

School Counseling News

March 2020

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

Counselors have been working with students on selecting courses for next year. Teachers have recommended levels for students based upon current progress and knowledge of curriculum. We strongly encourage students to stick with the core course recommendations provided by teachers but students are welcome to facilitate a conversation with their teacher/s if they are looking to waive up, or down, from their teacher recommendation. Only after doing so will they be able to change a course recommendation. Please speak to your child/ren about their course selections. Your active participation helps to ensure that their selections are in their best interest! Students have until **March 27** to finalize and submit course selections in PowerSchool.

Teaching Teens To Self-Advocate

As our students edge closer and closer to adulthood each year, we push them to begin advocating for themselves, rather than relying on their parents, friends, or counselors to do so for them. It is a skill that will help them as they journey through high school, their post-high school plans and undoubtedly, through adulthood. Our counseling staff came across this article, [*I'm Teaching My Teens to Self-Advocate by Asking Them These 5 Questions*](#), by Jacqueline Miller. In the article, this mom explains the five questions she uses in talking with her sons, to help them reflect on how they can control their own situations.

1. What could make that better?
2. Is it worth it?
3. How can you say that in the best possible way?
4. Do you need some back-up?
5. Can you see how brave you are?



BHS Counselors

College/Career Corner

Junior Meetings

Mrs. Lungariello has begun meeting with juniors and families for post high school planning. So far 112 students have completed the Google form to request a meeting, and any students who haven't should do so ASAP! Parents are welcome to attend these meetings, but it is not required. To request a meeting, complete this [Google form](#).



The Brookfield High School & New Milford High School College & Post Secondary Options Fair will be **Monday, March 30th, from 6:30 to 8:00 PM at New Milford High School**. All BHS students and families are invited to attend and learn more about the various colleges and programs in attendance.

Scholarships

Need money for college? Apply for scholarships!

There are currently **53 local scholarships** listed in the [Scholarships section of the BHS School Counseling website](#). Students should check the list of local scholarships regularly, as more may be added in the next few weeks. Students should contact or see Mrs. Hopcroft in the Counseling Office if they need a transcript for a scholarship application, and students should seek out teachers and/or counselors in advance for letters of recommendation. Click [here](#) for the presentation Mrs. Lungariello gave in flex about financial aid, scholarships, and next steps for college-bound students



The mandatory School Day SAT will be administered to all 11th grade students on Wednesday March 25, 2020. This will be a full day of school for all students with a modified bell schedule. Juniors, look out for the **Student Guides** in your Flex A classes.

Upcoming Events



- ♣ Thursday, March 12 - Spring Conferences (Early Dismissal)
- ♣ Tuesday, March 17 - St Patrick's Day
- ♣ Wednesday, March 25 - School Day SAT



- ☀ Thursday, April 9 - PLC Day - Early Dismissal
- ☀ Friday, April 10-17 - Spring Recess- No School

Mindful Minute

Springtime Mindfulness

Finally! Springtime is almost upon us. We're at that point in the year when we begin to experience a few 50 degree days sprinkled in here and there; just enough to remind us that a fresh start will be here soon! What better time to be mindful of, and grateful for, fresh starts. Here are some ways to absorb all the benefits of springtime:

- ☉ Watch the sunset
- ☉ Do a walking meditation - walking and really being mindful of everything you see, hear, feel under your feet and smell
- ☉ Do a spring cleaning of your bedroom! - get rid of things that remind you of negative memories and bring in things (posters, vision boards, etc) that bring you positivity
- ☉ Spend more time outdoors - at our local lake, in your garden at home, or hitting the trail downtown





CT Boys State

A Leadership Program for High School Juniors

As a program of The American Legion, Boys State developed from the concept that youth should be offered a better perspective of the practical operation of government; that the individual is an integral part and commensurately responsible for the character and success of his government. As such, it is an activity of high educational value, born out of a need for youth training in practical citizenship.

Boys State is easily classified as a leadership action program where qualified male high school juniors take part in a practical government course designed to develop in the young citizens a working knowledge of the structure of government and to impress upon them the fact that government is just what they make it.

Interested Junior's should see their Counselor for details. Or visit <http://www.ctlegion.org> or <http://ctboysstate.com>



Where are you going after High School?

Spend a few days with us!

FREE Workshop to learn about an in-demand career in manufacturing.

You can be job-ready, and earning money in a year.



THINKING ABOUT YOUR FUTURE??



100% JOB PLACEMENT!

Introduction to Manufacturing

**June 22- June 25 • Monday-Thursday • 8:30am - 12:00pm
Technology Hall - T402 • NVCC Waterbury Campus**

A workshop for high school juniors and seniors to learn what it's like to work in manufacturing. You will learn about the tools and machinery used in manufacturing, basic blueprint reading and how to be ready for jobs with local manufacturers.

NVCC Advanced Manufacturing Technology Center has a 100% job placement rate!

Call Now to Register! 203-575-8029

FREE Workshop!