

BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

February 2017



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MONTHLY TIP:

Now that it is the second semester, it can be a fresh start for many of you! Below are a few tips to keep in mind in order to succeed this semester and end the school year on a strong note.

1. Keep your grades up

- Don't fall behind in your classes. When you notice you are struggling and your grades start to fall, ask for help. Being proactive will make it easier for you to catch up and bring your grades up.

2. Re-Set Goals

- Think about goals you created last semester. Did you achieve them? If not, implement those goals again this semester and come up with a different plan so they are achieved. If goals were achieved, come up with new ones to finish your year off strong.

3. Homework & Studying

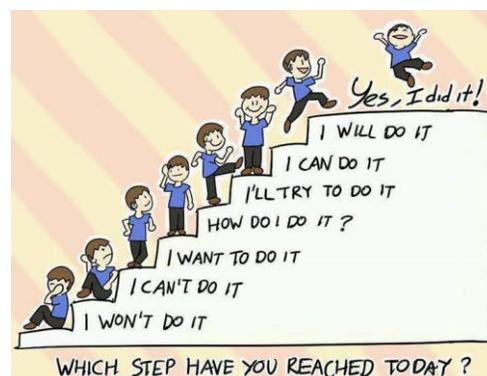
- Create a schedule to finish homework and study. Having a consistent schedule will help you get into a routine and stay on task to ensure your grades stay up this semester.

4. Organization

- Stay organized! Clear out your folders or binders so that you only have materials needed for the second semester. Keeping an organized system helps you pull out materials easily when you need to reference or complete assignments.

5. Check in with your counselor

- Your school counselor can help you in many areas when you find yourself struggling or when you just need to talk to someone. They will guide you in the right direction and help create and achieve any goals you might have.



WHICH STEP HAVE YOU REACHED TODAY ?

What's coming up for...

...FRESHMEN

PRIORITIES

During the course of our Freshman Guidance Seminars, Mrs. Kalfayan and Mr. Hochman have been asking our students to distinguish between what is urgent and not urgent, and what is important and not important. This activity is based on an exercise begun by Dr. Stephen Covey, author of *The Seven Habits Of Highly Effective People*. Dr. Covey suggested we spend most of our time in activities that are important to us, but not urgent...they are not immediate, life or death matters. The message to our students is that they figure out what is important to them: to their interests, to their values, to their future and present. And that they figure out how to do the important things first, so they're done well and not under extra pressure. We used real world examples and encouraged students to come up with their own priorities. Happily, many of them chose school work as something important to them, and their futures. As you continue to work with your kids, please stress the importance of spending as much time as possible on the important things, and placing them in the proper order so they are done thoroughly and well, not urgently and last minute.

...Sophomores

Course planning is taking place so be sure to talk with your parents about what courses you are thinking about taking. This is a great time to find out what you are interested in...or possibly what you don't like. Talk with your teachers about careers possible in the subject you are interested in. Visit the Naviance webpage to look over your "Do What You Are" results for careers that might be interesting. If you don't know how to log in to get this information stop by the school counseling office and we can help you access your account. If you are interested in a trade or looking at BTEC for your junior or senior year, be sure to speak with your counselor about completing an application and scheduling a shadow day. This is a great way to still be able to participate in sports or activities while finishing your education with an emphasis on a hands-on trade you can start right after high school.

...JUNIORS

First semester is behind you and second semester will be a busy time for you! Please be sure your schedule reflects the classes you need for graduation and that you are on track with your credits. If you have any questions see your counselor! The course selection process will begin soon. Your teachers either have or 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. Use the packet you received in your January meeting with your counselor to review courses and plan your course selections. If you need help or want to discuss this individually make an appointment with your counselor. As always, work hard and keep up your grades!

You have all received your PSAT scores in the mail and in the meetings with your counselor during Midterms. Please continue to work on Khan academy and take advantage of the personalized practice available. All juniors will be taking the SAT in school in April. Your score will be important in helping you meet your graduation requirements.

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!

The Capitol Region Interdistrict Leadership Academy, also known as CRILA, will soon open the application for you to apply for one of 30 positions in the 2017-2018 Academy, which includes:

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

There is an amazing opportunity and experience. Check out their website www.crec.org/crila for more information. Keep checking the site and listen for announcements letting you know that the applications are available.

...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** 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.

... Career Center

The Director of the Energy Management Program will be at BEHS in February to share information with students about this career field. See Mrs. Winingar in Guidance for more information!



New Energy Management Program at Tunxis Community College

- Advance your career in the expanding field of Energy Management.
- Applied Associate of Science Degree, certificates and courses provide real world learning.
- Using the campus as a living laboratory, students learn the latest methods in measuring, analyzing and reducing residential and commercial building energy use.
- Instructors are industry leaders prepared to help you succeed.
- Internships and job placement assistance provided.
- Starting salaries range from \$40,000 to \$60,000.



(If you would like to read the full article, this topic was taken from www.apa.org/helpcenter/bounce.aspx)

Resilience for Teens:

Your teen may appear happy to the world but may face problems from being bullied to the loss of a friend or family member. Resilience is the ability to bounce back from life's challenges. The good news is that this is a skill that can be learned it is not something that you are or are not born with.

The American Psychological Association recommends ten tips to help your teens build resilience. It is important to remember that everyone's road is traveled differently so if these strategies take a while or if you find that they don't work, seeking out professional support is always an option to consider.

TEN TIPS FOR TEENS

Tip #1 – Get together. Talk with parents and friends about your experience. Listen to what is being offered even if the opinions expressed are different than your own and don't be afraid to express your own differing views. It is also recommended that you get connected in your community in some way.

Tip # 2 – Cut yourself some slack. If you are going through a difficult time for whatever reason, be kind to yourself and recognize that the stress you feel can be heightened due to hormones and physical changes. Be prepared for this and do not react in haste.

Tip # 3 – Create a hassle free zone. Make your room a haven free from stress and anxiety but also understand that if you are going through a difficult time, your family who loves you may want to spend more time with you so don't shut them out.

Tip # 4 – Stick to the program. Let home be your constant. Being in high school means you may be doing all kinds of new things but during a time of major stress map out a routine and stick to it as routines can be a tremendous source of comfort.

Tip # 5 – Take care of yourself. Be sure to take care of yourself physically, mentally and spiritually. It is also important to get plenty of sleep in times of stress to lessen the chances of you being grouchy or nervous.

Tip # 6 – Take control. Even in the midst of tragedy, you can move toward goals even if it is only one step at a time. Bad times can make us feel out of control. Getting out of bed and coming to school may be all you can handle, but do it.

Tip # 7 – Express yourself. While tragedy can bring up many emotions that need to be expressed, if you are not one that is comfortable doing that then try expressing yourself through writing a journal or creating art.

Tip # 8 - Help somebody. Nothing can get your mind off your own problems then by helping someone else. Consider volunteering at school or in your community or even consider helping someone with their homework or helping out around the house.

Tip # 9 – Put things in perspective. You may be experiencing many changes but try to think about the important things that have stayed the same even while things around you are changing and when you talk about bad times, talk about good times as well.

Tip # 10 – Turn it off. Try to limit the amount of news you watch especially if it is focused on sensational news. Watching the news for information is fine, but try to refrain from watching the same thing over and over as it only contributes to your stress and provides no new information.

Don't forget your school counselors are here to help you too!

Important Dates and Upcoming Events:

Course Selection

All students in Grades 9, 10, and 11 must select their classes for next year in PowerSchool by **February 27th**. See your counselor if you need any assistance.

Tunxis College Planning Conference

March 10, 2017 8:30 to 1:00

- Open to all students in Grades 10 - 12
- Interact with career professionals, college faculty, scholarship foundations and community youth organizations
- Explore career and education options
- Gain valuable information about attending and paying for college
- Attend workshops on various college and career related topics
- Tour the campus
- Lunch will be provided for all attendees



ECMC College Night

ECMC College Night will be held on Thursday, April 27th.

Juniors, look for upcoming announcements and details.