

# BRISTOL EASTERN HIGH SCHOOL COUNSELOR COMMENTS

October 2016



## CONTACT US!

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## MONTHLY TIP:

### Important Tips to Have a Successful School Year

Listed below are some tips to keep in mind throughout the school year. Many students find themselves getting busy as the school year goes on and begin to lose track of what is going on in classes. It is important to begin the year off strongly and prepared so that you can be successful. Following these few tips ensures you will stay organized, keep up on important due dates, and prioritize.

#### 1. Keep Organized

- Keep a folder/area for papers, homework, grades and other assignment information.
- Have separate notebooks/folders for each class.
- Remember to put all papers and notes in the designated spot for each class throughout the year.

#### 2. Write Everything Down

- Write down important due dates in planner.
- Set reminders.
- Prioritize your list of what needs to be done.
- Stay motivated by rewarding yourself once you get all work done!

#### 3. Ask for Help

- Don't be afraid to ask for help if you do not understand something in class
- Talk to your teachers before or after class.
- Set up a meeting with your teachers.
- Ask others in your class who can help.

#### 4. Create a Dedicated Study Time

- Find out when you are most productive and work the best.
- Set up the time devoted to homework/school work.
- Put all electronics away until work is finished.

#### 5. Get a Good Night's Sleep

- Create a comfortable sleep environment.
- Get at least 8 hours of sleep per night.

*The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.*

*Martin Luther King, Jr.*



Did you know that one of the main reasons that students do poorly in school is due to **LACK OF SLEEP?**

The National Sleep Foundation reports that most adolescents between the ages of 10 to 18 need between 8.5 to 9.5 hours of sleep each night.

**HOW CAN YOU HELP TO MAKE SLEEP A PRIORITY FOR YOU STUDENT?**

- Enforce a regular sleep schedule (9:30 – 10:00 p.m. bedtime, optimally).
- Talk to your teen about his sleep/awake schedule and level of tiredness and discuss how much time is spent in extra-curricular activities and after school jobs in addition to homework.
- Help your teen to make adjustments to his commitments so that he gets enough sleep and finds himself awake and alive during the day for his most important commitment, that of school success.
- **IF ALL ELSE FAILS, CONSIDER REMOVING ALL ELECTRONICS FROM YOUR TEEN'S BEDROOM IN THE EVENINGS TO AVOID DISTRACTIONS THAT WOULD INTERFERE WITH PROPER SLEEP.**

**What's coming up for...**

**...FRESHMEN**

We are having a great time meeting this year's ninth graders. So far, the adjustment for most of them seems to be going well. Some of the issues freshmen often encounter with the transition to high school are:

- Homework Completion
- Organization
- Peer Relationships
- Prioritizing Time Between Study and Social Life
- Internet Use and Safety

These are issues we are accustomed to dealing with at this level. If you have questions or would like support in any of these areas, feel free to contact your guidance counselor.

**...SOPHOMORES**

We are off to the start of a great school year! One of the biggest changes this year for sophomores is that all grade 10 will have a new counselor. Students' counselors are arranged by last name and can easily be reached by coming to the Counseling Office, leaving a yellow note in the counselor's door if we are gone, or emailing us. Please feel free to stop in and say hello to meet your new counselor. Below are the counseling caseloads and contact information.

PSAT's are also right around the corner on October 19th. These tests help prepare students for the SAT and college and career readiness. Some helpful tips include a good night's sleep, breakfast in the morning, and chewing something minty to help you stay alert during the test. Good luck!

Counselor	Assignments	Email
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## ...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 please be sure 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 applying 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. 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. Your log on is your year of graduation followed by your last name then first name. Your ID is your school ID number (lunch card number).

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! This goes for community colleges, trade/technical schools and any other program you are considering attending.
  - 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. Your resume should be started in Naviance under the About Me tab.

## ...SENIORS

### WE HAVE VISITORS!!!

Several colleges, vocational schools and military representatives are visiting us in Guidance waiting to speak with 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 to attend.

### SEE YOUR COUNSELOR

See your counselor regarding your post-secondary plans. This can be a stressful time of year and we are here to help!

### UPCOMING SAT/ACT DATES:

#### SAT Administration Dates

<u>Test Date</u>	<u>Normal Registration</u>	<u>Late Registration</u>	<u>Score Report Online</u>
November 5	October 7	October 21	November 24
December 3	November 3	November 18	December 22

To sign up for the SAT visit: [www.collegebound.com](http://www.collegebound.com)

#### ACT Administration Dates

<u>Test Date</u>	<u>Normal Registraton</u>	<u>Late Registration</u>
December 10	November 4	November 5-18

### To sign up for the ACT visit:[www.actstudent.org](http://www.actstudent.org)

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

Bristol Eastern will host a Financial Aid Night for seniors and their parents in the auditorium on November 3. 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!

An article that may be helpful . . .

### How Many Colleges Should I Apply To?

For most students, six is a pretty good number – two “reach” schools (where acceptance is far from certain), two “maybe” schools (good chance), and two “no problem schools” (absolutely no chance of being rejected). As with any school you apply to, you want to be sure that the match is good, whether the school is your first or last choice.

If you apply to more than six colleges, you’ll be devoting a lot of time completing applications, and we mean a lot – weeks and weeks of after school applications tailoring. Students are applying to more schools now than ever before. A lot of over-applying is a direct result of the fear students have that they will not be admitted to the school of their choice because of an ultra-competitive admissions scene. If this describes you, remember only a handful of highly selective colleges deny more applicants than they admit. For the vast majority of schools, the opposite is true.

Other students over-apply because they are afraid they won’t be admitted for financial reasons as some colleges move toward “need-aware” admissions policies (if they’re aware you are in financial need, it may be harder for you to be admitted). These students apply to lots of schools, thereby maximizing their chance of being accepted to a college they can actually afford – a college that will not take their ability to pay into account when making an admissions decision. Having

acceptance letters from multiple colleges can also enhance your bargaining position when negotiating aid (more on that later.)

Whatever your concerns may be, if you approach the admissions process realistically and choose your colleges wisely, you have a great chance of being accepted somewhere you can afford and enjoy.

Seniors get lots of advise on how to improve their chances of getting accepted by the college of their choice. The simplest advice, of course, is to get the best grades you can in the best courses available. But I would add to that some other points, inspired by William Fitzsimmons, the Dean of Admission and Financial Aid at Harvard University.

**Don't:**

- Take easy courses just to get good grades.
- Spend hours on an activity unless you enjoy it.
- Choose a college simply to get ahead.
- Be afraid to take chances or make mistakes.

**Do:**

- Take time to set priorities for yourself.
- Seek opportunities to mix with others from different backgrounds.
- Take care to enjoy the present.
- Keep your sense of humor. You're going to need it.

*Source: Time/The Princeton Review, College Edition*



On October 28, Bristol Eastern High School will be offering the Armed Services Vocational Aptitude Battery (ASVAB) test. The ASVAB is a multiple-aptitude battery that measures an individual's abilities and helps predict future success in careers. The test is administered annually to more than one million testers nationally. Any 11<sup>th</sup> or 12<sup>th</sup> grade student is eligible to take the test and do not have to be entering the military to take the test. This is a great opportunity explore career opportunities! See your counselor for more information!!!