



**COUNTY OF BERGEN
DEPARTMENT OF HUMAN SERVICES**

One Bergen County Plaza • 2nd Floor • Hackensack, NJ 07601-7076
(201) 336-7474 • FAX (201) 336-7450

James J. Tedesco III
Bergen County Executive

Melissa H. DeBartolo
Department Director

February 2023

Dear Principal/Guidance Counselor/US History Teachers:

The Bergen County Commission on the Status of Women (COSW) was founded in 1975 as a bridge between government and community to study the needs of women and to promote the expansion of women's rights and empowerment. The Bergen County Junior Commission on the Status of Women was established in 2000 to offer young women the opportunity to become involved with these and other issues.

This year we are giving all female students in the Junior class an opportunity to apply for consideration for a position on the Junior Commission. As part of this initiative, students may apply independently, but a letter of recommendation, and an official school transcript must be sent from a faculty member of the school.

Those selected as Junior Commissioners will be charged with performing community service project of their choosing and researching a topic relevant to their peers. The one-year term will culminate with a program report on this subject. The Junior Commissioners will also have an opportunity to meet and network with the adult Commission on the Status of Women.

Please read all revised instructions in the application package carefully and follow all directions.

Incomplete applications will not be accepted.

Applications can be mailed or/e-mailed to:

Valerie Cook, Administrator

Department of Human Services

Commission on the Status of Women

One Bergen County Plaza, Second Floor

Hackensack, NJ 07601 or jrcosw@co.bergen.nj.us

If you have any questions, please call Valerie at (201) 336-7451.

Very truly yours,

James J. Tedesco III
Bergen County Executive



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JUNIOR COMMISSION ON THE STATUS OF WOMEN

Instruction Sheet

In 2023, we are giving all female students in the Junior class an opportunity to self-apply for consideration for a position on the Junior Commission on the Status of Women (JCOSW).

As in previous years, the student will need a letter of recommendation from a faculty member along with their academic transcript to accompany a complete application package. Both the student and the school are integral in submitting a complete application, but we would request that the school submit completed applications.

Since we anticipate a robust number of applications, we are asking that applications and supporting documents come via email as one complete PDF with the student's name appearing in the subject line. Please do not use Google docs or a third-party cloud-based system as this complicates document retrieval. You may also submit applications via U.S. mail. The goal is to encourage a wide array of Bergen County students to be considered for a position on the JCOSW.

Incomplete applications will not be accepted.

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COUNTY OF BERGEN
Department of Human Services

Junior Commission on the Status of Women
Application – Part One

Please read carefully and follow directions.
Incomplete applications will not be accepted.
Due Date: March 31, 2023
Revised 2023

Student's Name _____

Street Address: _____

City: _____ **ZIP:** _____ **Phone:** _____

Email: _____ **Cell:** _____

School Name: _____

Street Address: _____

City: _____ **ZIP:** _____ **Phone:** _____

Faculty member submitting application _____

Title: _____ **Phone:** _____

Email: _____

Please attach a letter of recommendation no more than **200 words** explaining why the student deserves to be selected as Junior Commissioner. This description may be read when presenting the award and for press releases. If you attach an additional page, please place student's name in the upper right hand corner. Letter of recommendation must be on official school letterhead and include the name and address of the faculty member submitting the letter. [10 points]

Junior Commission on the Status of Women Application – Part Two

Completed by the Student
Revised 2023

Provide the information requested in the spaces below or attach on a separate piece of paper. Please limit your responses to the last four years.

1. List your community service experience (e.g., scouts, community sports, volunteer, and religious activities). Please include any service with vulnerable and/or under-served populations. [15 points]

Grade Level	Time Frame	Total Hours
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2. List your school leadership or extra-curricular activities/achievements (e.g., student government, sports, clubs, employment, internships, and other activities outside of school). [15 points]

3. List school leadership role and any academic achievements or awards during high school.
[10 points]

Grade Level	Time Frame or Marking Period	Achievement
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4. ESSAY: Write a 150 – 250 word original essay. Please attach on a separate piece of paper, one inch margin, double space, Times New Roman, with 12 point font.

As a young woman, you have many choices regarding your future. Women’s empowerment is critical to continuing the advancement of our role in society. You might choose a career in science, the arts, business, law, government or something entirely different, but the choices you make will affect not only you, but the world in which you live. With that in mind, please answer the following 6 questions.
[50 points: 30 points for content, 20 points for grammar]

Please address the following five items:

1. How do you see yourself contributing positively to your world in the year the next ten years?
2. What challenges might you encounter?
3. What skills do you possess?
4. What skills do you need to develop?
5. What will be your plan of action to achieve your goals?
6. What life experiences have you had that will enable you to contribute to the Junior Commission in a unique way?

Signature of Student: _____

Please visit www.co.bergen.nj.us to download this application. E-mail jrcosw@co.bergen.nj.us with any questions.

JUNIOR COMMISSION APPLICATION CHECK-LIST

Is Your Application Complete?

Did you:

_____ Make sure it is legible?

_____ Fill in your home address?

_____ Include your Nominator's statement?

_____ Write your Community Service description?

_____ Write about your school leadership/extra-curricular activities?

_____ Describe your academic achievements?

_____ Include your academic transcript?

_____ Write your essay about the empowerment of women?

_____ Please remember to Email your application to jrcosw@co.bergen.nj.us?