

# BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

November 2016



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## MONTHLY TIP:

### How to Succeed in School (Tips from the Minnesota Office of Higher Education)

**Take notes even if your teachers don't require it.** Think you'll look silly if you're the only one taking notes? You won't look too cool if you don't pass high school.

- Try to pick out the main ideas, but don't write down everything your teacher says.
- Ask questions and then write down the answer.
- Copy any formulas and examples your teacher writes down for the class.
- Make the important points stand out using colored highlighters or by underlining.
- Ask your teacher what will be on the test if you're having trouble knowing what to write down.

**Listen and ask questions.** Still afraid of looking stupid? Don't worry about it. If you have a question about something, chances are your classmates do too.

- Review your notes and assignments before class.
- Give your teacher your full attention and concentrate on what is being said.
- Relate the topic to what you already know and listen for main ideas.
- Make eye contact with your teacher and take notes.
- Ask questions if you don't understand, but try not to interrupt your teacher. Raise your hand or wait until your teacher pauses or asks for questions.

**Study.** Yeah, that's right, study. Read, review and analyze class material so you know it. This takes time, effort and a quiet place. If you learn how to study now, you'll be way ahead before you even start college.

- Ask for help if you're having trouble. You may need to ask more than one person.
- Have a special area for studying where you won't be distracted.
- Study in small "chunks" and take regular breaks. Try not to cram.
- Have a regular study routine to make studying a habit.
- Study with a friend or group and share information.

**Read.** You can read whatever you want: *Sports Illustrated*, *Jet*, *The New York Times*, comic books, Harry Potter, your Cheerios box, online blogs or web articles...whatever! Reading increases your brainpower.

- Look up words you don't understand in the dictionary.

- Read assignment questions first to help you identify key points.
- Take breaks from reading to write down what you learn.
- Read outside of class to improve your reading skills.
- Read out loud with your friends, classmates or parents.

**Write.** Writing is a way to express yourself: your ideas, opinions and knowledge. And you may do a lot of it in college and on the job.

- Write a little every day. Try keeping a daily journal to make a habit of writing.
- Read outside class to increase your vocabulary and understanding of grammar.
- Break up long writing sessions into shorter periods with regular breaks.
- Let your writing sit for a while and then come back to it.
- Read your writing out loud or have someone read it to you.
- Edit someone else's writing and let that person edit yours.

**Do the math.** Even if you're struggling in math, stay with it. Knowing math gives you options. It opens doors to good jobs in computers, engineering and business. And it helps your mind get organized.

- Take math problems one step at a time.
- Do your math homework every day. Falling behind will make it that much harder.
- Ask for help and study with friends if you are having problems understanding a concept.

**Sit in the front row.** Or close to the front. Pretend you want to be there, like you do at a concert or movie. Don't be worried about looking like a geek. Imagine how geeky you'll look when you're 35 and watching game shows for a living. The front row doesn't seem so bad now, does it?

## What's coming up for...

### ...FRESHMEN

Happy November!

We are past the "honeymoon period" that many freshmen experience. Teachers have mostly moved past review items and have gone onto brand new material. And students have mostly moved past feeling their way around in a new environment to being "old pros" in high school. With that comfort sometimes comes a tendency to let down and put less focus on school work.

This would be a great time to continue reviewing your son or daughter's progress in school. Your child's study habits are created at times like these: without the novelty of something new or the urgency of midterms or final exams.

As always let us know if we can support your efforts.

### ...SOPHOMORES

While we take this month to consider what we are grateful for I am always grateful for the meaningful connections that can be found in life. One of the biggest questions sophomores should be asking themselves is the classic question of "What do I want to be when I grow up?" You don't have to land on an exact answer and stick with it for the rest of your life, but it is a good place to start with possibilities.

As you start working towards your goals, be sure to write your accomplishments down in your Naviance resume. Username: classlastnamefirstname (ex:18smithjohn) and Password: student ID/lunch number. Keeping track of this information early will help you senior year when you are using it for job applications or college scholarships.

Finally, this past month has been one that has had many students seeing the doctor. Be sure to have a parent call when the student is missing school and following it up with a note within 10 days. Attendance matters with school success! It's harder to catch up than keep up, so please be sure to check in with the school nurse if you feel like you are having an off day before staying home. Sometimes you feel better once you get moving and dressed for the day.



### **SAT HELP**

Having trouble logging on to the College Board to register for the SAT? Call SAT HELP!!!

### **Tunxis Community College Acceptance Day**

Seniors, are you thinking about starting your post-secondary education at Tunxis? We will be hosting a Tunxis Acceptance Day right here at Bristol Eastern.

Admissions Representatives from Tunxis Community College will be here on Wednesday, December 7<sup>th</sup> from 8:30 to 11:30 to meet with Seniors to accept applications, interview students, and answer questions about financial aid.

See your School Counselor to sign up.

### **Tunxis Community College FAFSA Filing Help Sessions**

Do you need assistance completing a FAFSA for the first time or a renewal FAFSA for next year?

Tunxis can help! All sessions are held in their Library Classroom:

Thursday, 11/3 @ 6 PM

Friday, 11/4 @ 10 AM

Wednesday, 11/9 @ 1 PM

Thursday, 11/10 @ 5 PM

Friday, 11/18 @ 1:30 PM

Saturday, 11/19 @ 10 AM

Friday, 12/9 @ 1:30 PM

Wednesday, 12/14 @ 6 PM

Thursday, 12/15 at Noon

Email your requested date to:  
[tx-finaid@tunxis.edu](mailto:tx-finaid@tunxis.edu) today!

## **...JUNIORS**

We hope your first quarter is going well and you are thinking about your post secondary planning and doing some of the research we suggested in last month's newsletter.

Juniors took the PSAT on October 19th. A major benefit to the PSAT is that it can assist you with college and career planning. The PSAT also helps students increase SAT scores through practice opportunities. Please be sure you are able to log into your CollegeBoard account as this is where and how you will be able to view your scores in December. You will also be able to connect with Khan academy for personalized SAT practice through your CollegeBoard account. If you can't log into your account or don't remember how, DO NOT make another one. You may need to reset your password through the link or call CollegeBoard's customer service line to help you access your account. It is also important to know that as a Junior you are also entered into the National Merit Scholarship Corporation competition. Go here for more info: [www.nationalmerit.org](http://www.nationalmerit.org).

Tunxis High School Partnership Program is now open for application. This is a great way to get started taking college level courses and earn FREE college credit. This program is open in the Fall and Spring semesters only to high school juniors and seniors who have an overall "B" average, are recommended by their guidance counselor, and have appropriate placement scores. Recommended students will be eligible to take one course per semester free of charge (General Fund tuition and fees). Students taking on campus classes will be responsible for their transportation to campus and book expenses. Students taking online classes will be responsible for their book expenses. Applications are available in the guidance office. Please see your guidance counselor for more information.

## **...SENIORS**

### **WE HAVE VISITORS!!**

Several colleges, vocational schools and military representatives are visiting us in Guidance waiting to speak to you about their programs! Please check the Guidance calendar on our website, the bulletin board outside our office or the College Visit Binder in Guidance for upcoming dates/times. Sign up in Guidance for a pass.

**SEE YOUR COUNSELOR** regarding your post-secondary plans. This can be a stressful time of year and we are here to help!

### **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.

### **SAT SCORE REMINDER!**

Students need to request that their SAT's be forwarded to their colleges from the CollegeBoard at [www.collegeboard.com](http://www.collegeboard.com).

### **FAFSA Time**

October 1st is now the time for seniors and parents to begin submitting the Free Application for Federal Student Aid (FAFSA). All colleges require students seeking financial aid to submit this form which establishes the degree of financial need a family will have. FAFSA worksheets are available online at [www.fafsa.gov](http://www.fafsa.gov). Some colleges also require that students and parents file additional forms, such as the CSS PROFILE, so it's critical that you find out exactly what forms are required and when they are due!

Bristol Eastern will hold a **Financial Aid Night** for seniors and their parents in the auditorium on **Thursday, Nov. 3<sup>rd</sup> at 6:30**. While the program is especially timely for BE seniors and their folks, we encourage all interested students and parents to attend this program and learn more about the financial aid application process and how it works. It is never too early for any parent/guardian to learn more about paying for college! A representative from Barnum Financial Group will be the presenter.

## **November is National Career Development Month!**



National Career Development Month is a great time for students to look at their own personal interests and find ways to grow.

Here are ways you can expand your career knowledge:

1. **Assessing Self:** Take a career inventory (answer a few questions and see what careers best match your personality!)
2. **Exploring Options:** Talk with friends and family about their own careers and how they got there or set up a job shadow!! Have you ever wondered what it would be like to see the “career of your dreams” in action? Job shadowing is a great way to do that! By participating in a Job Shadow, students can spend a few hours at a job site learning about a particular career and have an opportunity to talk one on one with someone about their job.
3. **Developing Skills:** Learning about the skills needed for a particular job is an important part of exploring careers. This will help you make decisions about what classes you might want to take. Look for volunteer opportunities to help you develop those skills. Research careers on O\*Net [www.onetonline.org](http://www.onetonline.org) This database is filled with thousands of jobs and can tell you the skills/training/education needed for a job, the salary and other important information!
4. **Marketing Self:** Make a list of your accomplishments or create a resume! Learn how to focus on your strengths and how to communicate them to others!
5. **Performing:** Look for opportunities to volunteer, work or complete an internship! Sometimes it takes time to set these opportunities up (so patience is KEY) but in the end, it is always worth it!



**Get Connected with  
Guidance  
Join Remind**

**To receive messages via  
text:**

Text @beguidance to 81010.  
You can opt out of messages  
anytime by replying  
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**Or receive messages via  
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**Send an email to:**  
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"unsubscribe" in the subject  
line.



One of the 7 habits of happy people is the cultivation of kindness. "People who volunteer or simply care for others on a consistent basis seem to be happier and less depressed. Although caring can involve volunteering as part of an organized group or club, it can be as simple as reaching out to a colleague or classmate or student who looks lonely or is struggling with an issue..." ([www.pursuit-of-happiness.org](http://www.pursuit-of-happiness.org))

While we have many faculty and staff who possess this quality, when I think of who truly embodies this happiness habit on a regular basis, one name quickly comes to mind; Mrs. Mary Hyde. Mrs. Hyde is a science teacher here at Bristol Eastern High School who has dedicated the past 19 years of her life to teaching the youth of Bristol. While this is an admirable accomplishment on its own, Mrs. Hyde is so much more. She exudes kindness! Through her example, Mrs. Hyde has spear-headed a number of campaigns to enlighten others of the benefits of caring about others with no personal agenda attached.

Five years ago Mrs. Hyde started a "BE NICE" Campaign to highlight students who showed random acts of kindness to others. Students were recognized on a regular basis for their actions by being awarded coveted kindness bracelets that were lovingly hand-crafted by her. She also volunteered as part of a faculty team to participate in the "STEAMFEST" program for youth offered at the Boys and Girls Club last year, encouraging young minds to think about careers in Science, Technology, Engineering, Arts and Math.

More recently Mrs. Hyde volunteered to be the Advisor to "Friends of Rachel;" a group of 67 students (and growing) here at Bristol Eastern High School who choose to follow the tenets of "Rachel's Challenge" a program established in honor of a young woman who lost her life to violence but who believed that "compassion was the greatest form of love that humans have to offer." She lived her life with the belief that "If one person would go out of their way to show compassion, it would start a chain reaction of the same; as people will never know how far a little kindness can go." ([rachelschallenge.org](http://rachelschallenge.org))

These are just a few of the very demonstrative ways that Mrs. Hyde, through her happiness shows kindness to others, but I guarantee you in thousands of very small ways she does so on a daily basis including trying to increase community outreach such as partnering with the World Language teachers on our upcoming Multi-Cultural Night on December 1st.

I encourage you the next time that you are here for a school function, or athletic event to stop by the showcase next to the administrative office where you will see "The Lancer," our school mascot, in all of its 36"x24" glory, beautifully created in stained glass by Mrs. Hyde as a gift to us, her Lancer family.

Mrs. Hyde is the exemplar of what it means to be authentically happy and kind. She is well-loved and it is so well-deserved.



*Kindness in words  
creates Confidence,  
Kindness in thinking  
creates Profoundness,  
Kindness in giving  
creates love.*

*Lao Tzu*