

# BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

May 2017



## MONTHLY TIP:

Summer is almost here and it provides you with time to work or become involved with other experiences and opportunities. You might wish to find a job to gain some work experience and money, find volunteer work to explore more of what you are interested in or even spend summer visiting college campuses to get a feel of what it is like. All of these opportunities provide you with valuable skills and knowledge. Listed below are some more benefits of engaging in a summer experience. If you need any help exploring opportunities, see your guidance counselor!

### Benefits of Summer Experiences

- Explore further interests
- Gain experience in new opportunities
- Take on a leadership role
- Explore college campuses
- Connect with new people
- Grow and develop new skills

## CONTACT US!

860-584-7876

Michelle Kalfayan x621731  
Guidance Chairperson  
[michellekalfayan@ci.bristol.ct.us](mailto:michellekalfayan@ci.bristol.ct.us)

Lawrence Hochman x621190  
[lawrencehochman@ci.bristol.ct.us](mailto:lawrencehochman@ci.bristol.ct.us)

Elizabeth Lefrancois x621729  
[elizabethlefrancois@ci.bristol.ct.us](mailto:elizabethlefrancois@ci.bristol.ct.us)

Cynthia Lombardo x621732  
[cindylombardo@ci.bristol.ct.us](mailto:cindylombardo@ci.bristol.ct.us)

Laura Stabile x621727  
[laurastabile@ci.bristol.ct.us](mailto:laurastabile@ci.bristol.ct.us)

Jennifer Tulacro x621728  
[jennifertulacro@ci.bristol.ct.us](mailto:jennifertulacro@ci.bristol.ct.us)

Erin Winger x621263  
[erinwinger@ci.bristol.ct.us](mailto:erinwinger@ci.bristol.ct.us)

Marie Pasqualicchio x621717  
Guidance Secretary  
[mariepasqualicchio@ci.bristol.ct.us](mailto:mariepasqualicchio@ci.bristol.ct.us)

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## What's coming up for...

### ... Freshmen

We are almost at the end of the 2016-17 school year (Wow, that was fast!) and many families are looking forward to a fun and relaxing summer.

If you're like most of us, the months of July and August seem to fly by. What starts out as good intentions for using time well quickly dissolves into, "I wish we had done that."

So, if your plans include any kind of college or career research, we suggest now would be a good time to book those plans into your schedule, complete with reservations and travel arrangements.

Many colleges are open to visits during summer months. Contact the admissions office, which is easily accessible through the home page of most colleges. Many have a link to their summer visitation program, and registration should be simple.

If a job or career shadow is in your plans, now is a good time to contact anyone you may have access to. Many employers are more than happy to have a young adult spend part or all of a day with them. Make arrangements ahead of time, and send your son or daughter in with a list of focused questions to ask. Information about daily activities, preparation, and advancement are always good ideas.

Mr. Hochman's door is always open for any student or parent who would like more information on planning a job shadow experience.

### ...Sophomores

At the end of the year there are many distractions and events that sometimes feel like they take precedent over homework or grades. Don't lose sight of the finish line by the beautiful scenery. Now is the last chance to make a change in your grades and to leave the school year feeling accomplished. Take a deep breath, make some short term goals, and start the sprint to the finish line. It may be a lot of work, but you can do it. There are people and actions that can help you finish the year strong!

1. See your counselor if you need help calculating your grade and what you need for the last quarter, de-stressing, or creating a plan for success!
2. See your teacher BEFORE a test or a quiz to make sure that you understand the material.
3. Homework Club meets every Thursday after school until the late bus arrives.
4. Use your planner or calendar to help you remember homework and deadlines.
5. Ask your counselor about a peer tutor if you need help.

### ...Juniors

Please be sure to see your counselor to finalize your course requests for next year if you have not already done so. Your senior year courses and grades matter very much in the college admissions process. Don't become one of the students denied admissions to a college of your choice because you opted to take a minimal and lightweight course load for your last year of high school. You still have time to avoid this mistake. Colleges view a willingness to take a challenging curriculum throughout high school as a good indicator of success in college. The more you challenge yourself, the better prepared you will be for college.

### ...Seniors

**Continue researching and applying for scholarships that might be available to you.** Check Naviance and the guidance office for scholarship information and applications.

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

## ... Career Center

### Creating a Resume

A resume is a great tool for students to document their activities and experiences. Often times when we need to recall the information under pressure we forget things or can't remember dates, duration, names of the award, etc.

The Guidance Department uses Naviance to help students track their activities and save them into a document that can be shared. We use student resumes for letters of recommendation, nominations for awards, helping with job applications and many students have used their resume after high school for job searching, college and internships!

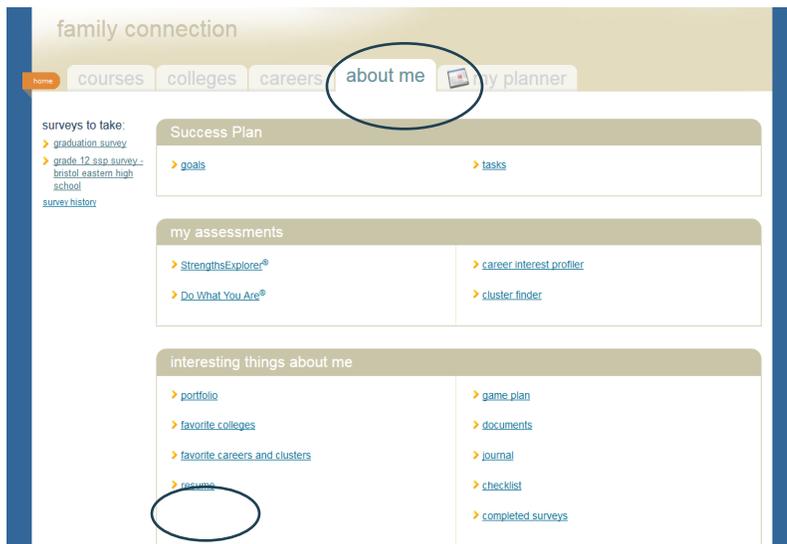
### How to log-in

<http://connection.naviance.com/bristoleast>

username: YOGlastnamefirstname (18smithjohn)

password: student id (123456789)

Then click on About Me and then Resume....



Follow the prompts and edit each category. Work with your counselor to make sure you are entering information correctly!



*Don't wait until you reach your goal to be proud of yourself.  
Be proud of every step you take.*

*Karen Salmanohn*



In thinking about the Parents' Corner topic I would write for this month's Guidance Newsletter, it occurred to me that the one I wrote for the month of May 2015 remains as important as it is timely with regards to prom safety. Wishing your children a safe and happy prom night. Here it is...

### **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 "rite 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)

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 for 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.