

BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

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Monthly tip: Find a Job

I've encountered many students who want to get a job, especially as the summer months approach. Here are a few tips on what you may need to fill out your job application, interviewing, and once they say that you've got the job!

First, you will need to know a few pieces of information that are common sense and some you may not know off hand. Your name, address, and date of birth are easy. But be sure to ask your parents for your social security number before you go to fill out the applications. Also, while you are filling out your application you want to make it look as presentable as possible:

- Use good handwriting or type when applicable.
- If you need to cross something off print off a new application or use white out.
- Keep the paper looking crisp and clean—Do NOT fold it in half or bend the corners.

Remember when you hand in your application, you are presenting yourself as well! Be sure to dress nice and if possible in the dress code required by the employer. If you don't know, observe the current workers:

- Are they wearing jeans and a t-shirt? Or Khakis and a blouse or polo?
- Are they wearing jewelry or gages?
- Is their hair pulled back or in their face?

Ask yourself these questions when you are handing in your application and if you get an interview. You may need to check in after a week if you do not hear back by calling or better yet—going in person!

When interviewing find out as much as you can about the company. Look online at what they stress as important. Find out what they are looking for in an employee and what the responsibilities of your potential job may hold. Be sure to have a question or two in mind for the end of the meeting. This shows that you are engaged in their company and want to know more about it. Once the interview is over and you are waiting to hear back you should write a thank you letter to the person you spoke with; so be sure to remember their names.

Once you get the job you will need multiple forms of identification. This can come in the form of birth certificates, social security cards, passports, etc. Your employer will let you know what they need, but it is nice to have them easily available should you need them and not lost in a box from two moves ago. Also, if you are under 18 you will need "working papers." You will need a promise of employment from your employer stating that they plan to give you a job with their logo or letterhead. Once you have that, you can bring it to any secretary in the building. Be sure to be gracious, say please and thank you and give them plenty of time to complete the task.

And as always, if you have any questions see your school counselor!

What's coming up for...

...FRESHMEN

Think Strong Be Strong
FINISH STRONG

It's hard to believe that the school year is almost over. I've been reflecting with many of our 9th graders on how things have gone for them this year and most agree that their first year in high school has passed more quickly than they ever anticipated it would. Many students are asking: "How can I make the most of the time that is left this year?" They really want to finish strong!

It's made me think of an article that I recently read which compared life to running a marathon. Whereas "sprinters train for a quick, short burst of energy," the marathon runner has to prepare for the long haul. Four years in high school is definitely more like a marathon than a sprint. Although freshman year is coming to an end, you are only a quarter of the way through this marathon. So how can you prepare for what lies ahead?

Here are some suggestions:

1. **Be proactive**, which means that you make things happen instead of waiting for them to happen to you. For example, when you miss a class, go to the teacher and find out what you missed, don't wait for the teacher to come to you.
2. **Ask for help when you need it.** The most successful people in the world rely on the support of others – family, friends, colleagues, peers, mentors, and more. We are all part of a community and the more connected we are to that community, the more successful we will be.
3. **Set realistic and achievable goals.** When we set our goals out of reach, we set ourselves up for disappointment and tend to give up. But when we set our goals within what we know we are capable of achieving and we make a commitment to work for them we make progress, which encourages us to keep moving forward.
4. **Demonstrate willingness.** The willingness to go the extra mile by doing things like staying after school or coming in early, taking advantage of re-writes and re-takes to get a better grades, making the time to study every night – not just the night before the test, – completing every assignment on time all the time – not just most of the time, – participating in class, and volunteering.

All of these things go a long way in building the stamina that is required to get to the finish line – graduation. But that certainly won't be the only finish line that you cross in your lifetime, so it's to your advantage to start your training now and keep training. It will keep you strong!





News from the Career Center

So...what are you going to do with this summer???

Hint: It's the perfect time for looking ahead!

College campuses will be mostly free of the hustle and bustle of the school year which will give you the chance to explore the campus when it is quiet, and maybe even get on a tour.

Summer is a great time to go to work with parents or other adults. Looking to check out a career you may be interested in? Don't want to worry about make up work from being absent? Here's your chance!

You will also have the opportunity to do hours of online research about careers instead of gaming, texting and Snap chatting. Well, there's time for both.

But at the end of the summer, do you want to say, "What's next?"

Or do you want to say, "Here's what's next!"

Please, feel free to stop in to the Career Center if you'd like some information or a gentle nudge in the right direction.

...SOPHOMORES

The school year is almost over, but not done yet! Be sure to finish strong and stay on top of your attendance. I know that with all the lovely weather there is outside it is tempting to just stare at the sunshine out the window, but stay vigilant! You Can Do This! Now may also be a great time to start reviewing your notes from Quarter 3 so that when it comes time for finals you can breeze right through. This may look like taking your old notes out and re-reading them or possibly solving some old math problems to make sure you remember all the steps. Also, as the summer approaches you may want to look for volunteer activities or summer jobs to fill your time. Remember: add all you do to your resume in Naviance. This makes it easier to remember by the time you get to senior year

...JUNIORS

Please be sure to see your counselor to finalize your course requests for next year if you have not already done so. If you want to change anything on your requests please do so as soon as possible.

June 4th is the last SAT test of the year. 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 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 college 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!

...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.



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.