

# REDCOAT COUNSELOR

## COMMENTS

NOVEMBER 2013

The BHS School Counseling Dept. supports the high school's mission to help all students **ACHIEVE** - the following events will take place in November:

- **November 2, 2013** - SAT testing at BHS 7am-1pm
- **November 5, 2013** - No School Teacher In-service Day
- **November 8, 2013** - Last day to register for the December 7th SATs at BHS
- **November 8, 2013**—First Quarter Report Cards issued
- **November 27, 2013**- Early Release Day for Thanksgiving Break
- **December 5, 2013** - How To Pay For College Evening Event at 7pm
- **December 7, 2013** - SAT testing at BHS 7am-1pm

## Important Events in School Counseling

### **School Counselors to deliver Do What You Are lessons to Grade 9 students during Advisory period**

The BHS School Counseling Department will be delivering a Comprehensive School Counseling lesson entitled "Do What You Are" during the next six weeks to ninth grade students in their Advisory period. This lesson will take place in our computer labs so that the

students can access our Naviance College and Career Planning online programming



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to complete this lesson. "Do What You Are" is a Myers-Briggs based personality assessment that the students will complete and the counselors will review with their students as they plan their academic and career-based goals. Students will also be asked to complete a reflection on this assessment as they begin to focus on how personality plays a role in our career decisions.

### **Seniors: College Checklist for November**

Seniors, here are some important checklist items for your college planning and application process:

- Check Early Action and Early Decision deadlines - make sure to hand in applications two weeks ahead of your deadline.
- If you haven't handed in a resume to your counselor, please do so in order that recommendation letters can be written.
- Finalize campus visits and interviews.
- Make sure to have a second or third set of eyes look over your college essay.
- Proofread all your Common App or online application information before submitting.
- Make sure all your college information is matched on Naviance.
- **Make sure to send "Thank you" notes to your teachers who have written you a letter of recommendation.**
- **Make sure to file the CSS Profile financial aid form online through College Board for those private schools which require this for financial awards.**
- **After January 1, 2014 you can fill out the FAFSA form on [www.fafsa.ed.gov](http://www.fafsa.ed.gov).**

# **Things To Think About At Each Grade Level**

## **Grade 9**

- In which subjects do I excel?
- Am I taking high school courses that will lead to post secondary options?
- Am I involved in at least one extracurricular activity or community service?
- Do I seek assistance from my teachers and counselors when needed?
- Am I utilizing Power School to check on my grades and do I work on areas where I could improve?
- Do I know how to utilize Naviance to help me with my academic, career, and personal goals?
- Am I communicating with my parents so that we are on the same page with regard to my grades and how I am doing in school?
- Am I familiar with my graduation requirements?
- Am I maintaining a strong attendance record?
- Make sure to talk with my parents, teachers, and counselor about my sophomore courses in February and March.

## **Grade 10**

- In which subjects do I excel?
- Am I taking high school courses that will lead to post secondary options?
- Have I joined at least one extracurricular activity or any new activities since my freshmen year?
- Do I seek assistance from my teachers and counselors when needed?
- Am I utilizing Power School to check on my grades and do I work on areas where I could improve?
- What potential career/post high school options have I started to consider?
- Do I know how to utilize Naviance to help me with my academic, career, and personal goals?
- Do I discuss my academic and personal progress with my parents and counselor?
- Am I familiar with my graduation requirements?
- Am I maintaining a strong attendance record?
- Make sure to talk with my parents, teachers, and counselor about my junior courses in February and March.

# Things To Think About At Each Grade Level

## Grade 11

- Am I taking the high school courses that will lead to my post high school plans?
- With which teachers have I establish a good rapport (this will be helpful when the time comes for recommendation letters as a senior) ?
- Which talents or strengths do I want to develop further through college or after high school?
- Have I taken the PSATs? I should register for SATs in the spring.
- Am I utilizing Power School to check on my grades and do I work on areas where I could improve?
- Do I seek assistance from my teachers and counselors when needed?
- Have I met my graduation course requirements?
- Is my attendance record strong?
- As I start to develop a resume, what extracurricular activities do I want highlighted on my college applications?
- I will need to meet with my counselor for a post-secondary planning meeting.
- I will need to complete a college/career search on Naviance.
- In the spring, summer, and fall I should schedule college visits and interviews.

## Grade 12

- Am I continuing to challenge myself?
- Have I started a Common App account, completed a resume, finalized my college essay?
- Have I asked teachers for a recommendation letter for colleges or work, and **have I sent them a thank you note for helping me?**
- Am I utilizing Power School to check on my grades and do I work on areas where I could improve?
- Have I been working with my counselor to finalize my post secondary plans?
- Have my parents and I communicated on what post secondary options are affordable for our household?
- Do I seek assistance from my teachers and counselors when needed?
- Have I checked Naviance and the scholarship bucket in guidance for non-local scholarships? Local scholarships will come out in February.
- My parents and I should attend the financial aid evening in January.
- Am I in good standing for graduation in June and have I maintained strong attendance?

**Berlin High School Counseling  
Department**

**Deborrah Ramirez -**

Department Director

Dramirez@berlinschools.org

860-828-6577 X 163

**Karen Crawford - School Counselor**

Kcrawford@berlinschools.org

860-828-6577 X 137

**Andrea Maule - School Counselor**

Amaule@berlinschools.org

860-828-6577 X 159

**Patrica Pires - School Counselor**

Ppires@berlinschools.org

860-828-6577 X 161

**Jill Taradeina - School Counselor**

Jtaradeina@berlinschools.org

860-828-6577 X 162

**Mary Pacyna - Counseling Secretary**

Mpacyna@berlinschools.org

860-828-6577 X 158



## **7 Tips for Helping Your Student Manage Stress**

We often don't think about our students and the stress they may be experiencing, but students do struggle with stress just as much as adults. Having too many extracurricular commitments, family ups and downs, and problems with peer relationships can become very overwhelming for our students.

Some stress is normal and can provide some positive motivation, but when life's stressors become too much and student's do not know the tools they need to manage their stress, they might resort to inappropriate measures like not eating well, drinking, drugging, or just plain shutting down in order to avoid their stressors.

Here are some ways you can help your student manage their stress:

1. **Stop Overscheduling:** Our students are involved in so much these days that they do need time to rejuvenate; they need down time. Make some time for one another as a family as well.
2. **Make time for play:** Every now and then, do something that does not involve competition; just have fun!
3. **Make sleep a priority!:** Sleep is so important to help minimize stress, improve mood, and assist in academic performance. If your student is not sleeping well, this too is a sign of overscheduling.
4. **Teach your student to listen to their body:** Help your student to recognize the symptoms that stress could be causing on their body, help them to listen to what their body is telling them, such as having an upset stomach or bad headaches and work with them to calm down.
5. **Manage your own stress as a parent:** Stress is often contagious and as parents we do have a lot of stressors in our busy lives. When we are stressed, we tend to impose this into our family dynamics and our students pick up on this.
6. **Make mornings calmer:** Try and organize things the night before, like packing lunches, laying out clothes, and getting backpacks ready.
7. **Prepare your student to deal with mistakes:** Stress can come from the fear of making mistakes or not doing well. Sometimes we need to look at failure in a positive light because it helps us grow. Learning to fix our mistakes is all part of the learning process.