



New Jersey ME/CFS Association, Inc.

DBA New Jersey Chronic Fatigue Syndrome Association, Inc. 501(c)(3) not for profit

Fall 2023

Dear Guidance Counselor:

The New Jersey ME/CFS Association, Inc. (NJME/CFS) is pleased to sponsor a \$2,000 scholarship to be awarded to a student graduating in the class of 2024 (or recent graduate) who has ME/CFS. This year it is also open to students with Long COVID. The application is also available at: <http://njmecfsa.org>.

ME/CFS, also known as Myalgic Encephalomyelitis (ME) and Chronic Fatigue Syndrome (CFS), is a serious and complex illness that affects many body systems. It can affect all ages, ethnic and socio-economic backgrounds, last many years and be severely debilitating.

Children of all ages may contract ME/CFS. It is a syndrome in which the degree of disability varies. The educational needs vary. Some can continue classroom education with a reduced schedule, others require homebound tutoring. It can take years to recover from ME/CFS (if ever) and lost time may directly affect planning and continuing the student's further education.

The NJME/CFS is dedicated to increasing awareness of the educational challenges for students with ME/CFS and to encourage those students to pursue a post-secondary education when possible. This scholarship is offered to a NJ high school senior diagnosed with ME/CFS or Long COVID. The applicant will have been accepted, full or part time, in a college (2-year or 4-year), university or an accredited technical school for the 2024-2025 school year. Eligibility is extended to recent high school graduates who delayed their education due to ME/CFS or the COVID pandemic.

Applicants will be judged on merit and the sincerity of the essay. The scholarship is not based on financial need.

The NJME/CFS is a non-profit organization whose purpose is to support patients and their families, disseminate reliable information and promote research into the cause and cure for ME/CFS. Other NJME/CFS activities include support groups, educating in-training healthcare providers through scholarships, and advocacy on both local and national levels.

Thank you for making this information available to those who may qualify for this scholarship. The deadline for submitting applications is April 23, 2024. Applicants will be notified by May 18, 2024. Send applications to:

HSScholarships.njmecfsa@gmail.com

or mail to:

NJ ME/CFS, Scholarship Committee, P.O. Box 477, Florham Park, N.J. 07932.

If you have questions or need additional information, please contact me at HSScholarships@njmecfsa.org.

Sincerely,

Katie Santana, Chairperson

NJME/CFS Scholarship Committee

PO Box 477 Florham Park NJ 07632

helpdesk@njmecfsa.org * <http://njmecfsa.org> * njmecfsa@njmecfsa.org



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2024 NJME/CFSA

Betty McConnell H.S. Scholarship

The NJME/CFSA HS Scholarship has been renamed in honor of the initiator of the award.

Eligibility

New Jersey high school graduating seniors and recent graduates with physician-diagnosed ME/CFS or Long COVID.

Purpose of the scholarship program

This purpose is to provide financial assistance to a student who has ME/CFS or Long COVID who wishes to pursue educational goals in college or technical school.

Amount of the award

The NJME/CFSA Scholarship is a single **\$2,000** award toward tuition or education related expense.

Requirements

Applicants are judged on merit and the sincerity of their essay. Recognizing the cognitive difficulties associated with ME/CFS and COVID, there is less emphasis on academic achievements.

How to apply

The scholarship application is available at NJME/CFSA website:
<https://www.njmecfsa.org>, or applicants can request a scholarship application by contacting:

Katie Santana
NJME/CFSA Scholarship Committee
P.O. Box 477
Florham Park, N.J. 07932
Helpdesk@njmecfsa.org

Tax ID Number 22-3367433

HelpDesk@njmecfsa.org * <https://njmecfsa.org> * PO Box 477 Florham Park, NJ 07932

NJME/CFSA HS Scholarship Application

GENERAL INFORMATION AND INSTRUCTIONS

AWARD

Financial assistance to a student who has ME/CFS or Long COVID and wants to pursue educational goals in college or technical school.

AMOUNT

The NJME/CFSA offers a scholarship in the amount of \$2,000 to be used toward tuition or other education related expense.

JUDGING

Due to cognitive difficulties associated with ME/CFS or Long COVID, less emphasis is placed on GPA and academic achievements. Each applicant is judged on merit and the sincerity of the essay.

AWARDING

Winner will be notified by May 18, 2024. Presentation of the scholarship at the applicant's high school awards ceremony is not mandatory. The applicant consents to the disclosure of his or her medical condition if the award is made at a school ceremony.

The Scholarship payment will be sent directly to the college, university, or technical school to be used toward the student's tuition or other education related expenses; or NJME/CFSA will purchase educational required books or other items for the scholarship winner.

ELIGIBILITY REQUIREMENTS

1. Resident of New Jersey.
2. Diagnosed with ME/CFS or Long COVID by a physician - following accepted guidelines i.e. the 2006 Journal of Chronic Fatigue Syndrome or NIH or CDC.
3. Graduating senior in the class of 2024 or recent high school graduate
4. Accepted or enrolled in a college, university, or an accredited technical school (full or part time) for the school year 2024-2025.
5. Submit a copy of your completed application package to be received by the scholarship chairperson by April 23, 2024.

CRITERIA

1. An official high school transcript.
2. Letter of acceptance or of enrollment in his/her college, university, or technical school.
3. One letter of recommendation by a high school teacher, counselor, or principal.
4. Personal statement by Parent(s) or Guardian(s) in support of you and your application. The statement is encouraged, but not mandatory if applicant is 18 at the time of application.
5. Completed signed and dated, Physician Diagnosis Confirmation Form. Allow your physician, ample time to complete and return the form to you to include as part of application.

QUESTIONS

Contact

Katie Santana - NJME/CFSA HS Scholarship Committee

HSScholarships@njmecfsa.org (preferred means of contact)

or PO Box 477 Florham Park, NJ 07932

APPLICATION

SECTION I—PERSONAL INFORMATION

Name _____
Date of Birth _____
Address _____
City _____ State _____ Zip _____
Phone _____ Gender: Female ___ Male ___ Private ___

[Parent/Guardian information not mandatory if applicant is 18 or older at time of application]

Parent #1 _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

Parent #2 _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

Guardian(s) (if applicable) _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

SECTION II—SCHOOL INFORMATION

High School _____
Address _____
City _____ State _____ Zip _____
Phone _____
Date of Graduation _____
Email _____
Website _____
Guidance Counselor _____ Email _____

Note: Your High School transcript must be included with this application.

SECTION II—SCHOOL INFORMATION, CONTINUED

List colleges or technical schools to which you have applied. Mark with an asterisk the school you plan to attend.

NAME

CITY & STATE

SECTION III—SIGNATURES

PARENT(S) OR GUARDIAN(S) SIGNATURE(S) – not mandatory if applicant is age 18 or older at the time of application.

I certify that the financial and personal information given in this application is true.

Parent #1 _____

Date _____

Parent #2 _____

Date _____

Guardian(s) _____

Date _____

APPLICANT'S SIGNATURE

I certify that the financial and personal information given in this application is true.

Applicant _____

Date _____

SECTION IV—ESSAY—AT LEAST 350 WORDS

The applicant must write an essay on the subject:

“What do you see as your goal for higher education or career direction and has having ME/CFS influenced your choice in any way?” (Explain)

SECTION VI—MAILING INSTRUCTIONS

Applications must be received by April 23, 2024.

Be sure to include the completed application and all necessary documents. Have your guidance counselor add your transcript to your completed documents.

Complete packet can be submitted online to HSScholarships@njmecfsa.org.

Alternately, it can be mailed to:
Scholarship, New Jersey ME/CFS Association, Inc.
P.O. Box 477
Florham Park, N.J. 07932

CHECK LIST NON-COMPLIANCE WITH ANY STEP WILL DISQUALIFY APPLICANT

1. COMPLETED APPLICATION, SIGNED AND DATED, MUST BE RECEIVED BY SCHOLARSHIP CHAIRPERSON BY APRIL 22, 2024.
2. HIGH SCHOOL TRANSCRIPT.
3. PERSONAL STATEMENT BY PARENT(S) OR GUARDIAN(S) – (applicants - not yet age 18)
4. ESSAY, AT LEAST 350 WORDS
5. LETTER OF ACCEPTANCE OR PROOF OF ENROLLMENT IN COLLEGE, UNIVERSITY, OR TECHNICAL SCHOOL
6. ONE LETTER OF RECOMMENDATION FROM EITHER TEACHER, PRINCIPAL OR COUNSELOR
7. COMPLETED SIGNED AND DATED PHYSICIAN DIAGNOSIS CONFIRMATION FORM

NJME/CFSA Scholarship application available at
<http://njmecfsa.org>

NJME/CFSA SCHOLARSHIP APPLICATION 2024

Applicant_____Sex. M () F () DOB_____

Physician/HCP Diagnosis Confirmation Form

NJME/CFSA Privacy Policy: The Information on this checklist will be available only to the Scholarship committee for the purpose of verifying eligibility for the scholarship.

Does your patient fulfill the guidelines for the diagnosis of ME/CFS [or Long COVID] as set out in the 2006 Journal of Chronic Fatigue Syndrome¹ or other guidelines of CDC or NIH.

YES_____ NO_____

This patient (name)_____

has been my patient for ____years ____months.

In my opinion, he/she has () ME/CFS () Long COVID. Through careful history, physician exam and laboratory studies, I have found no other illness which would explain his/her symptoms.

Signed_____ HCP License #_____

Phone _____ Specialty_____

Address_____

Email_____ Website_____

Comments from HCP:_____

1. Jason LA, Jordan K, et al. A Pediatric Case Definition for Myalgic Encephalomyelitis and Chronic Fatigue Syndrome. *J. CFS* 2006;13 (2/3):1-28.