

BHS School Counseling Newsletter

April 2024

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April Events



- 4 - Last Day of Quarter 3
 - 5 - Junior Prom
 - 15 to 19- Spring Recess - No School
- April is National Stress Awareness Month

What We've Been Up To.....

School Based Health Center at BHS!

Just a reminder that we have a [School Based Health Center](#), where you can access mental health counseling services, during your school day. A Licensed Clinical Social Worker is on site to provide care like you would find in a community-based mental health provider's office. Parents/guardians don't have to miss time from work to take their child to an outside provider for many mental health services, since they are provided at the SBHC. Check out the website to learn more!

National Stress Awareness Month

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.



Volunteer- Internships-Community Service

The logo for the Village Center for the Arts, featuring the text "Village Center for the Arts" in red, "A Nonprofit Community Fine Art Center" in smaller red text below it, and "Your Art Center for 24 Years" in red at the bottom.

Volunteer | Internships | Community Service

Opportunities open now for Summer Camp

Do your children want to volunteer
or earn internship credit hours?

It is a great opportunity for them to add to their

- 1) Job application
- 2) College applicatio
- 3) Learn a new skill
- 4) Make new friends

For ages 12 and up.
Fill out the form and bring it in.
This is a great way to give back to our community,
acquire job skills, and learn life skills!
Summer Camp is a great time to start.

We also offer *Community Service* hours.

Please call (860) 354-4318 for more information.

American Legion - Annual Boys State

The American Legion is seeking applicants for its Annual Boys State and Laurel Girls State Program taking place on the University of New Haven Campus during June 22nd-27th. Legion posts select high school juniors to attend the program. In most cases, individual expenses are paid by a sponsoring post, a local business or another community-based organization. Please

COLLEGE & CAREER CORNER

Interested in a Nursing Career?



****NEW PROGRAM****- UCONN Waterbury is offering a new and exciting opportunity for students who are interested in a nursing career. The Allied Health Sciences program within the College of Agriculture, Health, and Natural Resources, offers students on

both the Storrs and Waterbury campuses a 3.5-year plan of study with the opportunity for students to apply to the Accelerated BS Nursing (CEIN) program in nursing and earn a BSN within 12 months. The accelerated program is designed for those with a bachelor's degree in a non-nursing field. This allows students to earn two bachelor's degrees in five years from UCONN! This is a great opportunity for students who are considering a nursing career, but would like to explore options before committing to a program. Through a partnership with CT Health Horizons, UConn CEIN nursing students are eligible to receive up to \$10,000 in tuition assistance. Visit the [UCONN website](#) for more information.

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UCONN - Conservation Ambassador Program

Calling all students interested in sustainability and the environment! UCONN is seeking applicants for its Conservation Ambassador Program. This is a 9-month program for high school students (grades 9-11) interested in exploring the environment or making a difference in their community. The program includes a one-week field experience at UConn and a community environmental action project. Students will explore environmental topics in a fun, exciting, and hands-on way, and receive multi-layer mentorship support and resources as they carry out a community environmental action project and contribute to real community solutions! [Applications](#) are due on May 6th. This is a great VERY LOW COST opportunity to make connections, get involved, and have fun!

Interested in College Open Houses and College Fairs?

Open House - Central CT State University - April 13th

Central Connecticut State University is hosting an Open House for Juniors on April 13th. There will be two sessions; 9 a.m-12 p.m and 1 p.m.- 4p.m. Please visit the [website](#) for more information and to register!

College Fair - Southern CT State University - April 30th

Southern Connecticut State University is hosting a College Fair on April 30th at the Hartford Health Care Amphitheater in Bridgeport. There will be over 175 colleges, employers, and Gap Year Programs in attendance. Visit the [website](#) for more information!



The poster for the Southern Connecticut College & Career Fair features a light blue background. At the top, the text 'SOUTHERN CONNECTICUT' is in a small font, followed by 'COLLEGE & CAREER FAIR' in large, bold, black letters. To the right of the text is a black silhouette of a graduation cap. Below this, a purple banner contains the date and time: 'TUESDAY, APRIL 30, 2024 | 4:30PM TO 7:30PM'. Below the banner, the location is listed: 'LOCATION: HARTFORD HEALTHCARE AMPHITHEATER 500 BROAD ST, BRIDGEPORT, CT 06604'. A large, bold, black headline reads 'ATTENTION HIGH SCHOOL STUDENTS!'. To the left of the main text is a blue starburst graphic with the words 'FREE Admission!'. To the right, the text says 'Meet Admissions Counselors & Representatives from over 200 Colleges, Universities, and Businesses from across the country and abroad!'. Below this, it says 'Attend the Southern Connecticut College & Career Fair 4/30/24.'. A QR code is positioned to the right of the text 'Scan the QR code for more info'. At the bottom of the poster, there are several black silhouettes of graduation caps.

Boston University - Spring Visit Day - April 17th

Boston University will be hosting a special Spring Visit Day for sophomores and juniors and their families to learn more about Boston University. During the visit, you will hear from a panel of current BU students, learn more about the admissions process, and go on a campus tour. Each event is the same.

Spring Visit Day - Wednesday, April 17, 2024

George Sherman Union | Charles River Campus

775 Commonwealth Avenue, Boston, MA 02215

Students can register for one of the Spring Visit Day events below:

9:30 AM - 11:30 AM ET

11:30 AM - 1:30 PM ET

1:30 PM - 3:30 PM ET

Please note that all students who plan to attend, should RSVP for Spring Visit Day on the [website](#).

More College Open Houses...

Adelphi University: May 11th
Albertus Magnus College: April 20th
Dickinson College: April 20th
Drew University: April 6th
Elizabethtown College: April 20th
Fairleigh Dickinson University: April 27th and 28th
Hamilton College: April 6th and April 27th
Hobart and William Smith Colleges: April 3rd, April 17th
Ithaca College: April 20th
Marywood University: April 13th
Misericordia University: April 28th
Moravian University: April 6th, May 11th
Muhlenberg College: April 20th
New Jersey Institute of Technology: April 21st
Penn Tech: April 7th
Quinnipiac University: June 2nd
Ramapo College: April 28th
Rider University: April 21st
Seton Hall University: April 21st
St. Mary's College of MD: April 20th
SUNY-Canton: April 27th
SUNY-Delhi: April 13th
Susquehanna University: April 20th
University of New Haven: April 28th
University of the Arts: May 4th



The University of Pittsburgh

The University of Pittsburgh invites students to join us on campus for a Blue & Gold Day event! This unique summer visit offers your students opportunities to speak with current students, staff, and faculty. Blue & Gold Day provides valuable insight into the application process, the admissions review timeline, and how your students can pursue their passions at Pitt!

Plus, students can explore Pitt's unique urban setting, forge meaningful connections, and immerse themselves in our vibrant Panther Community!

P.S. When students attend a summer Blue & Gold Day event, they'll receive an application fee waiver to apply this fall! Visit the [website](#) to register!

Juniors! Want to take the SAT again? Prep & Practice

Digital SAT Prep & Practice Exam - April 13th

Our friends at Revolution Prep are excited to support us through this transition by offering a digital SAT experience that accurately reflects the official College Board test in format, user experience, adaptivity, and content. Students will learn how to navigate the new digital testing format and practice using the exact tools available to them on the real test, such as the graphing calculator, digital annotations, answer elimination, and much more!

Upon completing the practice exam, you will receive a score report illustrating three high-impact areas for your student to focus on.

Digital SAT Practice Exam: Saturday, April 13, 2024 | 9:00 AM – Noon ET | Online

*Please note that this live exam is proctored in standard time only. If you have been approved for an extended time accommodation, please reach out to your Academic Advisor, Rich Saperstein, whose information is below.

Step 1: Register here: www.revolutionprep.com/partners/3309

Step 2: Schedule a free 30-minute score report review with a Revolution Prep testing expert to help you interpret the results and develop a customized plan to prepare. Please schedule this appointment for the few days after the exam. You can pre-schedule this Score Report Review here: www.revolutionprep.com/rich-saperstein

Resources

Summer Programs

Social Emotional Resources

Our BHS School Counselors

Jen Gioglio (A-Di)

Bianca Nesello(Do-K)

Debbie Burch (L-Q)

Kaitlyn McCabe (R-Z)

Nicole Usher - College & Career Counselor



2024 Spring Break



Rosa Hopcroft

Rosa is using Smore to create beautiful newsletters

