

Brookfield High School School Counseling News

November 13, 2019

PSAT Score Review and Early College Planning

Save the Date!

Wednesday, December 4th at 6:00pm – 6:30pm for distribution of test results with a presentation following in the auditorium.

Freshman, Sophomore and Juniors along with their parent/guardian are invited to attend this evening presentation to review PSAT scores information regarding college admissions testing, college search and exploration as well as other relevant post high school planning topics. More information will follow.

Seniors – Submitting Transcript Request Requests? 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:
December 1	November 13
December 15	November 27
January 1	December 6
January 15	January 2

Helping Students After School Hours.

Please note that School Counselor emails are not frequently monitored after school hours. If you are concerned regarding the safety of yourself or someone else, the following resources are available:

- Call Mobile Crisis at 2-1-1
- Call 9-1-1

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



College Visits at BHS for Juniors & Seniors

College visits continued this month at BHS. College representatives have scheduled time to sit and talk to students about what programs, activities, etc. that they have to offer! Be sure to sign up in Naviance prior to their visit. Students are permitted to attend ONLY if it is during their free block or have permission from their teacher and have a pass.



Representatives from over 100 colleges and universities have visited BHS this fall to meet with students and share information about their institutions. Pictured is a group of juniors and seniors hearing a presentation by an Associate Director of Recruitment at Boston University.

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.

Scholarship & Financial Aid Resources



The latest information on college financial aid programs, both federal and state, is now available from the Office of Higher Education. The **2019-20** edition of ["Paying for College"](#) contains facts about FAFSA, Federal and State Grants & Scholarships, and basic types of Student Aid. www.ctohe.org

Brookfield Bobcats being UCONN Huskies for a day.

On October 24th BHS school counselors accompanied a group of juniors and seniors to the University of Connecticut at Storrs to tour the campus and hear a presentation by the Office of Undergraduate Admissions. Students also ate lunch in the Student Union alongside UConn students. It was a truly enjoyable experience and a great way to learn about Connecticut's flagship university!



IRB Review
IRB NUMBER: 15-157-6
IRB APPROVAL DATE: 11/09/2018

Is your teen very **NERVOUS**,
ANXIOUS, or **SAD**?

Does your teen seem **AFRAID**,
WORRIED or **DEPRESSED**?



Our research study may be able to **HELP**.

We are inviting families with an adolescent (12-18 years old), whose worry, stress, or sadness makes life harder for them, to participate in **COMET** (Community Study of Outcome Monitoring for Emotional Disorders in Teens).

COMET is a research study taking place in CT, MA and FL community clinics that evaluates treatments for teens with anxiety and depression.

What is involved in participating in COMET?

- Meet with study staff for a free evaluation to see if this study is right for you.
- If eligible, meet with your community clinician for 16 weeks.
- There is no medication involved in this study.
- Your child will receive one of three types of a talk therapy.
- Meet with study staff 3 more times during and after the intervention so we can see if your child's anxiety or depression has improved.
- Families may earn up to \$220 in gift cards for participating.

For more information,
please contact:

COMET Study Team
860-523-3779
COMET@uchc.edu

Principal Investigator: Golda Ginsburg
IRB Number: 15-157-6
UCHC Department of Psychiatry

UConn
HEALTH



TurningPointCT.org

c/o Southwest Regional Mental Health Board, Inc. One Park Street, Norwalk, CT 06851
coordinator@turningpointct.org (203) 840-1187

About TurningPointCT.org

- We provide a **safe space** for people to read and share their stories, videos, and art... ask questions and search for information... chat in the discussion forum.
- Our **resource map** allows people to search for, post, and rate programs, services, supports, and fun social activities around them. Your school counseling center and other campus supports may already be mapped, but your students can add more!
- We also do **monthly features** to promote and spread ideas about wellness-oriented events and programs for young people around the state. **We would love to do a feature on any speakers or clubs on your campus that support your students' wellbeing!**
- We do a **podcast series and would love to record one on your campus**. Students will have opportunities to participate on different topics that we announce in advance.
- We can sometimes **provide a motivational speaker or a resource table** for a campus event around mental health or addiction. Let us know if you're interested. We love collaborating with student groups when our own school schedules allow.



www.TurningPointCT.org/resources/map



NEW ENGLAND BOARD of HIGHER EDUCATION

tuition break

Save on tuition as an out-of-state student

Choose from hundreds of degree programs at New England state colleges and universities

The New England Board of Higher Education's Tuition Break – aka the Regional Student Program (RSP) – enables eligible students to pay significantly less than the regular out-of-state tuition rate.

How to be eligible

Eligible students are **permanent residents of a New England state – Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island or Vermont** – who enroll in a degree program offered through Tuition Break by an out-of-state public college or university within New England.

Hundreds of approved programs

Choose from associate, bachelor's, certificate and graduate degree programs – in all areas of study.

The programs are pre-approved on an annual basis and updated lists are published on NEBHE's website. The participating colleges and universities decide which programs are eligible.

There are three types of eligible programs:

- 1 **Specialized programs that are not offered by the state colleges or universities in students' home state.**
- 2 **Flexible programs at some colleges or universities** – which may include programs offered by the state colleges or universities in the students' home state.
- 3 **Proximity programs at some colleges or universities** – if students live closer to the out-of-state college or university.

Visit nebhe.org/tuitionbreak/find-a-program

View and search lists of approved programs, participating colleges and universities, and eligible states.

Pay lower tuition

Students pay a tuition rate that is much lower than regular out-of-state tuition. The average annual savings for a full-time student is \$8,000. The savings and tuition rates vary by institution. Tuition rates and savings for the participating colleges and universities are posted on NEBHE's website.

FOR EXAMPLE:

IN-STATE TUITION	\$10,000
OUT-OF-STATE TUITION	\$23,000
TUITION BREAK SAVINGS	- \$8,000
TUITION RATE	\$15,000

How to apply

To apply, students complete the admissions application for the college that offers a program through Tuition Break, and declare that program as their intended major. Eligibility is confirmed by the college following acceptance for admission.



University of Rhode Island

Tuition Break is not like a typical scholarship. A separate application is not required by NEBHE.

Students already enrolled in college who are interested in switching to an eligible program need to check with the registrar.



Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with the school

- Know the school's attendance policy – incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.

