

# BHS School Counseling Newsletter

January 2024

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## January Events

19 ~ Second Quarter/1st Semester Ends

22 to 26 ~ Mid Year Exams

29 ~ Third Quarter/2nd Semester Begins

## What We've Been Up To

In the month of December, counselors hosted two community service opportunities for students during ILT, both of which were a holiday card making activity. In the first session, students made holiday cards for residents at The Linden, here in Brookfield. In the second session, students made holiday cards for veterans all over the country.



# 5 TECHNIQUES FOR STRESS MANAGEMENT



DEEP BREATHING



MINDFULNESS



MOVEMENT



POSITIVITY



SELF-CARE

#DeStressMonday

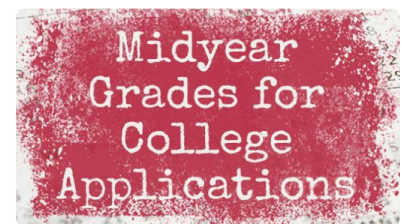
DeStressMonday.org

DESTRESS  
MONDAY

## College and Career Corner

### SENIORS: Midyear Grade Request 2023-2024

**Seniors:** You may find that the colleges you've applied to are indicating that they want **Midyear Grades**, or a **Midyear Report/Transcript**. This simply means they are requesting to see your semester one grades. If your colleges are requiring a midyear report, please complete the [Midyear Grade Request Form](#), and we will send them off. \*Please note that grades will be sent once they are stored; typically in February.



### SCHOLARSHIP SEARCH

1. [Bold.Org](#) is a great site to search for scholarships by major, state, year, or demographics. Check it out today!
2. Keep reading for more scholarship opportunities!!
3. Visit Naviance for even more local scholarship opportunities!!!

## SENIORS: EdAdvance Scholarship Available To You

EdAdvance is once again offering a \$1,500 college scholarship to four graduating high school seniors from throughout the region. Applications will include a 500-word essay on the topic of volunteer or leadership service to school or community. All applications must be submitted electronically via Google Forms at this link: <https://forms.gle/iNRPdndbeXmhAA1N9>

Students may also access this link from the EdAdvance website at:

<http://edadvance.org/scholarships>

Scholarship applications must be submitted online by 5pm on Monday, April 15. Recipients will be notified on or around May 3. Please direct any questions to Abby Peklo, Director of Grants and Special Programs, at [peklo@edadvance.org](mailto:peklo@edadvance.org) or (860) 567-0863 ext. 1166.

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## SENIORS: The Connecticut School Counselor Association Scholarship

The Connecticut School Counselor Association is offering a scholarship to a high school senior. Students eligible for this \$500 scholarship must attend a public or private post-secondary school in Connecticut during the 2024-25 school year, must have been actively involved in community service throughout high school, and student's school counselor must be a member of the Connecticut School Counselor Association. Applicants should submit [this](#) Google form no later than February 15, 2024. \*\*Note: All BHS counselors are CSCA members\*\*

Winner will be notified in early April, 2024. There will be an Awards Gala in which the student is encouraged to attend. The scholarship will be paid directly to the Connecticut institution. Questions can be emailed to [eileen.melody@gmail.com](mailto:eileen.melody@gmail.com).

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## SENIORS: AGC of Connecticut Scholarship Available To You

The Associated General Contractors (AGC) of Connecticut is pleased to Announce its 2024 Scholarship Program. **Student Criteria:** Applicants must be Connecticut residents enrolled in, or graduating high school seniors applying for and planning to enter, a four-year building and construction technology or civil engineering program, or entering a two-year technical school with a construction course of study, with the intent of entering a four-year accredited college upon completion of the technical school. Applicants must desire a career in construction. Applications must be submitted [online](#) and will be accepted until February 29, 2024.

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## JUNIORS: Horatio Alger Scholarship Available To You

While most other scholarships focus exclusively on academic achievement or leadership potential, Horatio Alger Scholarships are also intended for promising students who have critical financial need, demonstrate integrity and perseverance in overcoming adversity, and are determined to succeed.

The focus of their National & State Scholarship Programs is to award deserving high school juniors with anywhere from \$10,000 to \$25,000 with more than 600 scholarships available. Visit

their website for more information and how to apply. <https://horatioalger.org/scholarships/>

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## Gap Year Fair - January 11

Gap Year Fair: Fairfield Ludlowe High School on January 11, 2023, 6-8:30 pm

This is an in-person gap year fair to get the most up-to-date information about gap year basics, tips for researching & planning your gap year, navigating the college deferral process, and which programs accept applications. Visit the [website](#) to learn more and register!

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## Judicial Branch Experiential Learning Program

Back by popular demand, the Judicial Branch Experiential Learning Program will once again be offering a virtual Job Shadow presentation, via Zoom, on Friday, February 2, 2024 from 12:30 p.m. – 2:00 p.m. The program will provide high school students, grades 10-12, with an overview of careers in the Judicial Branch.

In addition to the virtual program, the Experiential Learning Program is offering in-person job shadow opportunities from May 1- May 31, 2023. Please note that placements vary by location and availability.

All information for the in-person job shadow program can be found on the website:

<https://jud.ct.gov/education/js/>.



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## UMASS Amherst Spring College Prep Programs

UMASS Amherst Spring College Prep Programs: Registration is now open for our Spring 2024 pre-college workshops! Designed for high school students at all grade levels, these workshops offer practical skills and knowledge to help teens successfully navigate the college application process.

### **This March, two unique online workshops are available:**

- SAT & ACT Test Prep with best-selling author Brian Leaf
- College Application Essay Writing led by instructors from the award-winning UMass Writing Program.

Spaces are limited – please see below for details and registration. Registration deadline is February 21, 2024. Both: Total of 4 sessions over 4 weeks, Non-credit, Cost: \$400

Registration open until February 21 or until full; Note: Enrollment for this workshop is limited to give time for personalized attention.

### **SAT & ACT Test Prep Workshop ~ Build confidence, practice skills and be test ready**

March 2 - 23, 2024

This online workshop is geared towards high school students to learn strategies for success and

bestselling, in-demand test-prep author Brian Leaf.

Meets live, online: Saturdays, 11am - 12:30pm (EDT)

**College Application Essay Writing Workshop** ~ How to write an unforgettable college essay that reflects you. March 3 - 24, 2024

Did you know the college essay can be the most important part of the application process? This online workshop for high school students is focused on developing the skills needed to write a successful college application essay, from first draft to final product.

Meets live, online: Sundays 1:00 - 2:30pm (EDT)

Questions? Email [precollege@umass.edu](mailto:precollege@umass.edu). Interested students can also visit [the website](#) for additional details and applications.



## **Summer Programs**

### **UConn Pre-College Summer Program**

UConn Pre-College Summer (PCS) is a comprehensive and immersive summer experience designed for high school students seeking to gain college-level academic experience, live on a college campus, and prepare for the next steps in their academic journey. Offering a wide-range of courses taught by distinguished faculty members and industry professionals, UConn PCS enables students to explore various academic subjects and in some cases, to earn college credits that may be transferable to future institutions. Courses are offered in a variety of fields, including STEM, humanities, social sciences, and the arts. Throughout the program, high school students have the opportunity to attend workshops, seminars, and guest speaker events focused on leadership, time management, study skills, and college readiness.

In addition to academics, students experience college life firsthand by living on campus and participating in various extracurricular activities. With access to UConn's state-of-the-art facilities, including libraries, residence halls, dining halls, and more, students live the life of a college student within a 1 to 5-week on-campus experience.

UConn PCS is open to high school students from all over the country and world, creating a diverse and inclusive community of learners. Visit the [website](#) to apply; students can use the code UCONNCE to waive the application fee!

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## **Brown Pre-College Program**

Brown Pre-College Programs are designed for high school students to explore the challenges and opportunities of the college experience. You'll enjoy the excitement and responsibility that comes from balancing challenging academics and enriching social activities—without the pressure of formal grades. In one of our 1- to 6-week courses, you'll get to know the best of Brown: We're an Ivy known for our embrace of independent thinkers — one that values and respects student voices. You'll experience the rigors of college-level classes as you study alongside peers from around the world who are as motivated and curious as you are. With educational and social activities, students are always learning at Brown — whether you are online, commute or live on campus. Brown Pre-College provides a large and varied selection of courses! With over 300 course offerings from environmental studies, medicine, leadership and law, to psychology, mathematics, creative writing and history, Brown Pre-College has the course you are looking for! Please visit the [website](#) for more information.

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## **Research Opportunities**

Research Opportunities: The Pioneer Research Program is the world's only fully-accredited online research program for high school students. It offers research opportunities in STEM, social sciences, and humanities disciplines with 30 research areas.

Students selected into Pioneer will receive two college credits if they pass the program. The ground breaking collaboration between Pioneer Academics and Oberlin College ensures that the quality of the research mentorship is held to the highest standards. Completion of the Pioneer Research Program is listed on college applications as a college course, not an activity or camp, because of its rigorous academic system. The application process is competitive, and interested students should visit the [website](#) to learn more about dates and deadlines.

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## **Cornell College Summer Mock Trial Program**

Cornell College Summer Mock Trial Program: Do you live and breathe mock trial? Are you a debater or speech kid who wants to see what it might be like to do mock trial in college? Join Cornell College's nationally competitive mock trial team for a week-long summer camp open to all

Over the week, campers will walk through every piece of presenting a mock trial case, from giving opening statements to creating believable witnesses. The week will end with a mini mock trial tournament where campers will present the cases they have been working on with their teams.

In addition to everything mock trial, residential campers (students who stay overnight) will also have the option to go on outings to local events, such as a Cedar Rapids Kernels baseball game. Visit the [website](#) for more information and to apply.

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## Lehigh University Summer Program

We are excited to share that Lehigh is accepting applications from current high school sophomores and juniors for the [Iacocca Global Entrepreneurship Intensive \(IGEI\)](#)! This program will be hosted on Lehigh's campus from June 23 – July 20, 2024 in Bethlehem, Pennsylvania. During this immersive experience, participants engage in dynamic learning opportunities, workshops and design labs, visits to companies and start-ups and a team-based business consulting project with a real client company. Through experiential learning, the school challenges participants to become innovative, interactive and culturally adept doers, ready to meet the challenges of the 21st century and beyond in creative and collaborative ways.

For more information and to apply, visit the [Iacocca Global Entrepreneurship Intensive website](#), or join the school for an upcoming information session:

- January 10, 2024 at 12:00 p.m. EST
- January 11, 2024 at 7 p.m. EST

All applicants who choose the January 15 deadline will receive the 10% early bird pricing discount; applicants in that cycle will also have the option to apply for need-based financial assistance. The early decision deadline for this program is February 12, 2024. Students can reach out to [gesummer@lehigh.edu](mailto:gesummer@lehigh.edu) to sign up for an information session, to ask questions or to learn more!

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## Stanford Pre-College Program

Stanford Pre-College Program-Stanford Pre-Collegiate Studies strives to enhance the education of motivated, intellectually curious, pre-college students. This summer, the school is offering several online and residential academic enrichment programs.

The programs feature a wide variety of disciplines—including business, computer science, humanities, math, science, social justice, and more—allowing students to investigate advanced topics beyond the typical high school curriculum. Students engage in discussion-based classes with instructors who are scholars in their fields and passionate about teaching.

### Stanford Pre-Collegiate Summer Institutes

Online

Current Grades 8–11, Application Deadline: March 29, 2024

Session One: June 17 – June 28, 2024

## Stanford Summer Humanities Institute

Residential

Current Grades 10–11, Application Deadline: February 1, 2024

Session One: June 23 – July 12, 2024

Session Two: July 14 – August 2, 2024

[Applications](#) are now open, and need-based financial aid is available

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## **PROMYS Math Program**

PROMYS Math program (BU)- PROMYS is a six-week summer program in mathematics for strongly motivated high school students who are carefully selected from across the U.S. and around the world. Founded in 1989, PROMYS is a residential program held on the campus of Boston University with approximately 80 high school students and 25 undergraduate counselors.

Key Dates:

PROMYS 2024: June 30 – August 10, 2024

Application Available: Early January 2024

Application Deadline: March 1, 2024 at 11:59 EST

Admissions Decisions: by April 30, 2024

PROMYS believes that cost should not be a barrier to participation. The program is FREE for domestic students whose families make under \$80,000 per year. Please see the Financial Aid & Scholarships page to learn about full and partial need-based financial aid (including room and board), scholarships, fellowships, and other awards. Financial aid for international students is considered on a case-by-case basis.

Cost: \$6,100 for the six-week residential program, if not eligible for financial aid. [The actual per-student cost to PROMYS of over \$8,500 is subsidized for all students thanks to donors and sponsors.] Visit the [website](#) for more information!

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## **Ringling College of Art Pre-College Program**

Ringling College of Art Pre-College Program: Ringling College's PreCollege is a transformational experience for emerging artists and designers ages 16-18. During the four-week intensive, students follow a robust curriculum of core classes for fundamental skill building, as well as two selected immersions for a deeper investigation of areas reflective of their interests in the College's 13 degree programs. PreCollege offers a rich co-curricular series of mini-workshops, as well as Student and Residence Life activities. First-time students who complete PreCollege successfully receive three elective college credits. PreCollege 2024 will be held on campus from June 23-July 20. [Application are now open.](#)

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# **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](mailto: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/](http://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
- [Local Community Counseling Resource](#)

Whether now, or in the future, you find yourself, or a loved one, needing support, please save [this document](#). It's lengthy, but it offers many different resources for you or your family to access.

**\*Disclaimer:** Please note that the BPS do not recommend or endorse any specific resources. This list is not inclusive of all community agencies, services or organizations that provide counseling, and the omission of an agency, service or organization from this list does not imply disapproval.

## BHS School Counselors

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Bianca Nesello(Do-K)

Debbie Burch (L-Q)

Kaitlyn McCabe (R-Z)



Nicole Usher - College & Career Counselor  
Rosa Hopcroft - Counseling Secretary

*Hope your  
year is filled  
with  
good fortunes  
& new adventures*

HAPPY  
**NEW YEAR**



**Rosa Hopcroft**

Rosa is using Smore to create beautiful newsletters