

BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

December 2015



BEHS College Checklist

Determine the colleges you are interested in applying to and check deadlines! Find out if the college is an online application or a Common App application.

Naviance:

- In the “About Me” Tab you can find your GPA and Rank under the “Profile” section.
- In the “About Me” Tab you can update your resume in the “Resume” section.
- Match FERPA waivers when linking it to your Common App.
- In the “Colleges” Tab you need to add the colleges you are interested in attending (Common App should automatically populate).
- Add/Cancel Requests for letters of Recommendations (ask in person before sending the electronic request 3 weeks before the application is due).

Common APP:

- Create a Common App account.
- Add the colleges you are thinking about.
- In the “Colleges” Tab complete the FERPA Waiver.
- In the “Colleges” Tab update the enrollment info in “Questions” for each college to find out the deadlines for your dashboard.
- Have someone review your application essay.
- Common App completed, including questions specific to each college.

SAT/ACT:

- Send your scores to the college or institution through College Board or the ACT website.

BEHS:

- Determine if you need a letter of recommendation from a counselor and ask three weeks before the application deadline.
- Meet with your counselor a week before the college deadline and pick up transcript requests.
- Submit transcript requests for every college you are applying to the week before a deadline.
- Make sure that all letters of recommendations are uploaded to Naviance and all paperwork is complete to be sent to the college.

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What's coming up for...

...FRESHMEN

BEHS Freshmen	TOPIC: <u>How Are You Doing?</u> (Source: <i>Successful Study Skills 4 Students, LLC; Skills for School, Tools for Life</i>) DATE: <u>December 2015</u>
Introduction	<i>It's the beginning of December. You're three months into classes, and have finally gotten into the groove of things. You have your schedule memorized, you understand what kinds of questions your teachers put on tests, and you have a daily homework routine down pat. But don't let yourself go on auto-pilot. To avoid auto-pilot, take the time to think about how you are doing. Think of it as an inventory to keep you from zoning out and reminding yourself what needs to be done before January mid-terms. Don't let them sneak up on you! You still have time to make sure you are on the right path. Use the following suggestions in each subject area to help determine if you're where you want to be, or if you need to make some adjustments.</i>
Math	<i>Most students find that the hardest thing about math in the middle of a term is staying on top of everything that needs to get done. Because math is cumulative, missing even a couple days' worth of classes can end up hurting your grades for the rest of the year. Make sure you understand and are current with every topic covered thus far in class. Do not hesitate to ask your math teacher for extra help with core topics if you need to. Reorganize your binder so all your notes are in order and easy to find and review.</i>
English	<i>It's sometimes hard to tell how well you're doing in English class. Your grades on essays and class participation may not be as quantitative as your grades in math or science. Make an appointment with your teacher after class to find out how you're doing. Is your teacher happy with your class participation? With your writing? What areas, if any, does he or she think you should work on? Every teacher welcomes the opportunity to respond to a student's questions about their progress; they want you to succeed, so they will let you know the areas in which you may need to up the ante a bit. (This goes for all your classes, really; not just English.)</i>
Science	<i>Review your class records to make sure you have not missed any science labs. Usually teachers still expect you to make up a lab even if you weren't in class that day! Ask your science teacher about your lab status. If you missed any in-class work, you will usually be able to make it up before or after school so your report card won't be hit too hard by that nasty virus you had back in October.</i>

<p><i>Foreign Language</i></p>	<p><i>Just like your math classes, foreign language classes are usually cumulative. For example, the vocab you learned during the third week of school in September will be something you will have to know for as long as you continue to take that language. One good thing to do would be to make flash cards of all the vocab you have to know for every test. Don't throw them away when you are done with next week's test. Save them and review them periodically to ensure that you remember everything for quizzes, tests, and mid-terms.</i></p>
<p><i>History/Social Studies</i></p>	<p><i>History is an enormous subject filled with facts and dates that you need to know. There is a lot of content that you will have to remember for mid-terms and finals. Take some time to review how you are learning and retaining this information. If you aren't already using visuals, such as making timelines of all major topics that have been covered, start now; these can be quite beneficial. Checking visuals and notes periodically to make sure you remember and can connect historic events and dates will absolutely help you out a lot in the long run.</i></p>
<p><i>Summary</i></p>	<p><i>Although it may be December, it doesn't mean you should step off of your September A- game. Assess where you are. Determine where you want to be. Recalibrate and adjust your study strategies and tactics. Implement a methodical and practical approach. Taking inventory of how you're doing and making the necessary adjustments is self-advocacy at its best; it will help prevent you from going into a mid-semester slump!</i></p>

...SOPHOMORES

The holidays are a great time of year to really become connected in the community. There are multiple food, clothing, or toy drives that students can participate in and have the chance to give back to! Remember to keep up the hard work as we head into the holiday season, stay healthy, and remember that if you do catch a cold, that a parent needs to call you out in the morning and send a note to school within 10 days following that absence. Please notify your counselor if you have any questions or concerns. Happy Holidays!

...JUNIORS

We are heading for holiday break and that means first semester is quickly coming to an end! Work hard and keep up your grades! Spend some time during the break to catch up on any work and get ahead on anything you know is coming up. See your counselor if you need to make any changes to your second semester schedule.

Spend some time over the break to research your post secondary plans. Develop your list of schools, research college websites and plan your visits! Log onto your Naviance account at www.connection.naviance.com or your College Board account at www.collegeboard.com to take career interest tests, research careers and research potential school options. You will be meeting with your counselor and attending workshops next year to help you make your plans.

...SENIORS

FINANCIAL AID INFORMATION

What is the CSS/Financial Aid Profile?

The FAFSA is a free application for student aid that is submitted to colleges in January, 2016 (more information will be forthcoming in future newsletters). In addition to the FAFSA, some colleges (typically private, competitive) require families to complete the **CSS Profile** in order to get institutional financial aid. Check out www.collegeboard.org for a complete list of the colleges that **require** the CSS Profile.

WHAT IS THE PROFILE?

--An online application that collects information used by certain colleges and scholarship programs to award institutional aid funds.

WHEN DO I FILE THE PROFILE?

--You may file the profile as early as October 1st. However, you should file no later than two weeks before the EARLIEST priority filing deadline specified by your colleges or programs.

WHO MUST FILE THE PROFILE?

--Check your colleges' or programs' information to determine whether they require the profile.

WHAT DOES THE PROFILE COST?

--The fee for the initial application and one college is \$25.

--Additional reports are \$16.

--Fee waivers are available to students from families with low incomes and assets and are granted automatically based on the information entered on the PROFILE.

Watch application and financial aid deadlines! Remember that counselors need TWO WEEKS notice to ensure that all college application paperwork will be submitted by the deadline. Students MUST submit the Transcript Request Forms directly to your school counselor in order for the transcript and supporting materials to be sent to colleges. **If you have a January 1st deadline we need the transcript release form by Dec. 7th.**

SAT SCORE REMINDER!

Students need to request that their SAT's be forwarded to their colleges from the College Board at www.collegeboard.com.

THANK YOU!

It's time to write thank you notes! Teachers have taken the time to write a letter of recommendation to aid in college acceptance. Take a couple of minutes to write a formal thank you note to that teacher.

...News from the Career Center

Greetings from the Career Center!

While most of us are getting ready for the holidays and the (well deserved) time off from school, I'd like to suggest using the week for something a little different.

Most students are going to unplug their brain in that last week of December. In addition to the downtime, I'd like to suggest students use the time for career research. Nearly every student in Grades 10-12 has completed the career interest survey in Naviance. This would be a great time to review those results and choose some career paths to research. It's simple: simply log onto <http://connection.naviance.com/bristoleast> and enter your user name and password. Find the Career tab, then career interest profiler. Click there, and view the results of your inventory. From there, you will have the opportunity to click on and research many different careers.

It would be a great use of your time to imagine the next part of your life after high school, and plan for it!



Why Altruism?

(Excerpts taken from greatergood.berkeley.edu/topic/altruism/definition)

- “Altruism is when we act to promote someone else’s welfare, even at a risk or cost to ourselves... More and more, research suggests that practicing altruism enhances our personal well-being emotionally, physically, romantically, and perhaps even financially.”
- “Altruism makes us happy. Researchers have consistently found that people report a significant happiness boost after doing kind deeds for others. Some studies even show that giving to others makes people feel happier than spending money on themselves, this has even been found among kids.”
- “Altruism is good for our health. People who volunteer tend to experience fewer aches and pains, have overall better health and less depression.”
- “Altruism fights addiction. Studies have shown that addicts who help others, even in small ways can significantly improve their chances of staying sober and avoiding relapse; this is true among adults and adolescents alike.”
- “Altruism promotes social connections. When we give to others, they feel closer to us and we feel closer to them. Being kind and generous leads you to perceive others more positively and more charitably.”
- “Altruism is contagious. When we give, we don’t only help the immediate recipient of our gift. We also spur a ripple effect of generosity through our community.”
- “Altruism is good for education. When students complement their classroom learning with real-world community service, it improves academic performance and makes students feel more connected to their school... where they are more likely to have positive relationships, better psychological health and are less likely to bully.”

During this holiday season we have encouraged our students to display “Acts of Kindness”. This is expressed in 26 daily activities that are selfless rather than selfish. It is a beautiful experience to see so many of our staff and students do a kind deed or show compassion for another. While this is a set of activities that have been suggested during the holiday season we, for the past few years, choose to acknowledge individuals throughout the school year who show random acts of kindness to others as it truly is the right thing to do.

Why altruism? I ask why not.... Happy holidays to all of our Bristol Eastern High School Family.