



Courtesy Mark Milch, Milch Photography

AUDREY QUICK,
Dr. Rachelle
Wolosoff, Paul
Engel (top row)
Alan Winter,
Jordan Kaplan,
Rochelle
Sanchez (bottom
row)

TANG presented Preparing for the College Years

Temple Avodah's Networking Group (TANG) presented a program called Preparing For The College Years, on Oct. 26. This provided teens and parents with vital information about how to plan for college. The panel addressed the mindset, attitude, aptitude, and personal and financial organization needed to prepare for those years.

Social worker Paul Engel spoke about strategies to alleviate and cope with mental stressors. He discussed helping teens and parents to prepare and cope with decisions and challenges when selecting a college and planning to live away from home. Audrey Quick, personal trainer, nutrition educator and health coach, discussed making healthy choices for teenage food decisions now, to impact their choices for their future. Rochelle Sanchez, educator, discussed management of test-taking anxiety and the importance of teaching teens how to take a test. Alan Winter, financial representative, spoke

about plans to save for college. Dr. Rachelle Wolosoff of College Search Expert LLC, discussed what colleges look for in admissions. She also discussed how to best prepare for college. She expressed the importance of knowing what to expect from a college and how choosing the right school initially can save valuable time, effort and money. Jordan Kaplan, financial representative, focused on the importance of having a savings plan and coordinating with experts who can help. He discussed how college is one component of the lifestyle and having the right plan with the right people will help avoid the stress of the process.

A question and answer session followed the panel's presentation and questions were asked by parents and the teenagers about healthy eating, high school courses and types to take, what colleges really look for and how to make themselves stand out when applying for college.

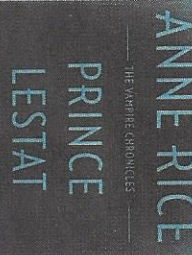
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VOL. 51 NO. 46



**Understanding Diabetes:
Special Section**
Page 19



**The vampire
is back**
Page 31



**A Best Buddies
Thanksgiving**
Page 9

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