

BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

February 2015



MONTHLY TIP:

GUIDANCE IS NOW SENDING OUT TEXT ALERTS!

To receive messages via text, text @beguidance to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe@beguidance'.

Trouble using 81010? Try texting @beguidance to (949) 229-8966 instead.

To receive messages via email, send an email to beguidance@mail.remind.com. To unsubscribe, reply with 'unsubscribe' in the subject line.

CONTACT US!

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Did you know there are 5 ways to earn college credit as a high school student??

Advanced Placement

UConn Early College Experience

Tunxis College Career Pathways

Project Lead the Way

Tunxis Community College High School Partnership Program

Please click on this link to learn more about these programs!

<http://www.bristol.k12.ct.us/page.cfm?p=8236>

Junior Post-Secondary Planning in March!

March 25 is the BEHS Parent Conferences from 6-8pm. At 5pm, the Counseling Department will hold a Junior Post-Secondary Planning event in the Auditorium. Counselors will be available after the event for questions. Hope to see you there!

What's coming up for...

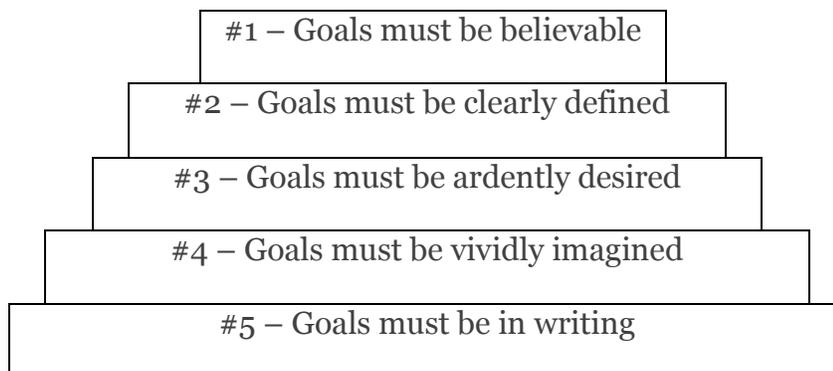
...FRESHMEN

It has been said that **a failure to plan is a plan to fail**. By this time in your education you have undoubtedly been told about the value of setting goals. In fact, you have probably been provided with specific instruction, more than once, on writing **S.M.A.R.T.** goals for yourself. Well, it is a message that cannot be overstated. Below are some guidelines that you can use in setting goals to help you create a plan for success in school and in life.

The first guideline states that your “goals must be believable.” They must especially be believable to you. Setting your own goals and identifying what is important to you helps to make the work you are doing to achieve those goals more meaningful. The second guideline states that your “goals must be clearly defined.” It is essential that you are specific. Specifying not only what you want to achieve, but how you intend to go about achieving it will give you the focus you need to move forward. The third guideline states that your “goals must be ardently desired.” In other words, you have to have a burning passion. You have to be willing to go to any lengths to achieve your goals, to work hard and to make certain sacrifices. For example, there will be times that you may have to choose homework over going out with friends to make your dreams a reality. The fourth guideline states that your “goals must be vividly imagined.” This means that you need to picture yourself having actually achieved your goal. Imagery can be a powerful source of motivation. The fifth and final guideline states that your “goals must be in writing.” We all have dreams and dreams are a great starting point, but dreams can be elusive. **Putting your goals in writing makes** them more tangible, more real, and gives you more direction. If you don't put your goals in writing they remain nothing more than elusive dreams and you may find yourself stuck at the starting gate.

Follow your dream and create a plan to make that dream reality. Make a commitment to yourself by making a plan for success.

5 Goal Setting Guidelines



...SOPHOMORES

February, what is there to say about February? For one, your junior year (often called the most crucial year in high school) is right around the corner! Semester one is over and done with and semester two has just begun. Your teachers will soon be recommending you for next year's classes, and now is the time to really get a hold of your interests and post secondary plans while you are choosing classes and electives for your junior year. It is always a good idea to speak to friends, parents, and other relatives about your post high school options to expand your awareness of what is possible. With that being said, have you met with your counselor yet? Your counselor will also be able to help guide you towards certain classes based on your interests to better prepare you for your post secondary plans. Students are encouraged to visit their Naviance accounts and check out the different interest inventories available. We will also do this in future guidance visits to classrooms.



From: Family Matters/Practical Parents Blog
(edited and abbreviated)

“All parents want to give their kids all that they wish. Happy thoughts and a positive mindset are the tools to get them everything they want in life. Here is a list of thoughts you want your kids to have. Try, before introducing them to your kids, to find out what they think now, and slowly shift their thoughts towards better ones. Remember, what they think will determine how successful they will be financially, academically and socially. Of the list of 97, these 20 seemed to be most meaningful for our student population:

1. I treat others the way I want them to treat me.
2. It is okay to laugh at funny things but not to laugh at others.
3. Gossip is not productive.
4. I treat everyone with respect.
5. I appreciate my family for all that they have done for me.
6. I believe I can do anything.
7. I take care of my health.
8. Friends are attracted to kindness.
9. I think of myself.
10. I am a supportive friend.
11. Smiling is contagious.
12. I am a person of integrity.
13. I can change if I want to.
14. My safety is important.
15. I do not take risks that can be dangerous to myself or others.
16. I have good manners.
17. Truthfulness and trust go together.
18. I am unique and special in the world.
19. I take care of myself by resting enough.
20. Help is everywhere. I only need to ask.

...JUNIORS

First semester is behind you and second semester will be a busy time for you! The Guidance Department will be coming into your classes during the first week of February to give you some very important information. We will be distributing your PSAT score report, (you already have access to this in your College Board account), reviewing how to access Naviance for important information and use it for your college searching/planning and resume writing. We will also be giving you information regarding the course selection process which will happen this month. Your teachers will be making recommendations for your classes and levels for next year so it is important for you to talk with them about your thoughts on what you want to sign up for. As always, work hard and keep up your grades! See your counselor if you need to make any changes to your second semester schedule!

A reminder from last month...you can register for the SAT now. The 2015 test dates are March 14, May 2nd and June 6th. May and June administrations offer the subject tests which you may need to take depending on the college you are thinking of applying too. Be sure to research the admission requirements of the college you are considering and log onto your College Board account at www.collegeboard.org to register. Students who qualify for free or reduced lunch can see their counselor for a test fee waiver. If you are a student who is eligible to take the SAT with extra time be sure to see your counselor to ensure this is approved by College Board.

Spend the second semester researching and making your post secondary plans. Develop your list of schools, research college websites and plan your visits! Most colleges have spring open houses. If you are not planning on college you should still be making your plans for visiting a technical school or community college or talking to military recruiters if that is your plan. Talk to your counselor and start early! Need more help with planning? Sign up for a college planning jump start group. You can sign up in Guidance or by replying to the email you received in your Naviance account. We will also be offering post secondary planning workshops later in the spring so keep your eyes and ears open so you don't miss it!

The Capitol Region Interdistrict Leadership Academy, also known as CRILA, invites you to apply for one of 30 positions in the 2015-2016 Academy, which includes:

- A seven day, all expenses paid, Outward Bound experience in Colorado from June 20th through June 27th;
- The chance to develop community service projects throughout the Hartford area; and
- An experience that will help your leadership skills show and grow.

This is an amazing opportunity and experience. Check out the website www.crec.org/crila for more information. If you believe you are a good candidate for CRILA, you can pick up an application in the Guidance Office or download one on their website.



News from the Career Center

Things are moving along in the Career Center!

Beginning second semester, a large number of students will begin Service Learning placements in various locations around our building and around Bristol. They will be learning the skills of professionalism, customer service and seeing things through the eyes of others. They will also be providing valuable support to those who provide help to others.

Would you or your child like to do something fun, rewarding and earn credit for it at the same time? See Mr. Hochman in the Career Center and ask for information about Service Learning!

...SENIORS

SENIORS!!! MAKE SURE YOUR COUNSELOR IS AWARE OF ALL YOUR POST SECONDARY PLANS. Also, please let your counselor know college application outcomes e.g., accepted, denied, deferred, waitlisted. We need this information for our data base.

SCHOLARSHIP INFORMATION

Local scholarships can be found in Naviance. To access scholarship applications 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 IN GUIDANCE DEADLINE DATES!!!! Check Naviance often as more 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.

Applying for college scholarships can be overwhelming. The sheer number of scholarships out there makes the process even more confusing. Be prepared to invest time researching or you may waste time applying for awards. Scholarships are like a part-time job. It takes a lot of work. Try to set aside some time every week to search and complete as many scholarships you are eligible for.

FINANCIAL AID INFORMATION:

The Free Application for Federal Student Aid form (FAFSA) must be completed online by all who are seeking financial aid. This form determines eligibility for all federal monies. The FAFSA must be submitted online after January 1, 2015 at www.fafsa.ed.gov. After it is processed the student will receive a Student Aid Report (SAR). Students and parents can visit the website in advance of filing the FAFSA to request a PIN, a personal identification number that allows you to sign in to your FAFSA electronically.

IMPORTANT LINKS FOR SENIORS:

Naviance: <https://connection.naviance.com/bristoleast>

Common Application: www.commonapp.org

CollegeBoard (SAT): www.collegeboard.org

ACT: www.actstudent.org

NCAA Clearinghouse: www.eligibilitycenter.org

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www.martybucella.com



Meet Our New Counselor

Greetings!

My name is Miss Stabile and I am excited to introduce myself as the new school counselor for students with the last names P-U for those of you who had Mrs. Russo. I have enjoyed the opportunity to meet with some students and parents since starting here a few weeks ago and felt welcomed into the BE community.

A little about me is that I lived in Tennessee for the past six years and graduated from Lee University with my undergraduate in psychology and education and my masters in school counseling. In my undergraduate studies, I was fortunate to complete two months of my student teaching in Ghana, Africa. I love traveling and experiencing new cultures as a way to gain the ability to view life through a new lens. And even though I have been abroad or in the south for a while, I was born and raised in Connecticut—although I have forgotten how cold it gets here in the winter.

As we start a new semester I am happy to help the seniors get ready to graduate, the juniors start making post-secondary plans, and the sophomores choose their future courses during one of their toughest years. Please feel free to stop by the school counseling office or email me any questions or concerns you may have—I am always willing to listen and help. You can contact me by emailing laurastabile@ci.bristol.ct.us or calling 860-854-7876 ext 727.

Sincerely,

Miss Stabile

You don't have to be great to start, but you have to start to be GREAT!

-Zig Ziglar