

# SCHOOL COUNSELING DEPARTMENT

BRISTOL EASTERN HIGH SCHOOL (860) 584-7876

## KNOW YOUR COUNSELOR

### New Faces, New Assignments

Change is not always easy, but progress is impossible without it. This year our School Counseling Department has undergone a number of changes and in response to staffing changes we have had to shift our counselor caseloads. **Please note the new counselor assignments highlighted to the right of this newsletter.** Counselors are working to meet their new students and we encourage our students to stop in to meet us as well.

We are excited to welcome a new counselor to our team. Although new to our building, Mrs. Longo brings a great deal of experience with her, having worked at both Northeast Middle School and Bristol Central High School. In addition to her regular caseload, she will be working with our students attending the Bristol Technical Education Center and the Bristol Preparatory Academy, as well as taking on the role as our Career Counselor.

While we have had to say, "Good-bye" to Mrs. LeFrancois and Ms. Stabile, we wish them both all the best in their future endeavors!

*"Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better." – Sydney J. Harris*

## COLLEGE & CAREER

### Important Information for Seniors

The college application season is in full swing. There are a number of steps in the process and our School Counselors have been reaching out to their Seniors for meetings to review their plans for the future and assist them in navigating their way through the process. Here is a brief overview of the steps:

Step 1 – Make an appt. with your Counselor.

Step 2 – Request your letters of recommendation from teachers.

Step 3 – Create a Common Application account.

Step 4 – Complete FAFSA  
Opened on October 1<sup>st</sup>.

### ~ COUNSELOR ASSIGNMENTS ~

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## College Goal Sunday

Sunday, November 5, 2017

Bristol Central High School

1:00 - 4:00pm

*Please use the school's main entrance and enter through the library.*

At College Goal Sunday, students and parents can talk to experts and get *FREE*, in-depth help filling out the Free Application for Federal Student Aid (FAFSA). In addition to receiving assistance in filling out the FAFSA, participants will receive general information regarding state and federal financial aid programs.

You must register in advance to attend this event so please register at [collegegoalsundayct.org](http://collegegoalsundayct.org). Visit the website for more information and for a list of items to bring with you to the event.

### Upcoming SAT Dates - Visit [collegeboard.org](http://collegeboard.org) for more details

SAT Test Date	Registration Deadline	Late Registration Deadline
November 4, 2017	October 5, 2017	October 25, 2017
December 2, 2017	November 2, 2017	November 21, 2017

**Financial Aid Night** - BCHS School Counseling Department is hosting a Financial Aid Night presented by the University of Hartford on Monday, October 23<sup>rd</sup> from 6:00 - 7:00 pm in the BCHS Auditorium. All seniors and their families are invited to come learn about the post-secondary (college, trade school) Financial Aid process and options. If you have any questions concerning this event, please contact Shawn Mirmina, School Counseling Coordinator at [shawnmirmina@ci.bristol.ct.us](mailto:shawnmirmina@ci.bristol.ct.us)

**Juniors & Seniors** - The Armed Services Vocational Aptitude Battery (ASVAB) is available for all 11<sup>th</sup> and 12<sup>th</sup> graders to take on October 20<sup>th</sup>. This is an assessment that is designed to measure your interests as well as your abilities. Please see Mr. Hochman to sign up.

**Sophomores & Juniors** - As you know, you will be taking the PSAT this week. This is an important step in planning and preparing for college. Counselors will meet with you once your scores are in.

**Freshmen** - Freshman Seminars are underway. Counselors will continue to meet with students to assist them in creating a four-year plan, re-introducing them to the planning features in Naviance, and setting up a College Board account.

