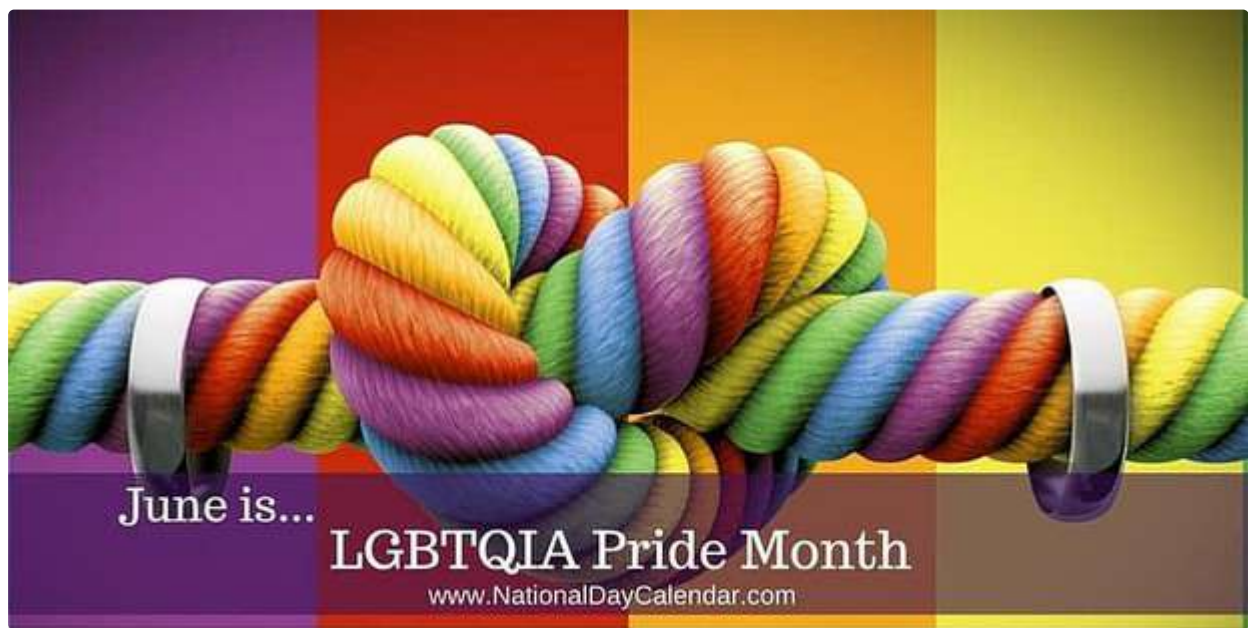


BHS School Counseling Newsletter

June 2021



June 2021 Events

June 7 - Undergraduate Awards - [Presentation](#) - 6:30 pm

June 8 - Undergraduate Awards (distributed during ILT)

June 8 - Senior and Athletics Awards Night - [Presentation](#) - 7:30 pm

June 8 - National Best Friends Day

June 10 - Last day of instruction

June 11 - ½ day (A day makeup)

June 12 - Graduation

June 14 - ½ day (B-day makeup) and Last Day of School

June 18 - National Flip Flop Day

June 21 - First day of Summer

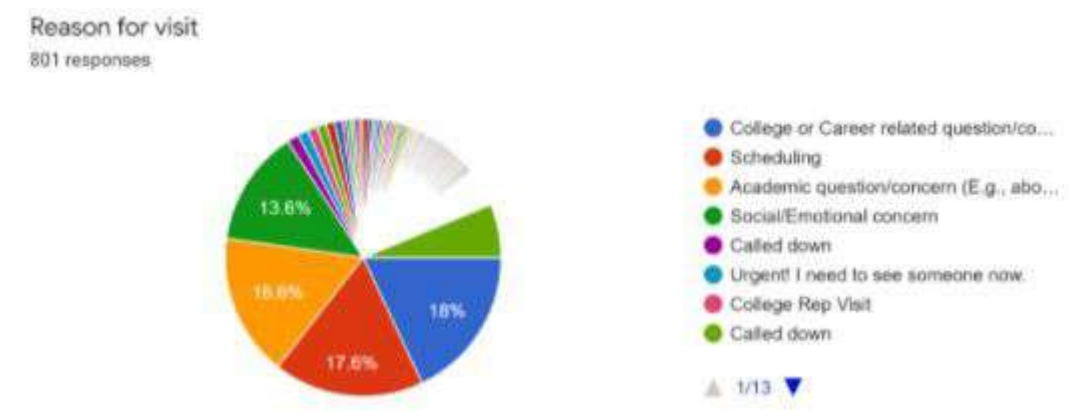


What We've Been Up To

It has been our pleasure to work with our students and their families for another year. As we reflect on this school year, we'd like to share some interesting data we've collected!

When students arrive at the counseling office, we ask that they sign in and indicate the reason for their visit. This information is held completely confidential and is only used for data gathering within our department and to verify student absences from classes when appropriate. *Please note that with much of this school year being hybrid or fully remote, our data for the 2020-2021 is skewed (**less number of student visits documented than usual**)* but still give a valuable snapshot of the *reasons* students visit our office. Take a look!

From September 8, 2020 to June 1, 2021, we had **801 visits to the counseling office**.



Of those visits, 18% were for a college/career related meeting, 17.6% were for a meeting regarding schedules, 16.6% were meetings regarding academic questions or concerns, 13.6% were for social/emotional related meetings and the remainder were primarily students called down by their counselor for a check-in session or students checking in for urgent/crisis situations.

This year, we processed and submitted **2,336 transcripts** off to colleges on behalf of our senior class! Plus over 160 Junior Meetings with Mrs. Lungariello.

We held **6 self-care seminars** that focused on the topics of: self-care strategies, managing stress around the holidays, setting intentions for the new year, practicing gratitude and organizing your Google life (Gmail, Calendar, Google Classroom)

Undergraduate Awards - June 8, 2021



*Celebrating with BHS
Undergrads!
Congratulations to all
award recipients!!*

Let's Take a **Mindful Minute**

Mindfulness means "being aware of what is happening right now and how you feel about it."

Close Your Eyes. Sit Quietly. and...

Breathe

Take deep breaths, and let them out slowly. Think about how the air goes in and out of your lungs.

Listen

Listen to the sounds around you, and think about how many sounds you can name.

See

Look at one item around you; and think about its shape, color, texture, and how it is made.

Touch

Use your fingertips to feel an item or the area around you. Think about how it feels and the words you would use to describe it.

Smile

Open your eyes, and enjoy the world around you.

College & Career Corner

Seniors Who Took ECE and/or AP Courses

ECE

Click [here](#) to request that your UConn transcript is sent to the college you will be attending.

Sending your AP Score Report

Every year that you take AP Exams, you can send one score report for free to the college, university, or scholarship organization of your choice. Score reports include both this year's and past AP Exam scores. You can complete these steps now even though scores for this year's exams won't become available until July. **You must request your AP score report by June 20th.**

1. [Sign in to My AP](#) using your College Board account username and password.
2. Select the link for My AP Profile.
3. Click on the tab that says Score Send.
4. Start typing in the name of your college or university. When it appears on the list, select it and hit Save.

Summer TO DO List for Juniors Preparing for College

2. Take notes on your impressions of different colleges, and keep track of your prospective college list in the "Colleges I'm Thinking About" section in Naviance.
3. Figure out your standardized test plan if you haven't already, and complete some kind of test prep in the weeks leading up to a test.
4. Create your resume.
5. Revise your college essay.
6. Begin college applications if you would like to get a headstart. (Do not complete the *My Colleges* section of the Common Application until August 1st.)
7. Search for outside scholarships. View the [Scholarships page](#) on the *School Counseling Website* for websites and resources to help with your search.

Summer To Do List:

Comprehensive College & Career Readiness Virtual Summer Camp

Benefits to the Schools: High school students will be able to participate in 14 targeted college and career readiness trainings. At the end of program, participants will receive the signed "Certificate of Completion."

Pre-Registration: Students need to complete the [pre-registration form](#):
https://scsu.iad1.qualtrics.com/jfe/form/SV_8fcmicrGgWvdUsm

Customized school and district-wide registration is also available. Please feel free to reach out to Dr. Yavuz with any questions.

Olcay Yavuz

Associate Professor, Educational Leadership & Policy Studies

Internship Coordinator

Southern Connecticut State University

Phone 392-204-5442 **Mobile** 475-434-5306

Web [Faculty Profile](#)

Founding Editor [JELPS](#)

Coordinator [IYLA](#)

Coordinator [STEM Leadership Institute](#)

College and Career Readiness Virtual Summer Camp

FOR HIGH SCHOOL JUNIORS AND SENIORS
AUGUST 10 & 11, 2021 • 9:00 AM - 3:00 PM
 CUSTOMIZED SCHOOL AND DISTRICT-WIDE REGISTRATION IS ALSO AVAILABLE

FEE: \$55
 INCLUDES REGISTRATION,
 14 TRAININGS, AND
 CERTIFICATE
 OF COMPLETION

College Readiness, Access and Success
Tuesday August 10, 2021 • 9 AM - 3 PM

1. Everything You Need to Know about College Admission, Application Plan, Process, and Prep
2. The Importance of College Entrance Exams: SAT/ACT Achievement Strategies
3. Personalized College Search: Early Action, Early Decision, and Regular College Application
4. How to Tell a Unique Story to Admissions: Effective College Essay Tips
5. How to Pay for College: Understanding Scholarships, Grants and Loans, Applying for Free Application for Federal Student Aid (FAFSA®)
6. How to Make a Final College Decision: Comparing Options
Money Talks: Reviewing Financial Aid Packages and Financial Readiness
7. I got it! So What? What is Next? College Enrollment, Transition and Success

Career Development and Job Readiness
Wednesday, August 11, 2021 • 9 AM - 3 PM

1. Explore Yourself! Who am I? Examine your interests, values, abilities, skills, and strengths
2. Explore Your Career Options: Bright Outlook Occupations and Opportunities
Rapid Growth and Numerous Job Openings
3. Personal Career Branding and Professionally Marketing Yourself
4. Create a Tailored Resume, CV & Cover Letter to Stand Out from the Crowd
5. Welcome to The World of Employment: Internship and Job Search and Application
6. Job Interviews: Practice Questions and Strategies: Evaluate and Negotiate Offers
7. Stay Balanced: How to Balance Family, Work and Education

WITH



Calvin Rutledge
*Director,
 Office of Career &
 Professional Development
 SCSU*



Dr. Olcay Yavuz
*Associate Professor,
 Educational Leadership
 & Policy Studies
 SCSU*

Pre-register at:
https://scsu.lad1.qualtrics.com/jfe/form/SV_8fcmicrGgWvdUsm

For More Information:
YavuzO1@SouthernCT.edu




Southern Connecticut
State University

CT Aero Tech Open House - Saturday, June 12, 2021

CT AERO TECH is a Federal Aviation Administration approved school (EM9T117R) that specializes in the training of today's Aviation Maintenance Technicians. Let our 70 plus years of experience prepare you for a career in aviation. Come meet our staff and tour our facility!

WHEN: Saturday June 12, 2021 9:00 a.m. – 12:00 p.m.

WHERE: CT Aero Tech
 500 Lindbergh Dr.
 Brainard Airport
 Hartford, CT 06114



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WHEN: Saturday June 12, 2021 9:00 a.m. – 12:00 p.m.

WHERE: CT Aero Tech
500 Lindbergh Dr.
Brainard Airport
Hartford, CT 06114

WHO SHOULD ATTEND: Guidance and career counselors, high school seniors, anyone interested in learning more about an exciting career in the aircraft maintenance industry.

INFO & CONTACT: Dawn Graham
Dept. Head
860-566-1234
Dawn.graham@cttech.org

Please wear face masks while attending

CT Aero Tech is a postgraduate program administered by the Bristol Technical Education Center, Bristol, CT and the Connecticut Technical Education and Career System, 39 Woodland St. Hartford CT 06105

University of Pittsburgh School of Pharmacy PIER Program



Who: University of Pittsburgh School of Pharmacy PIER Program:

What: PIER stands for Pharmacy Innovation Experience and Research.

We aim to expose our students to the wide range of opportunities that come with a PharmD (Doctorates in Pharmacy) Degree. In doing so, we bring in expert faculty members from PittPharmacy to talk about their journeys throughout the field. We also emphasize the role of a pharmacist in research, and the innovative fields one can pursue through the many doors opened with a PharmD. We have weekly webinars followed by activities that will engage the students and encourage teamwork. There will be patient cases that the students will work through outside of the webinar sessions, and will receive help and guidance from their mentors, who are all current PittPharmacy students. Throughout our program we also foster professional development by implementing resume workshops and tips on how to have a successful interview.

When: The program is 5 weeks long, with a webinar occurring every **Friday from 12:00pm–2:00pm (Eastern Time)**. The first session is July 9th, and our last being August 6th, 2021.

Where: Due to the global pandemic, this summer's PIER program will be virtual. Our online setting will allow for many students across the country to tune in and experience the PIER program!

Why: When people think of a pharmacist, they tend to imagine someone filling medications in a CVS or Rite Aid. While those are very important roles that are filled by pharmacists, there is so much more one can do with a PharmD degree. I personally did not know about the hundreds of unique jobs filled by pharmacists until I started pharmacy school. The goal of our program is to expand students views and allow them to start thinking NOW about the many different fields one can pursue in pharmacy.

Deadline: The deadline date to apply to the PIER Program is **June 18, 2021 and there is no cost to participate in PIER!**

Website for more information: <https://pages.pharmacy.pitt.edu/pier/>

Thank you for your time and assistance and please feel free to contact Suzanne Monnino – smm198@pitt.edu with any questions or concerns.

Student 5.0 for High School Seniors

There's a future out there. What will yours be?

After a really difficult year for *everyone*, some high school seniors may need postsecondary planning support.

Right now, Student 5.0 is offering that.

Student 5.0, is a no-cost, all-virtual planning program that explores each student's interests and considers a range of options: straight-to-career, college, apprenticeships/trades, military, credentialing programs, and more.

[Find the Application HERE](#)

In the program, participants are matched to a peer mentor, whose goal is to help each participant establish a *workable* plan. Peer mentors also help bring every plan to life, providing the support needed to make progress toward established goals!



College Mental Health Transition Checklist



Your Student's Mental Health - A Free Checklist

June, July and August are the perfect months to have conversations about mental health supports on campus and how your student can stay emotionally healthy. Valuable information in this short article!

[Click here!](#)

Social Emotional Resources

- [211 Mobile Crisis Intervention](#)
- 911 Emergency Services
- [Brookfield C.A.R.E.S. Hope & Support Group](#)
 - [2020 Parent Guide](#)
- [Parent Support Network](#) (Brookfield meetings available)
- <https://www.crisistextline.org/> text 741741
- LGBTQ+
 - [Resources](#)
 - Triangle Community Center (Norwalk)
 - [The Trevor Project](#) 24 Hour TrevorLifeline 1-866-488-7386
- Crisis Text Line - Text "Talk" to: 741-741 Connect with a crisis counselor (24/7)
- [Substance Use Resources](#)
- **National Suicide Prevention Lifeline** Call: 800-273-8255 (24/7)
- **IMAlive Chat Line** Website: www.imalive.org/online/



- Online instant messaging providing support to those in crisis or considering suicide.
- Crisis Text Line *Text "TALK" to: 741-741 (24/7)*
- **SAMHSA's National Helpline** *Call: 800-662-4357*
 - This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- The NAMI HelpLine *Call: 800-950-NAMI (6264) Or Text: info@nami.org/help*
 - The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Monday through Friday, 10am-8pm ET.
- **Opioid and Substance Use Disorders Resources** *Call: 800-563-4086*
 - Website: <https://liveloud.org>
 - Provides options to talk to a peer, call for treatment options, connect on social media, or search for 12 step or other support groups in your community.

Important Summer Message From BHS Counselors

Hello Brookfield High School Parents and Students!

School counselors, like teachers, are 10-month employees and are not available for regular duties in summer. However, Rosa Hopcroft will coordinate all school counseling-related needs during the summer. Please direct all concerns and inquiries to Ms. Hopcroft at hopcroftr@brookfieldps.org, x7751 or the main office at x 7725.

While my email will not be monitored during summer, Ms. Hopcroft will coordinate your needs with staff who are on campus over the summer.

Please review the following information to assist with common questions that come up over the summer:

Schedules

All student schedules for the 2021-2022 school year are currently being processed. BHS students will be able to view schedules for the 2021-2022 school year on PowerSchool in August.

If you are missing a course that you requested in the spring or are enrolled in a course that you've previously passed, school counselors will be available to work with you. Please stay tuned for an update from Mr. Balanda.

Please remember that elective selections made in the spring will not be changed. If you made a request to take an elective in place of study hall, these requests will be reviewed after the school year has started and we have ensured that all students have the minimum number of required courses.

Summer School

If you have registered for summer school through an online course or an in-person program through Newtown or Watertown, please note that school counselors will not be available over the summer to answer any questions about credit recovery programs. Please contact the summer school program coordinator directly.

Final Transcripts for 2021 Graduates

BHS 2021 graduates who need a final transcript sent to any institution can request it via the home page of the [BHS website](#) using the Alumni Requests link.

College Application Materials

We will not begin processing college applications for rising seniors until the new school year has started. During the first few weeks of school, Mrs. Lungariello will meet with all seniors through ILT to distribute important information regarding the college application process.

Thank you and have a safe and relaxing summer!

~ **BHS School Counselors**

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About Us

 Facebook  @CounselorBobcat

Jen Gioglio (A-Di)


Jessica Cintron-Henry (Do-K)


Debbie Burch (L-Q)

Kaitlyn McCabe (R-Z)


Shannon Lungariello - College & Career Counselor

Rosa Hopcroft - Counseling Secretary

 45 Longmeadow Hill Road, Bro...

 203-775-7725

 hopcroftr@brookfieldps.org

 brookfield.k12.ct.us/brookfield-...

HAVE A
GREAT
Summer

