

# School Counseling News

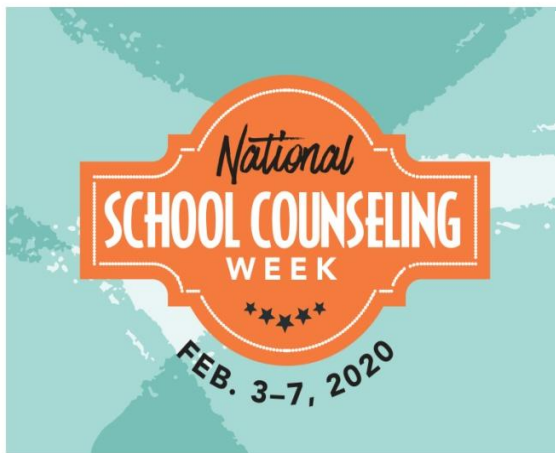
January 2020

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

### Reflecting on Holiday Stress and Yoga/Meditation

Counselors worked with students, offering techniques to identify stressors and manage them.

Look out for upcoming self care sessions! Please reach out to your counselor if you are interested in participating.



### School Counselors: Helping Build Better Humans

National School Counseling Week 2020, "School Counselors: Helping Build Better Humans," will be celebrated from Feb. 3-7, 2020, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. To learn more about National School Counseling Week, visit <http://www.schoolcounselor.org/nscw>

## Upcoming Events

### Midterm Exam Schedule - 2020

***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.***

Date	Exam 1 7:15 - 9:00	Exam 2 9:14- 10:59
Wednesday, January 22	1 A	2 A
Thursday, January 23	3/5 A	6 A
Friday, January 24	1 B	2 B
Monday, January 27	3/5 B	6 B

## College/Career Corner

# Annual Alumni Panel

The counselors are excited to welcome back several BHS alumni on Friday, January 10th for an Alumni Panel. These former students will speak to juniors and seniors about their experiences since graduating and give advice about how to successfully plan for and transition to life after BHS.

Mrs. Lungariello will be meeting with all juniors in the coming months for post high school planning. Parents are welcome to join these meetings, although it is certainly not required. Mrs. Lungariello sent an email to all juniors and parents on January 6th explaining that students should complete this [Google form](#) in order to request a meeting.



## Mindful Minute

### SELF-CARE FOR SLEEP



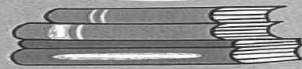
Have a good morning routine to wake up to.

Try reading or listening to nature sounds to relax.

Keep your phone on silent when you're trying to sleep.

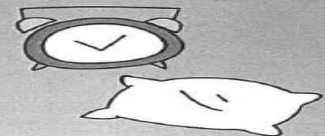


Have a good night time routine that winds you down.



Time going to bed so that you get a good amount of sleep for you!

Set good boundaries around your bedtime routine.



Make sure that you create an environment that lets you get good sleep.



Stay away from caffeine before bed. Drink something soothing.



Keep a dream journal if you have difficulty remembering them.



BlessingManifesting

## College Board Opportunity Scholarships

# Turn your efforts into scholarships



The College Board Opportunity Scholarships guide you through the college planning process and offer you a chance to earn money for college for each action you complete. The more effort you put in, the more opportunities you'll have to earn. It doesn't require an essay or an application, and it doesn't have a minimum GPA or test score requirement. Scholarships can be used at 2- and 4-year colleges.

Learn more and get started at [cb.org/opportunity](https://collegeboard.org/opportunity).



**1. Build Your College List: \$500**

Get started by exploring colleges you're interested in on BigFuture™.



**2. Practice for the SAT: \$1,000**

Use Official SAT® Practice on Khan Academy® to get ready for test day.



**3. Improve Your Score: \$2,000**

Show how practice pays off by improving your SAT score from your PSAT/NMSQT® or a previous SAT score.



**4. Strengthen Your College List: \$500**

Make sure your college list on BigFuture has a mix of safety, match, and reach schools.



**5. Complete the FAFSA: \$1,000**

Fill out the Free Application for Federal Student Aid (FAFSA) to apply for financial aid.



**6. Apply to Colleges: \$1,000**

Apply to colleges you want to attend.



**Complete Your Journey: \$40,000**

Complete all six scholarship steps to be eligible for a \$40,000 scholarship.

