



**The time is always right  
to do what is right.**  
Martin Luther King, Jr.

## **Brookfield High School School Counseling News**

**January 4, 2019**

**Dear Families,**

### **PSAT Scores**

9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students can now access their PSAT scores and a detailed score report through their College Board accounts. Sophomores and juniors should have created College Board accounts last year, and freshmen will be creating accounts in one of their classes and linking them to Khan Academy, which will give them access to free SAT practice questions. Please encourage your son/daughter to practice in small increments throughout the year.

### **PSAT Results & Early College Planning**

It was great to see so many families in attendance this event. If you were unable to make it, please take some time to review the [presentation](#).

### **Senior Update**

Counselors have been working hard to write letters of recommendation and prepare transcripts and school reports for seniors' college applications. Students are reminded they should submit the gold transcript request form at least 10 school days prior to any application deadlines, and they should complete [this Google form](#) to request that first quarter grades are sent to colleges. Students should reach out to Mrs. Lungariello with questions or to set up a meeting.

### **Junior Update**

Mrs. Lungariello has been meeting with all juniors through Flex A to discuss [post high school planning](#). Recently students were shown how to complete a college search in Naviance and were tasked with adding at least one college to their "Thinking About" list in Naviance or indicating different post high school plans in the "Game Plan" section of Naviance. Juniors are encouraged to continue utilizing Naviance and other resources on their own for post high school planning.

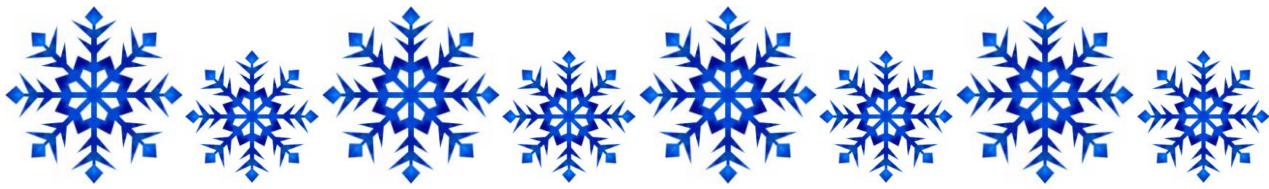
### **Sophomore Update**

Counselors met with all sophomores for a "Transcript Review and Goal Setting Lesson." Sophomores reviewed important terms and concepts including GPA, decile ranking, transcript, and resume; and they learned about the various factors in the college application process. At the conclusion of the lesson, students reflected on their own academic performance, post high school goals, and strategies they can use to achieve those goals. Sophomores also received a lesson on "Consent" from the Women's Center of Greater Danbury.

### **Freshman Update**

In coordination with the freshman health classes, the Women's Center of Greater Danbury delivered a lesson on "Healthy Relationships."

*BHS Counselors*



## Attention Seniors!

Submitting transcript requests? Keep these dates in mind!

If you need a counselor recommendation letter your completed transcript request form must be submitted to Mrs. Hopcroft by the dates below.

If your application is DUE on:	Your paperwork must be TURNED IN by:
January 15	January 2
February 1	January 18

## Mid-Year Exams January 18 – 24

Date	Exam 1 7:15 - 9:00	Exam 2 9:14- 10:59
Friday, January 18	1 A	2 A
Tuesday, January 22	3/5 A	6 A
Wednesday, January 23	1 B	2 B
Thursday, January 24	3/5 B	6 B

In the event of a school closing due to inclement weather before the scheduled exam dates, they will be shifted out one day for each day school is closed.

Students will be dismissed for the day following the 2nd exam of the day.

## SAT & ACT

***Friendly Reminder - register for ACT & SAT***

[Click here](#) to register for the ACT. [Click here](#) to register for the SAT!

***Test Prep Resources-*** [Click here](#) to check out useful links for test prep resources on our web page.

## Scholarships!!!



- Check out Naviance to see what is available and apply!
- Check out the School Counseling web page for other useful scholarship search engines!

## *How To Pay For College:*

***Interesting Article: Here's one family's strategy for earning six college degrees while borrowing as close to zero as possible.*** [Click here.](#)



# Presidential Volunteer Service Award

America has a long and proud tradition of volunteer service. The President's Volunteer Service Award (PVSA) program is a great way to honor this American tradition and thank those who, by demonstrated commitment and example, inspire others to engage in volunteer service.

The PVSA recognizes individuals, families, and groups who achieve a certain number of service hours within a 12-month period. The award can also be given for cumulative hours earned over the course of a lifetime. The award is earned by:

- Youth, age 14 and under, who complete 50 or more hours of volunteer service;
- Individuals, age 15 and older, who complete 100 or more hours; and
- Families or groups who complete 200 or more hours.

[Click here](#) for directions to log in and complete the verification form. Verification form is due to the Counseling Office by April 1, 2019

For more information about the President's Volunteer Service Award, visit [www.presidentialserviceawards.gov](http://www.presidentialserviceawards.gov).

What **You**  
Need to  
Know **About**  
Registering  
with **Selective**  
**Service**

- ✓ All 18 year old men must register within 30 days of your 18<sup>th</sup> birthday.
- ✓ Failure to register could lead to prosecution, prison and fines.
- ✓ Register online at [www.sss.gov](http://www.sss.gov)
- ✓ You will receive a Selective Service card by mail within 2 weeks of registration.

For more information:  
Selective Service System  
Registration Information Office  
P.O. Box 94638  
Palatine, IL 60094-4638

Or call 1-847-688-6888



**Register with  
Selective Service.**

Use the Internet:  
[www.sss.gov](http://www.sss.gov)



UConn Pre-College Summer provides rising high school juniors and seniors (class of 2020 or 2021) the opportunity to live and learn at a nationally ranked public university campus through four challenging and intensive one-week sessions. Applications will be reviewed on a rolling basis and should be submitted before the June 23rd deadline for full consideration. Given that many of our courses fill up quickly, we encourage you to apply now!

**2019 Pre-College Summer Dates:**

**Session 1:** July 7 – 13 **Session 2:** July 14 – 20 **Session 3:** July 21 – 27 **Session 4:** July 28 – August 3

A completed online application will require the following information:

- Student and parent/guardian information
- Responses to application questions
- Submission of unofficial transcript reflecting grades and attendance records including current and previous years in high school
- Non-refundable \$40 application processing fee

For more information click on the link: [UConn Pre-College Summer](#)

Serving families and the community  
**WOMEN'S CENTER**  
since 1975

**JANUARY  
9, 2019**

**Join us for Human  
Trafficking Awareness  
Month at our Community  
Conversation Event**

**Where?**  
Danbury Police Department

**When?**  
6:30pm-8:30pm  
Free to the public

**SAVE  
THE  
DATE**



## CT WELLNESS

A collaborative group of independent practitioners serving the mind, body and spirit.

WINTER 2018/2019

Start the New Year with Life Changing Workshops

CT Wellness/CT Counselors

[www.ctcounselors.com](http://www.ctcounselors.com) [ctwellnesscollaborative.com](http://ctwellnesscollaborative.com)

### Creative Expressions Group for Teens and Tweens with Michaella Schaum, MEd.

Learn life skills and coping skills to help you deal with stress & anxiety in this on-going Wed night group!

Make & Take! Discover your creative talents and then bring your creations home!

Relax and unwind in a safe and supportive environment with like-minded people.

Get out and do something different! We meet weekly to share stories, give advice and create artwork or crafts as a way to tap into the best version of you.

Wednesdays at 7 pm-8 pm

RSVP: [schaum.michaella@gmail.com](mailto:schaum.michaella@gmail.com), 203-512-1185

CTWellnessCollaborative.com, CTCounselors.com | 203-270-9888 | 107 Church Hill Rd. Suite 1 Sandy Hook, CT 06482



NYUSPS HIGH SCHOOL ACADEMY

## Weekend Workshops

The NYU School of Professional Studies High School Academy offers Weekend Workshops that provide high school students with programs of study that allow them to explore professional options and enhance their college portfolio.

These programs are designed especially for local high school students who are interested in learning more about a particular career path and who prefer to gain this experience during the weekends.

Many of our students return for multiple semesters, layering the knowledge they acquire to enhance their professional positioning.



Prepare your high school students for their academic and professional future.

COURSE OPTIONS

Classes Begin February 2, 2019

Application Deadline: January 25, 2019

For program details and application: [Click here](#)

Email: [sps.hsacademy@nyu.edu](mailto:sps.hsacademy@nyu.edu) or call 212-998-7006