

Brookfield High School School Counseling News

December 18, 2019

What we've been up to.....

Late October - 3 Day Self Care Seminar

- Helped student in identifying stereotypes and categorizing them as small, medium and large
- Practicing yoga and mindful breathing
- Coloring and reflection

Wrapping up our 2 day seminar this week....Reflecting on Holiday Stress and Yoga/Meditation

Sophomores -Transcript review/mock admissions lesson

- Goal is to help sophomores understand the components of college applications (Transcript, Resume, Standardized Test Scores)

Seniors – Submitting Transcript Request Forms? Keep these dates in Mind!

Remember if you need your transcripts sent to colleges you must complete a “Gold” transcript request form and submit to Mrs. Hopcroft by the deadlines below. If you want a counselor letter you MUST complete the student and parent surveys in “About Me” in Naviance.

College Application is DUE on:	Due in Counseling Office No Later Than:
January 1	December 6
January 15	January 2
February 1	January 16

BHS Counselors

Jen Gioglio
Jessica Cintron-Henry
Debbie Burch
Kaitlyn McCabe
Shannon Lungariello

School Counselor (A-Di)
School Counselor (Do-K)
School Counselor (L-Q)
School Counselor (R-Z)
College & Career Counselor



Happy Holidays!

Mindful Minute

Want to be more mindful but don't think you have the time? Below are mindfulness exercises that only take a minute!

- Stretch really slowly for at least 10 seconds. Notice any tightness and try to stretch out those body parts until you feel a release of tension.
- Stroke your hands. Close your eyes. Take your index finger of your right hand and slowly move it up and down the outside of your left hand fingers. Switch hands and repeat.

Destressing Before The Holidays

The holiday season can bring many positive events, memories and rituals to look forward to, but they can also bring us stress and anxiety. Here are some suggestions to managing the stress that holidays can bring so you can try and be calm and tension free:

Exercise. Exercise not only helps in the treatment of stress and anxiety, it can actually prevent it. If you're feeling stressed, angry, frustrated, or anxious, go for a run or walk, and see how you feel afterwards.

Breathe. It can be difficult to balance school, sports, clubs, work, friends and family. Your parents, teachers, and friends each want a different part of you. When you feel pressure, intense frustration, or even anger, you might need to take five minutes for yourself and breathe.

Have a meditation or yoga practice. Mindfulness is the practice of becoming conscious of your internal and external environment. It can be done through a practice of meditation, which is essentially a practice of training the mind to stay present. In the same way, a yoga practice is a series of postures that can keep you present by staying connected to the breath and the body. Essentially, any practice that keeps the mind relaxed can be a great tool for times of stress.

These are some suggestions for staying stress-free during the holidays. However, you'll notice that these can be practiced all year round.

Guidance Counselor versus School Counselor

What's the difference?

Guidance Counselors	School Counselors
Guidance Counselors focused on vocational guidance	School Counselors focus on social/emotional, academic, and career/college development
Guidance Counselors worked in isolation within schools	School Counselors work in collaboration with teachers, administrators, parents, outside counseling agencies, and other stakeholders
Guidance Counselors did not have set standards for practice	The American School Counselor Association (ASCA) released the ASCA National Model: A Framework for School Counseling programs in 2002
Guidance Counselors worked mostly at the high school level, and only with some students	School Counselors are educators trained to work with ALL students K-12



SUPPORT GROUPS & WORKSHOPS – FALL 2019

Registration is required for all groups & workshops, please call 203.731.5200 x258

* SOAR *

A weekly support group for female victims of domestic violence or intimate partner abuse
Tuesdays, 6:30-8:00pm

* VOICES OF COURAGE *

A weekly support group for male adult survivors of sexual assault
Mondays, 6:30-8:00pm

* THRIVE *

A weekly support group for women around current relationship issues or past traumas
Mondays, 11:00am-12:30pm and Tuesdays, 4:00-5:30pm.

* BREAKING THE SILENCE *

A weekly support group for adult female survivors of sexual assault
Mondays, 5:00-6:30pm

* I AM OK! *

A 6-week workshop to focus on self-esteem and anxiety management
Starting Monday, September 23, 6:30-8:00pm

* MOVING FORWARD *

A monthly support group to discuss moving forward from divorce or long-term relationships
1st Wednesday of each month, 6:30-8:00pm

* PROJECT BE *

A 5-week support group for girls in Middle / High School focusing on empowerment, healthy relationships, safe choices. Spanish and English-speaking groups available.
Starting Wednesday, October 2, 6:00-7:30pm

* GIRL TALK *

An 8-week support group for young college women held on the downtown Western Campus
Contact Sydney (sydney.t@wcoqd.org) for details

* ATTORNEY SERIES *

A series of workshops to provide legal advice and assistance on family law
Next workshop: November 2019 - TBD

* FINANCIAL EDUCATION SERIES *

A series of workshops to provide information and tools for managing finances
Next workshop: October 2019 - TBD

* INTUITIVE MOVEMENT WORKSHOP *

A monthly session, set to music, to stretch and move towards health and wellness
Next workshop: October 2019 - TBD

* YOGA WORKSHOP *

A weekly session focusing on breathing, exercise and meditation to help improve health and happiness
Returning October 2019 - TBD

All Programs are Free and Confidential

www.wcoqd.org * 2 West Street, Danbury CT, 06810 * 203.731.5200



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FAIRFIELD

Wednesday, January 8, 2020

Fairfield Ludlowe High School

785 Unquowa Rd

Fairfield, CT 06824

Speaker: 6:00-6:45 PM | Fair: 6:45-8:30 PM

Pre-register for free at usagapyearfairs.org/fairs



WCHN Research & Innovation

Research Training Experience

Research Training Experience

The Rudy L. Ruggles Biomedical Research Institute offers a two-week research program designed to introduce students to a variety of protocols and techniques used in research. The program provides an opportunity for students to work with a senior scientist in order to learn or improve technical skills and obtain a basic understanding of the biomedical research field. The program emphasizes hands on laboratory experience, where students spend a majority of their time learning research techniques, maintaining a research notebook and general laboratory upkeep. Currently the program offers experience in pipetting accuracy, bacterial growth, protein lysis and quantitation, agarose gels, electrophoresis, western blot analysis, fluorescent microscopy, polymerase chain reaction (PCR) and enzyme-linked immunosorbent (ELISA) assays. Based on student input and recommendations the program continues to evolve and expand in order to meet the ever changing direction of research.

APPLICATIONS ARE NOW BEING ACCEPTED FOR THE 2020 SUMMER RESEARCH TRAINING EXPERIENCE.

APPLICATION DEADLINE IS FEBRUARY 23, 2020

Eligibility

- High school students, college undergraduates and medical students
 - *High School Applicants* must currently be juniors or seniors in high school at the time of application in the spring of 2020 (class of 2020 or 2021 only) **AND** must be a minimum of 16 years old on June 1, 2020. Please note that students must meet **BOTH** class and age requirements.
- Have an interest in the areas of science and technology.
- Commit to **one** of the two week sessions listed below, **five days per week (Monday-Friday).**
- Complete the Volunteer Orientation Program at WCHN prior to the start of the Research session.
- Students who have previously participated in the program are not eligible to reapply.

[Follow Link For More Information](#)