

BHS School Counseling Newsletter

DECEMBER 2020



DECEMBER

- December 7 - National Pearl Harbor Day of Remembrance
- December 10 - Human Rights Day
- December 21 - Winter Solstice
- December 23 - Early Dismissal
- December 28 - National Call A Friend Day
- December 24-January 1 - Holiday Recess
- January 4 - Return to School (Remote)

WHAT WE'VE BEEN UP TO

Counselors have been preparing for our 1st Self-Care Seminar this year, held on Wednesday, December 2. Be on the lookout for invitations to our future sessions! This month's session included a fun icebreaker activity and a bingo game that got students talking how they unwind and de-stress. In the future, we plan to run sessions that involve both fun and reflective activities including practicing [mindfulness](#), as we did last year.

We hope you'll join us. But we understand if you're just not ready yet. Either way, be sure to examine your wellness and take care of yourself. Here are [a few tips](#) that might help!



REFLECTION

It's hard to believe we are already a few weeks into Quarter Two! This is a great time for reflection - both personally and academically. How are you doing? How are you feeling? Remember, your counselor is here for you if you want to talk :)



Academically, this is a great time to consider how you're doing so far this school year. Is there something you should be talking to a teacher about? Should you be seeking out extra help? Now is the time! You CAN do this! Your first step should generally be to speak to your teacher/s directly. Let them know what you need help with. Sometimes, that one conversation is all you need to get back on track! If you find that you need a little more, we have some great resources right here in our building!

Do you find yourself putting in countless hours of studying for one of your classes and you still don't see the grade you want in that class? Well, NHS tutoring is here to help you succeed and reach your goals. NHS offers assistance in any subject you may find yourself struggling with, including general organizational skills and tips on tackling digital learning. Simply fill out this [form](#) and Tutoring Coordinators will get back to you soon with an assigned tutor who will help you via Zoom or Google Hangouts with a time that works for you! Alternatively, you can scan one of the QR codes on any of the NHS posters hanging up around the school. If you're unsure if this program is for you, [here's](#) some more information.

Or, another option...

Visit the BHS Writing Center (Room 307) for help with any assignment OR work with a tutor remotely. Scan [this code](#) to request a tutor for help during any block of the day. They even offer help with all divisions of mathematics and foreign language. Give them a try; you'll be so glad you did!

MINDFULNESS BREATHING MEDITATION

Mindfulness of Breathing Meditation



COLLEGE & CAREER CORNER

Update

As of December 1st, 65% of BHS seniors have submitted an application to at least one college! *Haven't started your applications or need help with the process?* See the resources included in this newsletter and in Mrs. Lungariello's weekly emails, and request an individual appointment with Mrs. Lungariello if you'd like to discuss your post high school plans.

Transcript Request for January 1st Deadlines due December 9th

Because the Counseling Department will not be processing college paperwork during winter break, students with **January 1st application deadlines must submit a [transcript request](#) by December 9th**. As explained on the [BHS College Application Checklist](#), students must complete steps 1-7 on the checklist (and 10-11 if requesting letters of recommendation) **BEFORE** requesting transcripts.

College Application Process Resources

- [BHS College Application Checklist](#) (<- Review this checklist if you don't know where to start.)
- [Detailed Guide to the College Application Process](#) (<- If you have specific questions, such as about decile, consult this detailed guide.)
- [Tips for the Activities List, Resume, and Essays](#)
- [Senior Year Timeline for Applying to College](#)
- [Senior College Presentation](#) and [recording](#)

***These resources are also posted on the [School Counseling website](#) under College Application Process, the Class of 2021 Counselors' Corner Google classroom, and the homepage of Naviance.*

Communicating with Colleges

If you have questions regarding your application, we encourage you to reach out to the college/university directly via phone or email. If you have the name and contact information of the specific admissions counselor to our region, you can reach out to this person, and if not, you can contact the admissions office. **We encourage students to be the ones to communicate with colleges regarding their applications.** Although it may be necessary for parents to reach out regarding financial aid matters, in all other instances, generally colleges appreciate when students reach out regarding their applications.

COLLEGE-BOUND SENIORS: HAVE YOU COMPLETED THE FAFSA?

All seniors planning to attend college should complete the FAFSA in order to be eligible for financial aid (and many colleges require its completion for merit-based aid consideration). Some private colleges also require the CSS profile. Below are resources and frequently asked questions to assist in the completion of these financial aid applications:

- [Recording of Financial Aid presentation](#)
- [Slides of Financial Aid presentation](#)
- [Financial Aid section of the School Counseling website](#)



When should I complete the FAFSA?

You should submit your [FAFSA form](#) by the earliest financial aid deadline of the schools to which you are applying. Each college might have its own deadline, so check with the colleges you're interested in attending. It's fine if you submit the FAFSA prior to submitting an application for admission to a college. For priority consideration for Connecticut state aid, you should submit your application by midnight on February 15, 2021.

How do I start the FAFSA?

Before beginning the FAFSA, the student and at least one parent will need to [create an FSA ID](#). Then, you'll go to [fafsa.gov](#) to begin your application.

What will I need to fill out the FAFSA?

- Your Social Security number or your Alien Registration number (if you aren't a U.S. citizen)
- Your 2019 federal income tax returns, W-2s, and other records of money earned. (**Note:** You may be able to transfer your federal tax return information into your FAFSA form using the IRS Data Retrieval Tool.)
- Bank statements and records of investments (if applicable)
- Records of untaxed income (if applicable)
- An FSA ID so you can electronically sign the FAFSA form.

How many colleges can I list on the FAFSA, and does the order matter?

You can list up to 10 schools online or in the myStudentAid app or up to four schools on a PDF FAFSA form. (You can [add more schools to your FAFSA form](#) later.) For purposes of federal student aid, it does not matter in what order you list the schools. **However, to be**

considered for state aid, you must list a college located in Connecticut within the first 2 positions.

What happens after I submit the FAFSA?

After you submit the FAFSA form, you should receive your [Student Aid Report \(SAR\)](#) within three days to three weeks. This document lists your answers to the questions on your FAFSA form and gives you some basic information about your aid eligibility. Quickly [make any necessary corrections](#) and submit them to the FAFSA processor.

The information you report on the FAFSA is sent to each school you list. You don't need to apply for admission to a school before you list it on your FAFSA form; you can list all the schools to which you have applied or might apply. The school will have access to your information within a few days of when you submit your FAFSA form but will not necessarily contact you with an aid offer right away. [Learn more about what happens after you fill out the FAFSA form.](#)

What if I have questions while I'm completing the FAFSA?

The [Federal Student Aid Information Center](#) lists several ways to contact the office for help, including a phone number, email address, and **live chat feature**. Also, you can always reach out to the Financial Aid Offices of colleges for assistance.

What is the CSS Profile, and how do I know if I need to complete it?

The CSS Profile is an additional financial aid application required by some private schools. Check the [list of participating colleges](#) to see if any to which you are applying require it.

Is there a cost to completing these applications?

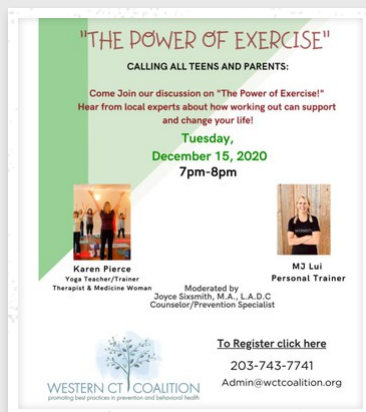
The FAFSA is free to complete. The CSS Profile is \$25 to submit to the first school and \$16 for each additional school.

WESTERN CT COALITION PRESENTS:



SELF CARE FOR PARENTS

Tuesday, December 8, 2020 at
7PM



THE POWER OF EXERCISE

Tuesday, December 15 at 7PM



FAMILIES RISING TOGETHER: CREATING CONNECTIONS THAT SUSTAIN US.

Tuesday, December 8, at 6PM

For More Information:

Cheri.bragg@ct.gov

TEN HEALTHY SLEEP HYGIENE HABITS

Ever heard of sleep hygiene? It's a real thing, and it's crucial to good health and keeping our emotions in check! Check out the linked article for tips on how to improve your sleep and keep to a consistent bedtime routine.

COVID-19 PARENTAL RESOURCES KIT- ADOLESCENCE WELL-BEING

Coronavirus disease (COVID-19) can affect adolescents directly and indirectly. Beyond getting sick, many adolescents' social, emotional and mental well-being has been impacted by the pandemic.



**Suicide is preventable.
Talk about it.**

Text 741741 to speak with a trained
Crisis Counselor

CRISIS TEXT LINE |

CT PUBLIC HEALTH ALERT: YOUTH SUICIDE -A CALL TO ACTION

Tragically, in the past four weeks Connecticut has lost four young teens to suicide.

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)
- <https://www.crisistextline.org/> text 741741
- LGBTQ+
 - [Resources](#)
 - Triangle Community Center (Norwalk)
 - The Trevor 24-Hour TrevorLifeline 1-866-488-7386 <https://www.thetrevorproject.org/>



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