

# BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

April 2016



## CONTACT US!

860-584-7876

Erin Winger x263  
Guidance Chairperson  
[erinwinger@ci.bristol.ct.us](mailto:erinwinger@ci.bristol.ct.us)

Lawrence Hochman x190  
[lawrencehochman@ci.bristol.ct.us](mailto:lawrencehochman@ci.bristol.ct.us)

Michelle Kalfayan x731  
[michellekalfayan@ci.bristol.ct.us](mailto:michellekalfayan@ci.bristol.ct.us)

Elizabeth Lefrancois x729  
[elizabethlefrancois@ci.bristol.ct.us](mailto:elizabethlefrancois@ci.bristol.ct.us)

Cynthia Lombardo x732  
[cindylombardo@ci.bristol.ct.us](mailto:cindylombardo@ci.bristol.ct.us)

Laura Stabile x727  
[laurastabile@ci.bristol.ct.us](mailto:laurastabile@ci.bristol.ct.us)

Jennifer Tulacro x728  
[jennifertulacro@ci.bristol.ct.us](mailto:jennifertulacro@ci.bristol.ct.us)

Marie Pasqualicchio x717  
Guidance Secretary  
[mariepasqualicchio@ci.bristol.ct.us](mailto:mariepasqualicchio@ci.bristol.ct.us)

## Monthly tip: Time Management and Technology

More and more often I have the conversations with students: How do you keep track of your homework? It seems like they hate carrying around their planner so instead they just try to remember it...which leads to the discussion of why I even ask the question. There are many ways that you can digitally keep track of the homework by just utilizing the tools on your phone.

1. Text yourself an assignment and don't open the text till you start the assignment.
2. Take a picture of the homework board (but then you have to remember to go back and look through your photos).
3. Look on Google classroom.
4. Have the students in the class set up a designated person to tweet the homework for the day.
5. Use an Excel spreadsheet to track your week.
6. Set up reminders in the iPhone with an alert for deadlines.
7. Use your Google or iCal to create appointments for when assignments are due.

While everyone has their own way of what works for them, I personally believe that entering the assignment into a calendar for the time you are hoping to complete the homework with an alert is extremely helpful. When I introduced a student to this method in order to find the time to balance school, work, homework, and clubs, they needed a little help getting started.

- The first and easiest way to set up an appointment in your phone is to hold the home button and just ask Siri or Google to: "Create an appointment at [4PM] on [Wednesday] for homework assignment [Math pg 100-102]."
- The second way is to add an appointment manually by tapping on the calendar the time you want to have your appointment and typing in the homework.
  - In order to see the week calendar on most phones, you need to turn it sideways, otherwise you can only see one day at a time.
  - You can also change the color of the appointment to indicate work, school, homework or friends.
  - You can even add notes to the appointment if there are more specific instructions.



(continued next page)

This is a great tool to help students visualize the amount of time they are spending completing their homework in comparison to the rest of their responsibilities. It is also beneficial in helping to understand what is coming up the next week or create time to work on a project due in two weeks. Finding a system that works is important as it will help students succeed right now and in the future.

## What's coming up for...

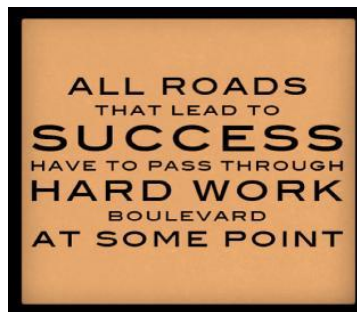
### ...FRESHMEN

## HARD WORK LEADS TO SUCCESS

I've been talking with many of you throughout your freshman year. We've discussed the differences between middle school and high school. You've shared your trials and tribulations with me, your successes and your failures. It's interesting to note that what students share from year to year is very similar, which serves to remind us that we are not alone. But there is an answer. Throughout all the conversations, the one common thread I have heard from 9<sup>th</sup> graders time and again: high school is hard work. So what exactly does hard work mean, what does hard work look like, and how can students prepare themselves for working hard?

Working hard means setting goals, staying focused, and always giving your best effort. The following are good guidelines to follow:

- ❖ **Be willing to work hard at whatever you are trying to accomplish.** Hard work is necessary to achieve anything worthwhile. Don't be a complainer.
- ❖ **Set high standards for yourself. Always do the very best job you can.** Never settle for low quality and sloppy work.
- ❖ **Do more than you have to do.** Do what has to be done and then some more. Don't be a person who tries to "just get by."
- ❖ **Be persistent.** Don't give up when obstacles make things difficult. Just keep trying.
- ❖ **Be consistent in your work attitude.** Work hard every day. Don't get in the habit of putting things off.
- ❖ **Always be prepared.** Be ready every day for whatever is to come.
- ❖ **Always try to improve.** Practice doesn't always make perfect, but it sure is necessary if you want to get better at doing something.
- ❖ **When you see a job that needs to be done, do it.** Don't wait for someone else to do it or worry about who should do it. Just take care of it.
- ❖ **Be patient.** Some goals require hard work over a long period of time.



*Eric Thomas, former professional football player*

### ...SOPHOMORES

As we head into the last semester it is important to keep up the hard work. Have a conversation with your school counselor if you think that you need to go to summer school or need some help. Also, keep track of your attendance, especially if you plan to go to prom with an upperclassman. You can only use your attendance appeal once so make sure it's worth it! To find out if you are set to go to prom or need to submit an appeal be sure to check with your administrator.

## News from the Career Center

We are in the homestretch of the school year, and with the improved weather comes opportunities to venture out and see more of what is going on in the outside world!

Please be aware of the following career related activities at Bristol Eastern:

**April 26:** Tour of MW Industries in Southington, for students interested in manufacturing careers.

**May 26:** Bristol Eastern High School's Job and Career Fair for Juniors and Seniors

**May 5:** Bristol Hospital's Clinical and Non-Clinical Job Fair

Other programs may be added. We will provide notice.

Please go out and experience as much of the post-secondary world as possible!

## ...JUNIORS

Please be sure to see your counselor to finalize your course requests for next year. 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.

May and June SAT administrations offer the subject tests which you may need to take depending on the college you are thinking of applying too. Be sure to research the admission requirements of the college you are considering and log onto your College Board account at [www.collegeboard.org](http://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 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 and start early!

## ...SENIORS

**MAKE SURE YOUR COUNSELOR IS AWARE OF ALL YOUR POST SECONDARY PLANS.** Also, please let your counselor know college application outcomes e.g., accepted, denied, deferred, waitlisted. We need this information for our data base.

Seniors are reminded to check the local scholarships available in guidance and Naviance weekly as many new applications continue to arrive! Seniors needing transcripts to accompany scholarship applications are reminded to see your counselor. Don't miss out on an opportunity to gain some financial assistance for college.

### COMPARING FINANCIAL AID AWARD LETTERS

You may receive award letters from different colleges. Keep the following in mind when making your final decision:

**Look carefully at your award letters:** Letters from different schools will probably have their figures and costs in different formats. Compare award letters to see how their offers measure up. Ask if outside scholarships will affect your aid.

**Compare loan offers:** Interest rates, how interest compounds, repayment terms and cancellation provisions can vary widely from loan to loan.

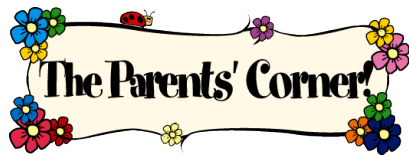
**Compare affordability of aid offers over time:** Ask how your financial aid package will change over time. The aid package made available to you in your senior year may look very different from the one you were offered freshman year.

**Look beyond the "sticker price":** The school with the lowest cost of attendance may not be the most affordable. The amount and type of aid offered will influence affordability.

**Don't accept an offer just because it has the lowest "unmet need":** You may save more by accepting an offer with a higher unmet need, if the aid package offers scholarships, grants and work-study instead of loans.

(continued next page)

**Compare like terms:** How do the schools determine cost of attendance? Do they all include direct costs as well as indirect costs? How do they handle outside scholarships? What work-study options are available? What are wages like? Can you substitute work for a loan?



In trying to think of the topic I would write about for this month's newsletter, I happened upon a quote that was prominently displayed in a teacher's room where I was administering the CAPT Science Test this morning. It read:

***"I wonder how many people I've looked at all my life and never seen."***

Author, John Steinbeck

It made me think of how sad I feel when I walk the halls each day and see our students bustling about with cell phones in their hands, (currently an appropriate time for cell phone usage), either checking their messages or texting madly and I think; look at how many students, friends, teammates have walked by their peers and not even noticed them. How unfortunate that so many of our students miss the opportunity for a joyful greeting, a laugh with a pal, or maybe even noticing the sadness in a friend's eyes because they are so absorbed in their electronic device. Luckily I have not had that experience because when I was in high school even medical doctors did not have phones. They only had beepers to inform them of emergencies, so they could run to a pay phone. That said, I feel happy to say I have no regrets of people I have missed and I wish the same for your children.

School, beyond an academic environment, is a place to socialize, to participate, To BE FULLY PRESENT! We have such a great school with such great kids, I think it is time for them to re-think the value of having a cell phone at their hips and have many more words coming from their lips.

Making human connections with eyes wide open to those around us is certainly the way to begin, however, parents...I urge you to start a "No Cell Revolution". Start it at home, at the dinner table, family functions, or any other time that face to face, eyeball to eyeball communication is preferred. It is important for our young ones to recognize and appreciate that even the newest cell phone devices become obsolete over time but the love, care, and attention we give to each other will live on forever in our hearts and minds.