

BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

January 2015



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MONTHLY TIP:

January is a month of transition! We are saying good-bye to 2014 and with that comes the closing of the 1st semester. Midterms are scheduled to start January 16 and the new semester will begin January 23! As we prepare for mid-terms remember these helpful hints!

Before the test...

Use your study guides!

Review with your teacher!

Get a good nights rest!

...During the test...

Show up on time

Stay focused and relaxed.

Sit comfortably

Expect and accept a little bit of stress

Read the directions

Pace yourself

Don't rush

Don't get distracted

Focus on the stuff you know

Use all your time

....And when the test is over reward yourself for making it through the test!!

And speaking of transitions.....as some of you may know, Mrs. Russo is retiring. Her last day at Bristol Eastern High School was December 23. Mrs. Russo was a School Counselor at BE for over 15 years. She has been a tremendous asset to the department and will be missed! We are in the process of hiring a new counselor and hope to find a replacement in the near future. We realize there may be students who may struggle with the transition to a new counselor but we are here to assist! Please feel free to see any of the Guidance staff during this transitional period!

So, 2015 has just begun but can you believe we are already planning for the next school year!!

Course selection for the 2015-2016 school year is right around the corner!

Information regarding course selection will be reviewed with students during the month of January in classes. Students will be able to view course recommendations and complete course selection through the on-line portal in February! Materials will be available on the school website starting in February!



News from the Career Center

The Career Center has been a busy place lately! Grade 9 teams are taking the Career Interest Profiler, through Naviance. This is a survey where students get some initial information about their career preferences. We have found this is a great way to keep students focused on school, since so many careers depend on the skills they're learning now. Results are available on Naviance, and students (as well as parents) can access these any time they would like. Please contact Mr. Hochman if you would like some help with that.

Additionally, a number of Senior internships in the manufacturing field have opened up. In the past, these internships have sometimes led to great careers for our students. If your child enjoys the technical field, this may be an ideal placement! He or she should see Mr. Hochman as soon as possible.

SAT HELP

Having trouble logging on to the College Board to register for the SAT? Call SAT HELP!
(866) 756 - 7346

What's coming up for...

...FRESHMEN

BUILDING A SOLID FOUNDATION FOR YOUR FUTURE

How important is Freshman Year???



Depending on your source, the answers to this question can be as numerous as the stars in the sky and as varied as the snowflakes that fall during a winter storm. While one source claims, "Freshmen year is not weighted heavily," and then references one particular college that does not calculate students' grades from freshmen year when considering them for admission; another source reports that "Freshmen year of high school is an important year . . . and that Freshmen should take their academics seriously right from the beginning to set the pace for their high school career." So who do you believe????? The truth is there are many variables that need to be taken into consideration. Keeping in mind that there are more than 6,000 colleges to choose from in the United States, each with their own admissions requirements, you will need to prepare yourself for a whole variety of possibilities.

The key is arming yourself with information so that you are better able to handle any number of variables. You need to lay the groundwork for a successful future by focusing on your academics and making a four-year plan. You need to make each year count. For that matter, you need to make each day count.

The start of the second semester is right around the corner. Finish your Freshmen year strong by practicing the following tips:

- Come to school prepared ~ high school means an increased workload.
- Reassess your study habits ~ set aside time and workspace for homework.
- Get organized ~ use your planner.
- Get involved ~ extra-curricular activities are an important part of school.
- Ask for help ~ we are here for you.

Find your dream and be willing to work hard to achieve it.

**BELIEVE
IN THE
MAGIC
OF A
DREAM**



From: Family Matters Practical Parenting Blog

“10 mothers sat in a coffee shop and talked about all the things they wanted for their kids.

The first mother said, ‘I wish I could give my kids lots of **money** so they could have everything they want and be financially free.’

The second mother said, ‘I wish I could give my kids **knowledge** to help them succeed in life. Learning is the way to growth and knowledge is the key to success.’

The third mother said, ‘I wish I could give my kids wonderful **friends** to keep them company for the rest of their lives.’

The fourth mother said, ‘I wish I could give my kids **strength** to overcome all the difficulties in life.’

The fifth mother said, ‘I wish I could give my kids **compassion and kindness** towards themselves and towards others, for compassion and kindness bring all people together and make us one.’

The sixth mother said, ‘I wish I could give my kids **acceptance** to help them flow with the stream of life and lead them to spirituality.’

The seventh mother said, ‘I wish that I could give my kids **gratitude** for all that the universe has to offer them, for gratitude is the vibration of all good things in life.’

The eighth mother said, ‘I wish I could give my kids **perfect health** so they can experience the world with all their senses.’

The ninth mother said, ‘I wish I could give my kids **love**. Love is everything and love is the answer to all.’

The tenth mother said, ‘I want to give my kids **happy thoughts** that can lead them to financial freedom, knowledge, friendship, strength, compassion and kindness. A happy, positive mindset will lead them to acceptance, gratitude, health and love, for happiness is the ultimate state of bliss and happy thoughts are the way to get there.’”

...SOPHOMORES

It’s January, and we are almost in the second half of the year! You are about halfway on your way to being an upper classmen! Now is a good time to start thinking, (if you haven’t already) about what you would like to do after high school. Important things to be doing as a Sophomore in January include reviewing your academic progress through the year so far. Are your grades what you want them to be? What are you doing after school? Are you involved in any sports or clubs? Now is a good time to get involved if you not already. Finally, it is almost time for course enrollment, so start thinking about what classes you would like to take next year. Always consider challenging yourself! If you have not met with your guidance counselor, schedule a meeting! Guidance counselors are a great resource for you and down the line you may be asking them for college recommendation letters; make sure they know you!

...JUNIORS

First semester is coming to an end! Work hard and keep up your grades! See your counselor as soon as possible if you need to make any changes to your second semester schedule.

You can register for the SAT now and scratch it off your list of things to do. The 2015 test dates are March 14th, 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 to. 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.

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. 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 the guidance office or by replying to the email you received in your Naviance account.

...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.

COLLEGE GOAL SUNDAY CT

Connecticut’s College Goal Sunday will take place on Sunday, January 25, 2015 from 1:30 – 4:30. At College Goal Sunday, students and parents can talk to experts and get in-depth help with filling out the FAFSA (Free Application for Federal Student Aid). Participants will also receive general information regarding state and federal financial aid programs. The program will run at many sites throughout the state including New Britain High School, (continued)

WORKSHOPS



Financial Aid/Scholarship workshops will run January 12 – January 16 in Room 201 (computer lab). Workshops will run all periods and after school by the Guidance staff. Students can sign up in the Guidance Office. Students should be signing out during free periods when possible. Absences from class must be approved by that teacher.

SENIOR SEMINAR SERIES!

The Senior Seminars continue!

Topics covered in the upcoming workshops are:

- ❖ Financial Aid
- ❖ Job Searching & Applications
 - Where to start
 - How to search
- ❖ Interviewing Skills
 - Learn tips that can help you ace your interview

University of Hartford, Hall High School in West Hartford and Naugatuck Valley Community College. To register for College Goal Sunday visit: www.collegegoalsundayct.org and click on the “**Students Register Here**” tab.

SCHOLARSHIP INFORMATION

Local scholarships can be found in Naviance. To access the 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 DATE IN GUIDANCE DEADLINES!!** 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.

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

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

Martin Luther King, Jr.