

# BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

May 2015



## CONTACT US!

860-584-7876

Erin Winger x263  
Guidance Chairperson  
[erinwinger@ci.bristol.ct.us](mailto:erinwinger@ci.bristol.ct.us)

Lawrence Hochman x190  
[lawrencehochman@ci.bristol.ct.us](mailto:lawrencehochman@ci.bristol.ct.us)

Michelle Kalfayan x731  
[michellekalfayan@ci.bristol.ct.us](mailto:michellekalfayan@ci.bristol.ct.us)

Elizabeth Lefrancois x729  
[elizabethlefrancois@ci.bristol.ct.us](mailto:elizabethlefrancois@ci.bristol.ct.us)

Cynthia Lombardo x732  
[cindylombardo@ci.bristol.ct.us](mailto:cindylombardo@ci.bristol.ct.us)

Laura Stabile x727  
[laurastabile@ci.bristol.ct.us](mailto:laurastabile@ci.bristol.ct.us)

Jennifer Tulacro x728  
[jennifertulacro@ci.bristol.ct.us](mailto:jennifertulacro@ci.bristol.ct.us)

Marie Pasqualicchio x717  
Guidance Secretary  
[mariepasqualicchio@ci.bristol.ct.us](mailto:mariepasqualicchio@ci.bristol.ct.us)

## MONTHLY TIP:

### A Math Lesson About Grades

#### How to add your Year to Date Grade (YTDG)

$$\text{YTDG} = (Q1 + Q1 + Q2 + Q2 + E1 + Q3 + Q3 + Q4 + Q4 + E2)/10$$

Divide by the number of grades added together—there are 10 grades entered by the end of the year with this equation. You also ignore the S1 or S2 grades when finding your YTDG.

Q1	Q2	E1	S1	Q3
73	45	51	57	75

To get your YTDG at the end of Q3 you would divide by 7.

Using the grades given, the equation would be:  
 $\text{YTDG} = (73 + 73 + 45 + 45 + 51 + 75 + 75)/7 = 62$

$$\text{YTDG} = 62$$

If you wanted to know how Semester 1 is calculated:

$$\text{S1} = (73 + 73 + 45 + 45 + 51)/5 = 57$$

#### How to find the grade you NEED to get the grade you WANT

If X = the grade you want:

$$X - \text{YTDG} = Y; \quad X + Y = \text{grade you need to get to achieve your goal}$$

Using the above example: If your goal is to pass, X = 65

$$65 - 62 = 3; \quad 65 + 3 = 68 \text{ average for Q4 to pass for the year.}$$

If your goal is to get a 70, X = 70

$$70 - 62 = 8; \quad 70 + 8 = 78 \text{ average for Q4 to achieve your goal}$$

#### Good Info:

20% Q1 = Quarter 1  
 20% Q2 = Quarter 2  
 10% E1 = Exam 1 or Midterm  
 20% Q3 = Quarter 3  
 20% Q4 = Quarter 4  
 + 10% E2 = Exam 2 or Finals  
 100% End of Year grade

S1 = Semester 1 (Q1, Q2, & E1)  
 S2 = Semester 2 (Q3, Q4, & E2)

## What's coming up for...

### ...FRESHMEN

Spring is finally here . . .



and Summer is calling . . .



but there is still lots of work to be done . . .

As school winds down, the demands on our time increase with end-of-the-year activities. From spring plays to spring concerts, from awards banquets to sports banquets, from final projects to final exams – the academic year is far from over yet! Making sure you finish with your best effort – when your efforts are required in so many different areas – can be quite a challenge.

- **Stay focused – don't let the lure of longer days and warmer weather keep you from your work.**
- **Maintain a routine – having a plan and keeping a schedule will help keep you on task.**
- **Pace yourself – studying in bits over time helps you learn and better prepare for upcoming finals.**
- **Avoid procrastination – stay current on your assignments.**
- **Ask for help if you need it – know your resources: family, friends, counselors & teachers.**
- **Address stress – remember to take care of yourself; get a good night's sleep, eat properly, & exercise.**



### ...SOPHOMORES

Sophomores, as May has arrived, it is important to reflect on the courses you have selected to take for your junior year. If you are considering attending college after high school, you will want to make sure you are challenging yourself in your classes. What that means is if you take all academic level courses and get good grades, you may want to consider taking an accelerated course in your area of interest. An area you know you will have a high likelihood of succeeding. Same for those of you in accelerated courses, you may want to consider finding an AP course that interests you. It is not too late to make changes to your course requests for next year. If you have not already met with your counselor to discuss your requests, make an appointment to do so! If you are still unsure exactly what your interests are, take a good variety of courses. BEHS offers vocational, business, art, music, and a large variety of core electives where you can expand your horizons and explore subject matter.

As the summer approaches, don't forget we still have 8 weeks to get through. Make sure you are allotting an adequate amount of time to your studies and making sure you are preparing for final exams! If you are not involved, try to get involved. Think about volunteering this summer or getting a summer job. It is also important to make sure while you are balancing all of the things you have going on in your lives that you always remember to have fun along the way and make sure you are taking care of yourself!

## ...JUNIORS

Please be sure to see your counselor to finalize your course requests for next year.

Juniors will be taking the smarter balanced assessment during the testing window of April 27<sup>th</sup> – May 14<sup>th</sup>.

May 2<sup>nd</sup> and June 6<sup>th</sup> are the next SAT tests. The June administration will 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](http://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.

Continue researching and making your post secondary plans. Develop your list of schools, research college websites and plan your visits! Spring is a great time for tours! Many campuses have spring open houses. Touring campuses is essential to the process of selecting which schools to apply to and, once accepted, which school to attend. Visiting schools allows students to get a firsthand impression that brochures and websites simply can't compete with. Students should try to schedule their tours while classes are in session in order to get the best idea of what life on campus will be like. If you go on a college tour, bring back your registration or confirmation that you attended and your absences will be excused. 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? Keep your eyes and ears open for the post secondary planning workshops guidance will be offering on a variety of topics this spring. You can sign up for a workshop in the guidance office. This is your opportunity to gain valuable information for your post secondary planning. Don't miss it!

## ...SENIORS

**Continue researching and applying for scholarships that might be available to you.** Check Naviance often and pay attention to deadlines!

Congratulations to this year's senior class on their acceptance to an impressive variety of schools and colleges. Please inform your counselor of the specific school you will be attending next year. We need this information so we can send your final transcript to the correct college.

You can also update your college information in Naviance. Next to your college/university you can click on "Result" and indicate Accepted, Denied, Wait-listed. Also click "Set Attending School" to indicate where you are going in the fall.

\*\*\*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 or seeking employment or military service upon graduation.

## ... COLLEGE BOUND ATHLETES

Many students have a desire to continue playing sports at the college level but often do not realize all of the options available to them. Colleges offer Varsity Sports (Division I, II, III), Club Sports and Intramural Sports. The College Board has a great article explaining options for student athletes.

<https://bigfuture.collegeboard.org/find-colleges/campus-life/playing-sports-in-college-your-options>

Students wishing to compete in Division I or II sports at the college level must complete an application through the NCAA Clearinghouse. Registration can be completed on-line through [www.ncaaeligibilitycenter.org](http://www.ncaaeligibilitycenter.org). Students must also forward their SAT or ACT scores to the Eligibility Center by entering the code "9999" in the box when registering for the test. There is a one-time fee (\$75 in 2015) to register for NCAA Clearinghouse. Fee waivers are available to eligible students and must see their counselor after registration is completed.

*Every day MAY not be good, but there is something good in every day!*



## Job/Career Fair

Bristol's two high schools take turns each year with a job and career fair. This year, Bristol Central is scheduled to host it on Thursday May 21. In the past, the fair was strictly for seniors who were searching for employment and local post-secondary training opportunities. However, this year's fair has been expanded to include juniors who would like to pursue opportunities for senior internships. If interested, please have your child stop in to see Mr. Hochman as soon as possible for further information and a permission slip. This is a valuable opportunity to get a head start on career planning.

## SUMMER CAREER EXPLORATION

Many of our students are going to have their first adventures in the working world this summer. Retail jobs, working alongside parents, all these contribute to a great work ethic and more awareness of what goes on after high school.

Summer would also be a great time to explore different career paths students may want to enter as adults. Most of our students completed a career exploration survey through Naviance, and those results are available in their accounts. Naviance is full of great information about the what, how, where and "how much" for many careers. Between that and a regular online search, there is no limit to how much students can learn about paths they may take in the future.

The best thing many students can do to prepare for their careers is to shadow someone who is already in it. This is a well established program at Bristol Eastern. There is nothing like being on site, observing someone in a career they might like to join. If at all possible, ask about spending time with someone you'd like to follow.



## Don't let your teenager become a statistic on prom night . . .

Did you know that according to the U.S. Dept. of Transportation, on a typical prom weekend:

- 48 American teenagers are killed in vehicles
- 5,202 are injured
- 40% of the deaths are alcohol related.

It is supposed to be one of the happiest days in our kid's life, but for too many it turns into a horrible tragedy. Prom night is often regarded as a "right of passage" and too many kids use it as an excuse to abandon core values, and common sense and go wild. As parents and caregivers, it is sometimes necessary to protect our children from themselves. Prom night is one of our last opportunities to do this. ([taken from afterprom.org](http://afterprom.org))

As a parent with this concern myself, I offered my son the opportunity to have friends (both boys and girls) for an all night sleep over . . . girls in one room, boys in the other. When his friends came over after prom, my husband treated our kitchen as an all night diner, serving them whatever breakfast food they fancied. They all had so much fun that they stayed all day playing assorted games and swimming or just laying by the pool; ending the prom fun with a cookout. My son thanked us for opening our home to his friends in this way, but truly, we are the ones who were thankful in knowing that my son and his friends had a safe, fun filled night.

Need some ideas? See the After Prom Party Idea Sites.

There are many sites to help you plan your after prom. Everything from rental ideas, to ideas on what to do, checking on one of these sites will give you a big list to consider.

**The All Nighter** – The All Nighter is a site produced by SADD, students against drunk driving. It has a slew of activities and ideas written by teens, for teens

**The Event Line** – The Event Line rents various equipment to proms and after proms. Mechanical surf boards, a casino, or even inflatable obstacle courses – it's all right here.

**After Prom.org** – After Prom.org is a site written by a mom for other parents who are concerned about the welfare of their children. The site has some great ideas for organizing a "substance free" event.

### Planning an After Prom Party

After proms can help keep kids safe and give them an alternative to drinking the night of the prom. Providing a safe and fun outlet lets teens stay up all night, have a great time, but keeps them safe as well.