

BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

December 2016



*Wouldn't life be worth the living
Wouldn't dreams be coming true
If we kept the holiday spirit
All the whole year through?*

~Author Unknown

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MONTHLY TIP:

It is now a fun and busy time of the year, but it can also be stressful to you. There is so much going on in your lives inside and outside of school, and it can be hard to catch a break. It is important to take care of yourself and find ways to manage and reduce your stress during these busy times. Here are some tips to follow to help with your stress:

1. Exercise regularly
2. Get plenty of rest
3. Stay relaxed
4. Eat well
5. Talk to others
6. Ask for help
7. Allow plenty of time for your tasks
8. Enjoy yourself!

What's coming up for...

...FRESHMEN

Happy Holiday Season!

In reviewing grades and attendance for our freshmen class, we are happy to see such a large percentage of our students doing so well. Grades are mostly strong and attendance is good for so many of our students. If your child is struggling with either one, please be aware he or she is setting habits that will follow them not only through their high school years, but the world beyond. It is much easier to change these habits in the early years of high school than in the later years, and especially in the young adult years.

Please continue to encourage good attendance and study habits in your son or daughter. It really pays off in the long run!

...Sophomores

Seasons Greetings! Today we want to go back and remember the true value of the holiday season. Often times, the holidays are a time that are challenging for a lot of people and families. For some there are no gifts under the tree or possibly no food on the table, others may be split between divided families, and others may have someone they love missing from the dinner table completely. Remembering the people around you during the holidays doesn't always mean buying them a gift or having a holiday dinner, but sharing a special moment with those who you care about. Sometimes, it may even mean going out of your way to help the others around you. This month, remember the Annual 26 Days Of Kindness and help spread good cheer around the school.

Also, while the holidays are a time to relax and be with family remember that waiting till the last minute to complete the project over the break isn't always the best idea. Get it out of the way before the week starts so you can fully enjoy your time off and be ready to come back to school fully prepared!

...JUNIORS

We are heading for holiday break and that means first semester is quickly coming to an end. Work hard and keep up your grades! Spend some time during the break to catch up on any work and get ahead on anything you know is coming up. See your counselor if you need to make any changes to your second semester schedule.

You will receive your PSAT scores this month via your CollegeBoard account. You can access your SAT Suite of Assessment scores with personalized feedback, practice, college planning and career exploration resources. Take advantage of this valuable resource! Through your account you can:

- See all your scores and if you are on track for college readiness
- View detailed explanations of skills required to be college ready
- Send your scores to Khan Academy® for personalized practice recommendations
- Search for colleges that fit your needs
- Access your PSAT/NMSQT Selection Index score used for participation in programs conducted by National Merit Scholarship Corporation
- Start on your scholarship and college financial aid plan
- Get feedback on your readiness for AP courses (Important to know because course scheduling for next year will start sooner than you think!)

If you do not remember how to get into your CollegeBoard account do not make a new one! Click on the "forgot" links to try to reset it. If that does not work, call the CollegeBoard help line at (866)630-9305 for assistance.

Spend some time over the break to research your postsecondary plans. Whatever you are planning to do this is a great time to work on your next steps after high school. If you are planning on college, develop your list of schools, research college websites and plan your visits! Log onto your Naviance account at www.connection.naviance.com or your CollegeBoard account at www.collegeboard.com to take career interest tests, research careers and research potential school options. You will be meeting with your counselor and have the opportunity to attend workshops next year to help you make your plans.

...SENIORS

REMINDER TO SENIORS APPLYING TO COLLEGE!! If you have a January 1st deadline we need the transcript release form by Dec. 16th.

THANK YOU!

It's time to write thank you notes! Teachers have taken the time to write a letter of recommendation to aid in college acceptance. Take a couple of minutes to write a formal thank you note to that teacher.

SCHOLARSHIP INFORMATION

Local scholarships can be found in **NAVIANCE** and in **THE GUIDANCE OFFICE**. To access the scholarship applications in Naviance, please go to: <http://connection.naviance.com/bristoleast> and log on. Click on the "**Colleges**" tab then scroll down to "**Scholarship List**". Click on the title of the scholarship. You will see the application instructions and eligibility requirements. Once the scholarship application is complete, it must be given to your counselor.

PAY ATTENTION TO THE DUE DATE IN GUIDANCE DEADLINES!! Check Naviance or Guidance often as scholarships are added each week. As the Lottery commercial states, "You can't win if you don't play.

COMMON MATERIALS required for scholarship applications are (but not limited to): TRANSCRIPT, RESUME, ONE OR MORE LETTERS OF RECOMMENDATION (you can use your college letters) AN ESSAY (may be required) YOUR EFC (Estimated Family Contribution) from the FAFSA.

SAT SCORE REMINDER!

Students need to request that their SAT's be forwarded to their colleges from the CollegeBoard at www.collegeboard.com.
***Any senior who is still unsure about their post-graduate plans is encouraged to see their counselor. We will be happy to assist you in any way that we can to identify some possible options for continuing your education, seeking employment or military service upon graduation.



Hello Parents of our Bristol Eastern students. As we approach the holidays, stressors from many different directions can overtake our lives in such a way as to blur the true meaning of the season. To that end, I feel that the Parent's Corner addition to our December 2015 newsletter has so much value that it is worth repeating. From our BE family to yours, Happy Holidays!

Why Altruism?

(Excerpts taken from greatergood.berkeley.edu/topic/altruism/definition)

- "Altruism is when we act to promote someone else's welfare, even at a risk or cost to ourselves... More and more, research suggests that practicing altruism enhances our personal well-being emotionally, physically, romantically, and perhaps even financially."
- "Altruism makes us happy. Researchers have consistently found that people report a significant happiness boost after doing kind deeds for others. Some studies even show that giving to others makes people feel happier than spending money on themselves, this has even been found among kids."
- "Altruism is good for our health. People who volunteer tend to experience fewer aches and pains, have overall better health and less depression."
- "Altruism fights addiction. Studies have shown that addicts who help others, even in small ways can significantly improve their chances of staying sober and avoiding relapse; this is true among adults and adolescents alike."
- "Altruism promotes social connections. When we give to others, they feel closer to us and we feel closer to them. Being kind and generous leads you to perceive others more positively and more charitably."
- "Altruism is contagious. When we give, we don't only help the immediate recipient of our gift. We also spur a ripple effect of generosity through our community."
- "Altruism is good for education. When students complement their classroom learning with real-world community service, it improves academic performance and makes students feel more connected to their school... where they are more likely to have positive relationships, better psychological health and are less likely to bully."

During this holiday season we have encouraged our students to display "Acts of Kindness". This is expressed in 26 daily activities that are selfless rather than selfish. It is a beautiful experience to see so many of our staff and students do a kind deed or show compassion for another. While this is a set of activities that have been suggested during the holiday season we, for the past few years, choose to acknowledge individuals throughout the school year who show random acts of kindness to others as it truly is the right thing to do.

Why altruism? I ask why not.... Happy holidays to all of our Bristol Eastern High School Family.