

# REDCOAT COUNSELOR

## COMMENTS

DECEMBER 2013

The BHS School Counseling Dept. supports the high school's mission to help all students

**ACHIEVE** - the following events will take place in December:

- **December 5, 2013** - How to Pay for College - LPL Financial Group - 6:30pm in the cafeteria
- **December 7, 2013** - SAT testing at BHS 7am-1pm
- **December 20, 2013** - Early Release Day for Winter Break
- **December 27, 2013** - last day to register for Jan. 25th SATs - not at BHS
- **January 7, 2014** - Financial Aid Evening w/Carolyn Karno 7:00pm in the B Gym

## Important Events in School Counseling

### **School Counselors continue to deliver lessons to students during Advisory period**

The BHS School Counseling Department continues to deliver Comprehensive School Counseling lessons to students in their Advisory period. The counselors will be finishing up with Grade 9 students in the computer labs working on the "Do What You Are" personality inventory. Starting in

January school counselors will be working closely with their Grade 11 students as



**Berlin High School  
Counseling Department**

they begin their college and career planning, and they will work in computer labs to complete college searches. In March, the school counselors will be meeting with Grade 10 students to assist them in completing an Interest Inventory in the computer lab, and then in May the Grade 10 students will also complete a college search. Grade 12 students have been working on their Capstone projects with their advisors.

### **Mid-year and Final Exams can bring on student test anxiety**

As the end of the first semester nears... studying for Mid-Year Exams will be approaching. Many students struggle with Test Anxiety which can bring with it a host of physical and emotional symptoms.

The American School Counselor Association (ASCA) recognizes the importance of helping students work through this anxiety and in an article written for parents (found at website, [www.schoolcounselor.org](http://www.schoolcounselor.org)) are tips for "Helping Children Overcome Test Anxiety."

It is important to help students identify

what they are feeling before taking a test and give them strategies to help them manage anxiety, self-doubt, and frustration.

Some strategies include:

- Practicing the "neutral" tool - getting rid of negative mind loops
- Address "what-if" thoughts and questions
- Think good thoughts
- Get enough sleep
- Eat a hearty breakfast

Be observant of changes in mood and behavior as exams approach and talk with your student about concerns. School counselors are also available to help your students with their testing concerns.

**College Transcripts and Supporting Documents**  
**Deadlines 2013-2014 School Year**

**For Application Due:**

Sunday, December 15

**\*\* Wednesday January 1 applications MUST be in Friday, December 13**

Wednesday, January 15

Saturday, February 1

Saturday, February 15

Saturday, March 1

**To School Counselor By:**

Monday, December 2

Thursday, January 2

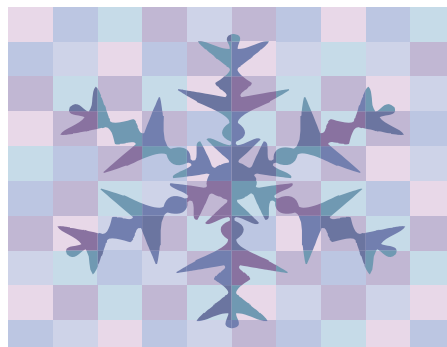
Friday, January 17

Friday, January 31

Friday, February 14

***IF YOU WOULD LIKE YOUR DOCUMENTS TO GO OUT BEFORE WINTER BREAK, YOUR TRANSCRIPT REQUEST FORM MUST HANDED IN TO GUIDANCE AT LEAST TEN DAYS PRIOR TO THE LAST DAY SCHOOL IS IN SESSION.***

***Students must fill out the “Green Transcript” form that is located in the guidance suite in our form tower. Please make sure to include your major, the names of your teacher recommenders, and if your school is a common application school.***



**Berlin High School Counseling  
Department**

**Deborrah Ramirez -**

Department Director

[Dramirez@berlinschools.org](mailto:Dramirez@berlinschools.org)

860-828-6577 X 163

**Karen Crawford - School Counselor**

[Kcrawford@berlinschools.org](mailto:Kcrawford@berlinschools.org)

860-828-6577 X 137

**Andrea Maule - School Counselor**

[Amaule@berlinschools.org](mailto:Amaule@berlinschools.org)

860-828-6577 X 159

**Patrica Pires - School Counselor**

[Ppires@berlinschools.org](mailto:Ppires@berlinschools.org)

860-828-6577 X 161

**Jill Taradeina - School Counselor**

[Jtaradeina@berlinschools.org](mailto:Jtaradeina@berlinschools.org)

860-828-6577 X 162

**Mary Pacyna - Counseling Secretary**

[Mpacyna@berlinschools.org](mailto:Mpacyna@berlinschools.org)

860-828-6577 X 158

## ***ARE YOU GETTING INVOLVED AT BERLIN HIGH SCHOOL***

Extracurricular Activities are just as important on your resume as are the academics... There is so much to get involved in while you are here at BHS for four years. Some of the clubs, activities, and sports that are available are the following:

- **UpBeat-Peer Leadership Program** – great opportunities for leadership, skill building, and community service
- **Bike Club with Mr. Arnold and Mr. Hanna** – great way to get in some physical activity
- **Drama Club** – if you are creative and love the stage – this is a great club to join
- **Berlin FIRST** – If you are interested in Math, Science and Computers, if you like to be artistic and build things – this club is responsible for building competitive robots to compete at various locations regionally and nationally
- **Yearbook** - get involved if you love the idea of making memories of your years at BHS
- **Basketball** - both mens' and womens'
- **Swimming** - both mens' and womens'
- **Indoor/Outdoor Track**

There are several other clubs as well, not to mention sports... come to guidance to pick up a brochure and **GET INVOLVED!**

