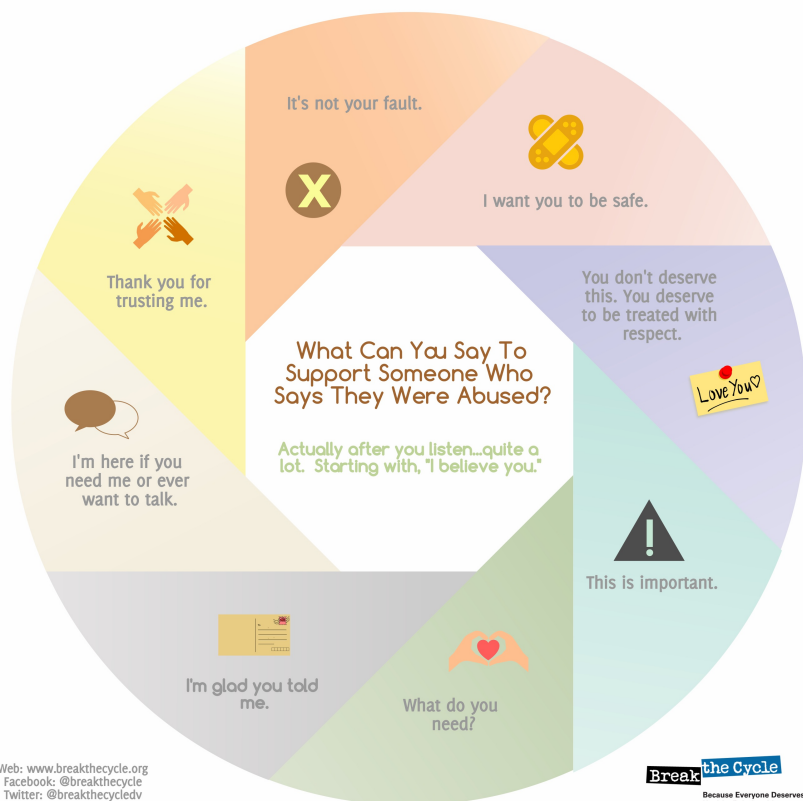


How to tell if you or someone else is a victim of Teen Dating Violence.

- Checking cell phones or social networking sites without permission
- Extreme jealousy or insecurity
- Constant belittling or put downs
- Explosive temper
- Isolation from family and friends
- Making false accusations
- Constant mood swings towards you
- Physically inflicting pain or hurt in any way
- Possessiveness
- Telling someone what they can and cannot do
- Repeatedly pressuring someone to do something

Statistics

- Dating violence has been reported as early as **age 11**.
- **1 in 3** high school students experience a form of dating violence.
- **1 in 10** high school students has been physically hurt by a boyfriend or girlfriend.
- Most individuals who have experienced dating violence, experienced the violence for the first time **before the age of 25**.



Web: www.breakthecycle.org
 Facebook: @breakthecycle
 Twitter: @breakthecycledv
 Instagram: @breakthecycle

Break the Cycle
 Because Everyone Deserves a Healthy Relationship

Source: <https://www.breakthecycle.org>

College Corner: Financial Benefits of Graduating College

There are a lot of things to consider when thinking about and planning for a college education. Some questions we ponder are: What will I major in? Where will I attend? How will I pay for it? That last question can be a daunting one that at times even pushes people away from attending. You may find yourself thinking, How can I afford college? However, what if I told you, you can't afford not to attend college. Huh? What does that mean? Research shows that there is a significant financial advantage for individuals that attend college compared to those that do not.

College graduates earn \$1 - \$3.4 million dollars more than high school graduates over their lifetime. Another way to look at these numbers is in the yearly earnings gap between each group. Individuals, age 25 - 32, with a college degree have a medium income that is \$17,500 greater than those without a college degree. Comparing these numbers to prior generations, the figure has steadily increased over the years, creating a continuously growing gap. Now don't let this stress you out. There are plenty of resources available to assist with the finances of college. In fact, there is a new opportunity available for high school students that can assist them in getting an education jumpstart at a minimal cost - **The Early College Academy at Ridgefield Park High School.**

Source: <https://www.cornerstone.edu/>

The Early College Academy at RP

Ridgefield Park High School and Bergen County College have joined together to offer high school juniors and seniors an opportunity to earn their Associates Degree while in high school, all at minimal costs to students and their families!

Accepted students complete courses work at RP in the morning and BCC in the afternoon, until 2:49pm. Students earn their high school diploma while also earning their Associates Degree. At the completion of the program and graduation from high school, students will typically be able to enter into college at a junior level status, meaning they only have about 2 years remaining to complete their bachelor's degree. Not only does this save time and money, but it also increases your future earning potential as you could enter into the job market 2 years earlier than others in your age group.

This is an incredibly unique opportunity for the academically dedicated student to enhance their knowledge and get a head start on their college plan!

Interested students must complete an interest application. More information and the interest application are available on the LF Guidance website.

County Resource Spotlight

Bergen ResourceNet

The Bergen ResourceNet is a website that has information about support groups, resources and services for Bergen County residents. Check out their website and you will find links to community events, professional development programs, therapeutic support groups for a wide range of topics and much more!



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