

REDCOAT COUNSELOR

COMMENTS

OCTOBER 2013

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

- **October 1-17th**
PSAT sign ups— Sophomore and Junior students can sign up for the PSATs in guidance. **Cost: \$28**
- **October 3, 2013**
- Last day to register for the November 2nd SATs at BHS
- **October 5, 2013**—SAT testing at BHS 7am–1:00pm
- **October 19, 2013**—PSAT testing at BHS 7am-12pm
- **October 21, 2013**— Annual College Fair in the Big Gym 8:15am–10:00am

Important Events in School Counseling

School Counselors deliver important grade level lessons during the new Advisory period

The BHS School Counseling Department will be delivering Comprehensive School Counseling lessons during the new Advisory period established at the high school. For the first quarter, the department began on **September 3rd** by meeting with their seniors to go over the itinerary for the year and

the college/career process. The counselors then met with their freshmen for a “Getting



**Berlin High School
Counseling Department**

to Know You” lesson on **September 10th**, and on **September 24th** they met with both sophomores and juniors to go over PSAT information as well as information on the College Fair. **On October 8th & 15th**, the counselors will be working with all seniors in the computer labs on their Common Applications. Lessons will continue throughout the year.

SATs and PSATs at Berlin High School

On **Saturday, October 5th**, Berlin High School will administer the SATs. Students should be prepared when they come to sign in by having their admission ticket with photo, a second form of ID such as a license or school ID, #2 pencils, and a calculator. The test will begin around 7:45am and go until around 12:30pm.

On **Saturday, October 19th**, Berlin High School will administer the PSATs. Students can register for the PSATs starting October 1-17th in guidance.

Students should bring a check in the amount of \$28 made out to “Berlin High School” and give this to Mrs. Mary Pacyna the school counseling secretary. She will assist the students with signing up and each student will receive a guide book and practice test. Students should report to BHS on **October 19th at 7:30am**. The test should last about 3.5 hours. Students should bring a form of ID, #2 pencils, and a calculator.

The next test administration at Berlin High School will be the **November 2nd** SATs. The Deadline for signing up on College Board for this test is Thursday, October 3rd after this date a late fee will need to be paid. If you have any questions, please contact Mrs. Ramirez.

Information from the Grade 10 Guidance Meeting on September 24, 2013

WELCOME TO GRADE 10!

FOCUS: CAREERS

Last year in grade 9, we focused on your **Transition to high school.** We introduced you to life in high school and helped you discover your *Goals* and how to be successful in high school. We met with you individually to review your *Personal Information Sheet* and to register you for classes.

GUIDANCE SCHEDULE FOR GRADE 10 STUDENTS:

- September 24: Introduction to Grade 10/Distribution of PSAT information

- October 19: PSATs (optional for grade 10) sign-up in Guidance Oct. 1-17th

- Advisory in Dec./Jan.: PSAT Results Presentation

- December 5 Parent Evening Program: “How To Pay For College”

- Advisory, March 20 & March 27: “Naviance” Career Interest Inventory

- Advisory February 27: Presentation on Course Selection Process

- March: Registration for Junior Courses

Throughout the year:

- Continue to focus on your studies:
 - Attend School
 - Study for tests/quizzes
 - Complete all homework
 - Seek extra help from teachers

- Your counselors are available to answer any questions and assist you when needed.
Please sign up for an appointment in guidance!!

Information from the Grade 11 Guidance Meeting on September 24, 2013

WELCOME TO GRADE 11!

FOCUS: POST-SECONDARY OPTIONS

GUIDANCE SCHEDULE FOR GRADE 11 STUDENTS:

- Advisory September 24: Introduction to Grade 11
 Distribution of PSAT Information
 Distribution of College Fair Information

- October 19: PSAT Exam (recommended for 11th graders) sign-ups in guidance Oct. 1-17th
- October 21: College Fair
- December 5th Parent Evening Program: “How to Pay for College”
- Advisory Dec/Jan: PSAT Results Presentations
- Advisory January 10: Junior College Planning Meeting
- Advisory February 6 & 13: College Search Lesson/Naviance - Computer Lab
- Advisory February 27: Presentation on Course Selection Process
- Junior College Planning & College Panel Evening - 7pm - March 2014 date to be determined
- March: Registration for Senior courses
- February - April: Individual meetings to discuss your future plans
 (College/Military/Employment)
- Advisory May 2 & 9: Resume Workshop
- May 3: SAT Exam (Registration deadline April 4th; register at www.collegeboard.com)
- June 7: SAT Exam (Registration deadline May 9th)

Throughout the year:

- Continue to focus on your studies: Attend School
 Study for tests/quizzes
 Complete all homework
 Seek extra help from teachers

- Your counselors are available to answer any questions and assist you when needed.
 Please sign up for an appointment in guidance!!

GETTING READY FOR COLLEGE

All counselors met with their senior students on Tuesday, September 3rd. This meeting covered topics such as college application procedures, important dates and deadlines, current academic standing, and graduation requirements. Students were given a packet of information relative to these topics. All the counselors will be meeting individually with their seniors in the coming weeks to discuss post-high school plans, aid in the college selection process, and answer any questions they may have.

AT THIS TIME, YOUR SENIOR SHOULD BE:

- Finalizing visits to colleges and partaking in a college interview should one be required
- Researching college or employment web sites
- Meeting with their counselor on a regular basis
- Finishing a resume
- Fine tuning a college essay
- Contacting teachers for letters of recommendation - 2 is recommended
- Remember to write your teachers thank you notes for taking the time to write a letter

Berlin High School Counseling Department to host its Annual College Fair

The Annual College Fair will take place in the Gibney Gym on Monday, October 21, 2013 from 8:15 - 9:30am for junior and senior students. We will have just over 100 two and four-year colleges and universities, vocational and technical schools, and representatives of the military. Juniors and seniors will have the opportunity to walk around, speak with representatives of the attending institutions, pick up application materials, and possibly set appointments for tours/interviews. Parents are also welcome to attend this event with or without your student. Please mark this event on your calendar!!

Employment Opportunities

College or post secondary education is not for everyone. Strong technology education classes, business classes, and a solid general education prepare students for entry-level positions in the world of work. The decision to continue one's education should be based on a personal evaluation and assessment of career plans, commitment to education, and family considerations.

School Counselors work closely with students who do not plan to attend post-secondary schools. Individual guidance appointments are devoted to identifying career interest areas and aptitudes. To aid students in clarifying career goals, counselors work with students in creating their Student Success Plan, including inventories on Goal Setting, Learning Styles, Interests, Skills, and Career Planning through the interactive program, Naviance.

Resources:

Education/Employment Information Center of State Department of Education - 1-800-842-0229

“Connecticut Works” Center in New Britain - 860-827-6200

Berlin High School Counseling Department

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Getting Involved

We encourage our students to be active in extracurricular activities to supplement their academic regimen. Our hope is to work collaboratively with parents to bring about well-rounded students who are prepared for college or the world of work upon graduation. Involvement in extracurricular programs promotes leadership, responsibility, and organization. A summary of all clubs and activities is available in the School Counseling Office.

If your student is interested in an activity and does not know whom the advisor is, please have them check with their counselor and we will connect them to the right person. Students are also encouraged to become involved in other capacities: volunteer at a hospital or a senior center, serve at church or synagogue, give service to the outside community, maintain a part time job, or tutor a younger student, to name a few.

Community Service Citation

Did you know that you can earn recognition for all of your good deeds? Students who complete 120 hours of approved community service will earn a notation on the graduation program and a special citation awarded during the graduation ceremony. Community service proposal forms are available in the school counseling office