

BHS School Counseling Newsletter

December 2022

Follow BHS School Counseling on [Facebook](#), [Instagram](#), [TikTok](#), and [Twitter](#)



December Events

Dec 6 - PSAT Scores Available Through College Board

Dec 22- PD Day - No School for Students

Dec 23- January 2 - Holiday Recess - No School

December is National Human Rights Month

Human Rights Day - December 10 Dignity, Freedom, and Justice for All.



Human Rights Day is observed every year on 10 December — the day the United Nations General Assembly adopted, in 1948, the [Universal Declaration of Human Rights](#) (UDHR). The UDHR is a milestone document, which proclaims the inalienable rights that everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than [500 languages](#), it is the most translated document in the world.



Nicole Usher - New College/Career Counselor

BHS School Counseling Office is excited to introduce **Nicole Usher, our new College & Career Counselor**. Nicole has a B.S. and an M.A. in Psychology from the University of Buffalo, and an M.S. from CCSU in Counselor Education. This is her twelfth year as a school counselor in public education, and has also

worked as an in-home clinician and clinical care coordinator. She lives in Southbury with her husband and their two cats. Nicole enjoys traveling, coffee, and reading. Welcome to BHS Nicole! Mrs. Usher can be reached at ushern@brookfieldps.org.

Looking for a Student Representative!

We are looking for a student representative for the community organization [Brookfield Cares!](#) The commitment, if you are interested, would mean attending a monthly virtual meeting which takes place once a month on a Thursday from 8:00 - 9:00 AM.

The group brainstorms different ideas on how to provide information and activities to schools and the community about mental health and substance misuse. Your role would be to give the student perspective and thoughts on their ideas. If you're interested in being a student representative, or would at least like to learn more, please reach out to Mrs. Gioglio (gioglioj@brookfieldps.org)



College & Career Corner

Requesting Transcripts and Counselor Letters of Recommendation

- Complete the [online transcript request form](#). Your transcript and counselor letter of recommendation will not be submitted to your colleges until you submit this form!
- You must submit the transcript request form AT LEAST TEN SCHOOL DAYS PRIOR TO ANY APPLICATION DEADLINE. (Very important!)

***NOTE* Counselors will NOT be available to send any Transcripts/Letters between December 23 and January 2. Please plan accordingly!**

College Application Deadline	Due in Counseling Office No Later Than
December 15	December 1
January 1	December 9
January 15	January 3
February 1	January 18

BHS - Detailed Guide To The College Application Process

Sending First Quarter Grades to Colleges

Please complete this [Google form](#) if you would like your first quarter grades sent to any of the colleges to which you are applying. You must have already submitted a transcript request form for all of the colleges to which you'd like your Q1 grades sent. PLEASE NOTE: Naviance and Common App do not allow you to pick and choose WHICH colleges you'd like grades sent to, for schools you've applied to using the Common App. So, if you elect to send quarter one grades to any schools you've applied to using the Common App, please note that ALL schools you've applied to using the Common App will receive your grades.

What is a College Application Portal?

If you've applied to college already, what else can you be doing at the moment?

Check your applicant portals and emails: Portals are the place where you can update contact information, monitor application status, upload and track documents, and view the final admission decision. If you miss a request for more information or a document, it could jeopardize your admission chances, so make it a habit to check regularly.

Free Virtual FAFSA Workshops

Financial aid professionals will be available to help students and families navigate the process of need-based federal aid. Those who sign up will receive a checklist of items that they will need to successfully complete the process.

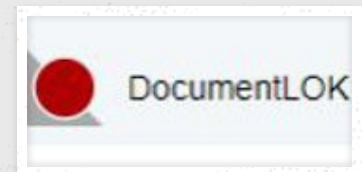
PSAT/NMSQT Score Reports are Ready!

On December 6th, students who took the PSAT in October, will receive their score report and test book. All Grade 11 students will take the digital SAT School Day beginning March 22, 2023.

A helpful resource: [Understanding PSAT/NMSQT Results 2022-23](#)

Did You Know? DocumentLOK holds PSAT Score Reports and more!

Parents, when you log into the Parent Portal, look for the the **DocumentLOK** tab, located on the left side. In here, you will find grade reports and assessments like the PSAT. Check it out!



BigFuture Scholarships Week! December 5-8

Celebrate BigFuture Scholarships Week! Attend our virtual events to start planning for your future, your way. By joining, you'll learn how to qualify early for a \$40,000 scholarship!



BigFuture

Win \$\$ for College in Minutes

No Essay Required!

Scholarships for 10th, 11th and 12th graders every month.



Visit bigfuture.org/scholarships to qualify.

© 2022 College Board. MAH-6854



Mindful Minute

This month, many students and families are celebrating a variety of holidays and the New Year. What better time to be reflective and try a new coping strategy - journaling! Always wanted to try journaling but not sure how or where to start? Here are some websites that provide prompts for inspiration: [100 Brave/Interesting Questions](#) + [NYT Writing Prompts for Students](#).

6 Tips for asking your teacher for help.

Feeling like you're falling behind in a class? Don't be afraid to ask for help, and the sooner, the better. Here are some tips on how to ask for help.

Could your high school grades be worth \$100K?

Could your high school grades be worth \$100k? If you're wondering whether your freshman year grades matter (yes, they do), then read this article to learn more about merit-based financial aid.

POWERED UP COURSES



Powered Up Parent
Video Game Awareness, Knowledge, & Confidence



Powered Up PLAYER
Level Up Your Gaming. Level Up Your Life.

The Powered Up Parent program helps parents and caregivers:

- Better understand your child's video games
- Improve your relationship and communication with your gaming child
- Establish effective discipline strategies

The Powered Up Player program helps youth:

- Develop healthy gaming habits
- Create a stronger balance with gaming, other responsibilities, and physical and mental health
- Maintain healthy relationships with peers and parents/caregivers

2 simple steps to get started!

1. Access the courses by clicking [here](#) or scan the QR code.
2. Create a user name and password and you are ready to go!



Each self-paced interactive course is 2 hours. Powered Up Player is designed for age 10-18. If you have any questions, email [Kathy Harley Khanley@wctcoalition.org](mailto:Kathy.Harley.khanley@wctcoalition.org)

Brought to you by the Region 5 Problem Gambling Awareness Team and our partner CPGP



CONNECTICUT COUNCIL on PROBLEM GAMBLING

Social Emotional Resources


- [211 Mobile Crisis Intervention](#)
- 911 Emergency Services
- [Brookfield C.A.R.E.S. Hope & Support Group](#)
 - [2020 Parent Guide](#)
- [Parent Support Network](#) (Brookfield meetings available)
- National Alliance on Mental Illness
 - [Friends & Family Support Group](#): Brookfield meetings on the last Wednesday of the month at 7pm @ Brookfield Senior Center, 100 Pocono Road
 - The NAMI HelpLine *Call: 800-950-NAMI (6264) Or Text: info@nami.org/help*



- The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Monday through Friday, 10am-8pm ET.
- <https://www.crisistextline.org/> text 741741
- LGBTQ+
 - [Resources](#)
 - Triangle Community Center (Norwalk)
 - [The Trevor Project 24 Hour TrevorLifeline 1-866-488-7386](#)
- Crisis Text Line - Text "Talk" to: 741-741 Connect with a crisis counselor (24/7)
- [Substance Use Resources](#)
- **National Suicide Prevention Lifeline *Call: 800-273-8255 (24/7)***
- **IMAlive Chat Line *Website: www.imalive.org/online/***
 - Online instant messaging providing support to those in crisis or considering suicide.
- **[SAMHSA's](#) National Helpline *Call: 800-662-4357***
 - This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- **Opioid and Substance Use Disorders Resources *Call: 800-563-4086***
 - *Website: <https://liveloud.org>*
 - Provides options to talk to a peer, call for treatment options, connect on social media, or search for 12 step or other support groups in your community.
- Family Helpline 1-800-THE-KIDS
 - If you're feeling stressed out, call to speak to a trained volunteer of Parent's Anonymous, who can provide support and refer you to resources in your community



About Us

 @CounselorBobcat

Jen Gioglio (A-Di)

Bianca Paoello(Do-K)

Debbie Burch (L-Q)

Kaitlyn McCabe (R-Z)


Nicole Usher - College & Career Counselor

Lili Dickey - Counseling Intern

Rosa Hopcroft - Counseling Secretary

 45 Long Meadow Hill Road, Br...

 hopcroftr@brookfieldps.org

 203-775-7725

 brookfield.k12.ct.us/brookfiel...

