

BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

September 2015



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Monthly tip:

Learning Styles

Have you ever sat in a classroom where you just don't remember what the teacher said the other day, no matter how many times they explain it to you? Have you studied and studied for a test, but can't recall anything? Some of this may be because you are using the wrong studying methods.

There are several ways in which a person learns or studies best. Some people may respond better to one learning style than the other. There are several different learning styles that can be used independently or in a combination with another style.

Different Learning Styles:

1. Visual (spatial): You prefer using pictures, images, and spatial understanding.
 - Create a picture to associate an idea or theme.
2. Aural (auditory-musical): You prefer using sound and music.
 - Make up a song to jog your memory.
 - Check out: Math Rocks... "Geometry is Killa-Hot" - The Ron Clark Academy at https://www.youtube.com/watch?v=cYvw7_TrAXs.
3. Verbal (linguistic): You prefer using words, both in speech and writing.
 - Speak the notes aloud or create the information as if you were going to give a presentation or speech on the material.
4. Physical (kinesthetic): You prefer using your body, hands and sense of touch.
 - Try acting out the story you are reading.
5. Logical (mathematical): You prefer using logic, reasoning and systems.
 - Create a flow chart to better understand the information given.
6. Social (interpersonal): You prefer to learn in groups or with other people.
 - Create flash cards or memory games that you can study with a friend.
7. Solitary (intrapersonal): You prefer to work alone and use self-study.
 - Find a quiet space to study. For some this is easier said than done. A solitary space can be found outside, in a pre-specified spot at home, or with background music in to drown out other noises.
 - Pandora has music stations specifically for studying too. Some favorites include: Film Scores Radio, Instrumental Hip Hop Radio, and Solo Piano Radio.

Try merging different learning styles to make something unique to your needs. For example, combine the social to kinesthetic styles to have a fun time creating a dance with a group of friends. Add visual with verbal and create a matching memory card game with one index card being a picture and the other being the definition you read aloud. Take the time to think about how you learn best and create a plan that incorporates how you learn with how you choose to study.

What's coming up for...

...FRESHMEN

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| BEHS Freshmen | TOPIC: <u>4 Tips on Study Skills</u> <i>(Source: Successful Study Skills 4 Students, LLC; Skills for School, Tools for Life)</i> DATE: <u>September 2015</u> |
| <i>Review notes Nightly.</i> | <i>It's not enough to just take notes; notes need to be reviewed every day, especially in the days leading up to a test or an exam. Using notes for review is one of the main reasons for taking them. Keeping your notes fresh in your mind will help you to learn and remember information. Taking just 10 to 15 minutes each day to review notes will make a big difference.</i> |
| <i>Ask for help if you need to.</i> | <i>If there is a concept or a skill that is eluding you in any of your classes, ask your teacher for assistance as soon as possible. Don't let too much time pass by; if a concept just isn't clicking, your teacher can help you find a way to understand it by trying a different approach or talking it through with you one-on-one until it makes sense. If you don't do this, you could be left farther behind. Teachers are happy to help students who ask for help, so make a plan to get completely on top of all your subjects right away.</i> |
| <i>Participate more actively in class.</i> | <i>Students who actively participate in class - by asking questions, contributing to class discussions, and taking active roles in group activities - are students who are better prepared, better able to learn and retain information, and are more confident about the material. If you usually hang back, ask to move your seat forward and start making your voice heard in class. You'll be surprised at how much more you learn and how much more enjoyable the class can be.</i> |
| <i>Set a purpose for reading.</i> | <i>Resolve to become a more active reader in high school. To better remember what you read, it's best to go into your reading with purpose. You need to determine why you are reading and what information you need to know. Skim your text first to get an idea of what it is about. Take note of bolded terms. If you're reading a textbook with questions at the end of the chapter, read those first. Write down additional questions you have that will guide your reading. Then, when you read, you will be more engaged as you seek out the answers to the questions that are guiding your reading. Write out your answers too; those notes become your study guide.</i> |
| <i>Summary:</i> | <i>Starting at a new school presents a good opportunity to renew your focus and commitment to yourself and your education. Small changes can make a big difference! Reviewing notes nightly, asking for help, participating, and changing the way you approach reading can all yield big dividends. In June, there will be enormous satisfaction knowing that your perseverance and commitment got the desired results.</i> |



... The Career Center

Welcome back!

We have a lot in store in the Bristol Eastern Career Center. Already, many students have registered for Service Learning and Work Experience credit, as well as Senior Internships. As we all know, learning is most effective when it's followed by real world experience. Our students are accepting responsibility, learning to make adult decisions, and seeing themselves outside their roles as teenagers.

We have a number of career speakers and seminars coming in the near future. These are listed on our Naviance page. Please take a moment with your son or daughter and catch up on the offerings available. As always, if there's something you'd like to see, or if you have something you can contribute to our career programming from your own experience, I'd love to hear from you. Feel free to contact me directly at (860) 584-7876, Ext. 190.

Larry Hochman
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Get Connected with Guidance Join Remind

To receive messages via text: text **@beguidance to 81010**. You can opt out of messages anytime by replying 'unsubscribe@beguidance'.

Or to receive messages via email: send an email to: beguidance@mail.remind.com
To unsubscribe, reply with "unsubscribe in the subject line."

...SOPHOMORES

Coming into 10th grade means that you already know how to survive your first year of high school and need a plan to get to the end goal. Something to consider for this year includes joining a couple clubs or activities that you can become involved with. A club is a great way to meet new people from different grade levels and to develop your interests outside of a traditional academic setting. Be on the lookout for club meetings or sports activities through the daily announcement. Other information on upcoming events include the PSAT on October 14th. This is a great way to practice for the SATs and to find your strengths and weaknesses in test taking. You can take a couple practice tests on collegeboard.org or Khan Academy so that the test looks more familiar too. Remember to get a good night's sleep and eat a healthy breakfast to get off to a good start.

...JUNIORS

This is an important and exciting year for you. You are half way through high school! Be proud of yourself and this accomplishment. We are!

It is very important as the year begins to look at your schedule and transcript carefully to be sure you are in the right classes for you and that the credits you have received so far are accurate. If you have questions or something does not seem right with your schedule or transcript, please see your counselor.

Work hard this year! Push yourself to get better grades and become more involved in your school and community. This will be important when looking at colleges and for potential awards and scholarships.

One of the most important things you need to do this year is to research and plan for where you are going to apply to school if you are going on to college. You do not want to wait until senior year starts to begin this process. This is your future! It is your responsibility to plan ahead, take the initiative, ask for help, do your research and plan for your future success and happiness. There will be many workshops and seminars available to you this year to help you learn, plan and organize. The earlier you start, the more prepared you will be.

- **Develop a post-secondary plan.** Why? Increase lifetime earnings, career opportunities, financial security, improved health and well-being throughout life.

- ❖ *4-Year Colleges-* Bachelor's Degree, public and private
- ❖ *2-Year Colleges-* Associate's Degree, certificate

programs, community colleges, trade/technical schools, public and private

- ❖ *Military-* talk to recruiters, take the ASVAB test
- ❖ *Work, Apprenticeships, Gap Year Programs-* Talk to your counselor about these options. Four year or more college is not for everyone and that is OK! You should have a plan for some type of training for a career you will enjoy.

- **Research!** Use your Naviance Family Connection account, <https://connection.naviance.com/bristoleast>, to help you with post secondary researching, planning, communication with colleges and

college searching. What should you consider when looking for colleges?

- ❖ **Size-** Where will you be comfortable? Small, Medium or Large campus?
- ❖ **Location-** How far away from home? Commuting or living on campus?
- ❖ **Majors-** What do you want to do? Does the college offer your major?
- ❖ **Admission Requirements-** Do you have the required grades, GPA, SAT or ACT scores? Are you close?
- ❖ **Sports-** Intramural, Division I, II or III? If you are thinking of playing at a Div I or II you must register with the NCAA Clearinghouse at the end of Junior year. Go to <https://eligibilitycenter.org> for more info and to register. There are SAT score and course requirements to qualify to play at Div I and II. See your counselor to ensure you are on the right track, taking the proper courses and to send your transcript to NCAA.
- ❖ **Support Services-**How will the school be able to help you if you have special needs?
- ❖ **Cost-** Consider the cost of the school but don't eliminate just based on cost if the school is a great fit for you. The list price of the school might be very different from what you will actually pay depending on financial aid and scholarships you might get. You will not know your final cost until mid senior year. We will talk more about financial aid in your senior workshops.

- Once you have schools you are interested in, look at their websites, contact them for information, speak to admissions counselors and coaches if you have questions and very importantly **VISIT** the campuses or programs. Attend open houses or arrange for personal tours. You do not want to decide to attend a school that you have never seen!
- Refine your resume. You will be asked many times what organizations, sports, activities, volunteering, jobs you have been involved in, awards or recognition you have received. See your counselor or Mr. Hochman in the career center for help.

...Seniors

Seniors! This is a busy time of year for you! Please make sure you see your counselor to talk about your plans after high school. We are here to help!

If you are planning on applying to college please register for the SAT or ACT if you haven't done so already! Students typically take them twice. The college/university you are applying to will take your highest score in Math and Critical Reading and combine them.

Bristol Eastern's school code is **070076**. You will need this code for SAT/ACT registration as well as college applications.

SAT ADMINISTRATION DATES

| <u>Test Date</u> | <u>Normal Deadline</u> | <u>Late Registration</u> | <u>Online Score Release</u> | <u>Location</u> |
|------------------|------------------------|--------------------------|-----------------------------|-----------------|
| October 3, 2015 | September 3, 2015 | Sept. 22, 2015 | October 22, 2015 | BE |
| November 7, 2015 | October 9, 2015 | October 27, 2015 | November 26, 2015 | BE |
| December 5, 2015 | November 5, 2015 | November 23, 2015 | December 24, 2015 | BC |

To sign up for the SAT visit www.collegeboard.com

ACT ADMINISTRATION DATES

| <u>Test Date</u> | <u>Registration Deadline</u> | <u>Late Fee Required</u> |
|-------------------|------------------------------|------------------------------|
| October 24, 2015 | September 18, 2015 | September 19-October 2, 2015 |
| December 12, 2015 | November 6, 2015 | November 7-20, 2015 |

To sign up for the ACT visit www.actstudent.org

Fee waivers for both tests are available for families who qualify. Please see you counselor for more details.

What is the difference between the ACT and SAT?

The ACT is an achievement test, measuring what a student has learned in school. The SAT is more of an aptitude test, testing reasoning and verbal abilities.

The ACT has up to 5 components: English, Mathematics, Reading, Science, and an optional Writing Test. The SAT has only 3 components: Critical Reading, Mathematics, and a required Writing Test.

ACT continues to offer its well-established test, plus an **optional** writing test. You take the ACT Writing Test only if required or requested by the college(s) you're applying to.

The SAT penalizes you for wrong answers, so guessing is discouraged. The ACT is scored based on the number of correct answers with no penalty for guessing.

| SAT | vs. | ACT |
|---|-----------------------------------|--|
| reasoning test | Type of Test | content-based test |
| Critical Reading: 2, 25-min sections and 1, 20-min section; Math: 2, 25-min sections and 1, 20-min section; Writing: 1, 25-min essay, 1, 25-min section, and 1, 10-min section | Test Format | English: 1, 45-min section; Math: 1, 60-min section; Reading: 1, 35-min section; Science: 1, 35-min section; Writing: 1, 40-min essay (optional) |
| reading, vocabulary, grammar & usage, writing, and math | Content Covered | grammar & usage, math, reading, science reasoning, and writing (optional) |
| tricky, questions can be phrased in ways that make them difficult to decipher | Test Style | straightforward, questions may be long but are usually less difficult to decipher |
| Math, Critical Reading, and Writing scores will each range between a 200-800; total SAT score ranges between 600-2400 | Scoring | English, Math, Reading, and Science scores will each range between 1-36. Composite ACT score is the average of your scores on the four sections; ranges between 1-36 |
| yes – you lose $\frac{1}{4}$ of a point for incorrect answers (except on the grid-in math questions) | Penalty for Wrong Answers? | no – you do not lose points for incorrect answers |
| yes – you can choose which set(s) of SAT scores to submit to colleges | Score Choice? | yes – you can choose which set(s) of ACT scores to submit to colleges |
| questions increase in difficulty level as you move through that question type in a section (except reading passage questions, which progress chronologically through the passage) | Difficulty Levels | difficulty level of the questions is random |
| arithmetic, data analysis, algebra I and II, functions, geometry; formulas are provided in the test booklet | Math Levels | arithmetic, algebra I and II, functions, geometry, trigonometry; no formulas are provided |

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| with private schools and schools on the east and west coasts; however, every four-year college in the US accepts SAT scores | Tends to be more popular? | with public schools and schools in the Midwest and south; however, every four-year college in the US accepts ACT scores |
| seven times per year: January, March or April, May, June, October, November, December | Offered when? | six times per year: February, April, June, September, October, December (note that some states offer the ACT as part of their state testing requirements; these tests are not administered on the national test dates) |
| typically about four weeks before the test date | Registration deadline? | typically about five to six weeks before the test date |
| www.collegeboard.com | More Information | www.act.org |

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.

SENIOR SEMINARS:

The Guidance Department is holding seminars to help you with your post-secondary planning. Seminars will be held every period and after school on Tuesdays in the Guidance Conference Room. They will be announced through Remind text alerts, in Guidance and morning announcements. Students who are interested in attending can sign up in the Senior Seminar Binder in our office and take a pass.

Upcoming Seminars:

- 10/6 Writing Your Resume
- 10/13 College Search & the Process
- 10/20 College Applications, Common App & Essays
- 10/27 Writing Your Resume

WHAT ARE COLLEGES LOOKING FOR?

Quick Guide: The Anatomy of the College Application (excerpt from Big Future on collegeboard.org)

The pieces of your college application add up to give admission officers an idea of who you are. Not every college requires every one of these elements – for example, some colleges don't ask for admission test scores – but this list shows the most-common requirements.

Application Forms

The vast majority of college/university applications are on-line. To streamline the college application process most students use **The Common Application** (informally known as the Common App) which is an undergraduate college admission application that students may use to apply to over 600 member colleges and universities. The Common Application offers students the ability to complete one application and essay and send it to multiple member schools, as opposed to having to complete each individual college's application. This is a huge time saver.

Furthermore, The Common Application can be done online, which helps students stay organized. Students need to keep in mind that many colleges have supplements that also need to be completed. This could mean writing additional short essays, so make sure to budget your time appropriately.



It is hard to believe that we are about to begin another school year. The summer has gone by so quickly. I thought it would be timely to provide some tips for parents/guardians to consider in helping their teens get back into the swing of school so that they can be academically successful.

10 Ways To Help Your Teen Succeed in High School

(excerpts taken from Kid'sHealth.org reviewed by D'Arcy Lyness, PHD)

1. **Attend Parent/Teacher Conferences** – Students do better when parents support their academic efforts plus it is a great way to know teacher expectations.
2. **Visit The School Website** - The school website is a great place where you can find such information as the school calendar, school staff contact information, extra-curricular activities available as well as student resources among many other points of interest and information.
3. **Support Homework Expectations** – During high school, homework gets more intense and grades become critical for college plans. This is the time when teens need to learn to balance academics with extra-curricular activities, their social lives, and jobs. It is recommended that parents sit down regularly with their teens to go over class load expectations, helping them stick to a homework schedule as well as encouraging them to get help from teachers when needed.
4. **Send Student Ready to Learn** - A nutritious breakfast, even if purchased at school, gets students ready for the day. A teen that eats breakfast has more energy for the day and does better in school. Also, teens need the right amount of sleep. (8/5-9/5 hours is recommended each night) in order for him/her to be alert and ready to learn all day.
5. **Instill Organizational Skills** – Parental guidance is beneficial in helping teens to be organized and to develop good time management skills. Mastering these skills is critical to them being able to stay focused and seeing work through to the end and will help them in just about everything they do. Notebooks, binders, keeping a calendar of upcoming deadlines, reviewing homework planners; as well as designating a well-lit quiet and orderly workspace in a distraction-free environment is essential to staying organized.
6. **Offer Help with Studying** – Help teens with breaking down tasks into smaller chunks and stick to a studying calendar so that multiple tests are not needed to be studied for all on the same night. Offer to quiz your teens; encourage them to do practice problems in math and science...and remember that their getting a good night sleep is smarter than cramming for a test as students who sacrifice sleep to study are more likely to struggle on tests.
7. **Know the Disciplinary and Bullying Policies** – You as a parent/guardian need to know the rules for proper student behavior and should share them with your teens. Students need to see both school and home as safe and caring environments that work together as a team.
8. **Get Involved** - Volunteering is a great way to show that you are interested in your teen's education. Chaperone field trips, give talks during career days, attend school concerts, plays and athletic events.
9. **Take Attendance Seriously** – Other than documented chronic health issues that your school is aware of, teens should only take a sick day if they have a fever, have nausea, are vomiting or have diarrhea, otherwise it is important that they arrive on time each day for school as playing catch up on work can be stressful and interfere with learning.
10. **Make Time to Talk About School** – Staying connected with your teen can be a challenge as they navigate their way through their increasingly busy lives. Parents/guardians are still their anchor for providing love, guidance and support so please make the effort to talk to them daily. When teens know they can openly talk to parents the challenges of high school can be easier to handle.