

BHS School Counseling Newsletter

February 2021

FEBRUARY 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

February 2021

- February 1-5 - National School Counselor Week
- February 2 - Groundhog Day
- February 14 - Valentines Day
- February 15 & 16 - President's Holiday - No School for Students
- February 17 - Random Acts Of Kindness Day

February is >>> Black History Month

>>> National Teen Dating Violence & Prevention Awareness Month

>>> International Self-Esteem Month

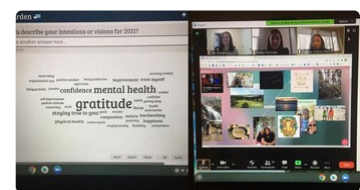


National School Counselor Week February 1-5

National School Counseling Week 2021 (#NSCW21), "School Counselors: All In for All Students," will be celebrated from Feb. 1-5, 2021, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

What We've Been Up To

School Counselors held 2 Self Care Seminars in the month of January. In our first seminar of the month, students had an opportunity to think about the intention(s) they'd like to set for themselves this year. A great way to capture your intention is through a Vision Board. Students were shown an example of Mrs. Cintron-Henry's Vision Board through Padlet and had an opportunity to create their own. Our Answer Garden highlighted that 'gratitude' was a common theme for our planned intentions.



AP Study Groups ~ Provided to you by NHS

Attention AP Students! NHS Tutoring has been working to find new ways to support you in your AP classes through distance learning! That is why we are excited to announce:

~AP Study Groups~

During these groups experienced NHS members and other qualified tutors will host groups to help students in their AP classes.

Groups will:

- Explore skills and strategies for the AP exams in May
- Collaborate with other students to better understand content
- Meet via Zoom on the determined day

You can use [this form](#) to join a group for an AP class(s) you are taking. You can join as many groups as you need! The NHS Tutoring Coordinators identified the top 7 AP classes students indicated they needed help with. More to come!!

Hosts will be sending out more information such as dates, times, and Zoom links. So be on the lookout for an email from them!

Please feel free to reach out to Kylie Moody or Emily Kappel at nhtutoring@brookfieldps.org with any questions or concerns



STEM SCHOLARSHIP PROGRAM

NViSION

Naugatuck Valley STEM Inclusive Opportunity Network

The NViSION program unifies and supports a diverse group of STEM students at NVCC who plan to pursue a STEM career. NViSION scholars will develop academic, social, and professional networks with peers, STEM faculty, and STEM professionals in the community.

Students that are accepted into the NViSION program will receive:

- \$1000-\$5000 per year for at least the first 2 years of their program
- Free summer transition/bridge program
- Free tutoring
- All-expense paid university tours and STEM field trips
- STEM workshops, advising, and counseling
- Opportunities for undergraduate research, internships, and/or job shadowing

Student Requirements:

- Students must have a GPA ≥ 2.5 with noted accomplishments in STEM courses
- Must be a US citizen, permanent resident, national, or refugee
- Have demonstrated financial need as determined per FAFSA
- Commit to enrolling full-time at NVCC in a Science, Technology, Engineering or Mathematics degree programs until completion of the degree and/or transfer to a 4-year college or university

Application review will begin immediately. Applications received before March 30th will get priority consideration. Applications will be accepted until all scholarships are distributed, but not later than June 19th.



For more information and to download the application visit nv.edu/NViSION or contact an NViSION coordinator at NViSION@nv.edu

MINDFUL MOMENT

Mindfulness for All

Thursday, February 11 and Thursday, February 25 at 7:00 - 8:00 p.m.

Prabha Makayee will lead a guided meditation session for all ages. This program will take place on Zoom. Zoom info will be sent prior to the event. No camera or microphone necessary to participate. Topics covered may include: Gratitude takes Guts, Self Sabotage to Self Love, I am the Boss of Me, I Want Answers, Failure is the Key, and Worrier to Warrior, and many more!

Prabha Makayee is an educator and mindfulness leader who has been offering mindfulness sessions to libraries in the area for the past year. She'll use anecdotal reflections and interaction to help bring the benefits of mindfulness to all with one second, one thought, one breath strategy. The session centers around guided mindfulness, and there is time for both silence and open discussion at the end. Email alynch@brookfieldlibrary.org to receive the Zoom room information.

COLLEGE AND CAREER CORNER



SAT Prep Information

BHS plans to offer the School-Day SAT to all juniors on March 24th. We recommend students complete some type of test preparation prior to the test, whether through Khan Academy, free online resources, or official courses. Below are two local organizations offering test prep classes. Check out the [Junior College Planning presentation](#) for more information about standardized testing and test prep resources.

--**The Brookfield Learning Center** is offering test prep classes and free SAT/ACT Practice tests on February 6. Visit [this site](#) for more information.

--**Sylvan** is offering free SAT diagnostic tests and SAT Prep courses. Students may attend virtually or in a socially distanced manner at the Federal Road location. Visit [this site](#) for more information.

Seniors

Sending Midyear Grades to Colleges

Seniors - Complete [this Google form](#) if you would like your first semester grades sent to any of the colleges to which you are applying. This report will include your first quarter, second quarter, and first semester grades. Barring any school cancellations, grades should be ready to send out on February 12th. **If any of your colleges have a SPECIFIC deadline for midyear grades prior to February 12th, please email me with the name of the college/university and the specific deadline.** If you are unsure if a college requires midyear grades or if there is a specific deadline, you can always check your student portal/account or reach out to the Admissions Office at the college to get that information.

All About Scholarships

Local/state scholarships

Prior to the break, Mrs. Lungariello emailed [this presentation](#) about financial aid awards and scholarships, including how to search for both local and national scholarships. Please review it if you haven't already.

Currently there are 35 local and state scholarships available to seniors

listed in the [Scholarships Google doc/Naviance](#), and more will become available in the coming months. It's important for students to check these scholarship lists regularly and apply for anything you can!



When Applying for Scholarships

As stated in the [presentation](#), email Mrs. Hopcroft in the Counseling Office if you need a transcript and/or copies of your letters of recommendation from Naviance. Remember that if you waived your right to view letters per FERPA, you will not be given hard copies of letters. The Counseling Office is happy to email, upload, or mail any letters/applications directly to a scholarship organization.

Other Scholarships

The aforementioned presentation links to several different websites that can be used to search for scholarships. All of the websites listed were recommended by students or counselors, and be sure to

check out the JLV College Counseling site, which lists many different scholarships and contests available to students by deadline.

Have you submitted the FAFSA? CT's deadline is Feb. 15th!



Connecticut seniors must submit the FAFSA by **February 15, 2021 in order to be considered for state aid**. For more information and assistance, please see the [Financial Aid Presentation slides](#), [Financial Aid Presentation recording](#), and/or [Financial Aid section of the School Counseling website](#). If you have questions while 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.

Done submitting your college applications? Been deferred? Not sure what to do next?

Mrs. Lungariello created [this presentation](#) and [accompanying video](#) which review the following:

- Steps to take after applications have been submitted
- Tips for continuing to learn about colleges and determine the best fit
- Suggestions for students who were **deferred** or **waitlisted**, including how to write a strong letter of continued interest
- When and how to request first semester grades
- Thoughts on re-evaluating your college list
- Directions for updating your Naviance account

Juniors

Junior College Planning Webinar

Mrs. Lungariello hosted a *Junior College Planning Webinar* on Thursday, January 14th, where she reviewed components of the college admission process, discussed how students can find colleges that seem to be a good fit, and shared a timeline to help students stay on track. Click [here](#) to view the recording and [here](#) to view the presentation slides.

Junior Meetings - Request Yours Now!

During the second semester Mrs. Lungariello will be meeting with all juniors individually to discuss their long-term goals and assist with post high school planning. Students should **complete the following [Google form](#) to request a meeting** and consult with parents if they wish to participate in the meeting. We appreciate your patience as we work to schedule many meetings for junior families.

Lr. Governor's Coding Challenge

[About the Challenge](#)

The Lt. Governor's Coding Challenge is a statewide coding competition for Connecticut students. The "coding for good" challenge will be open to all students who can enter on their own or as a team through their schools and through partners such as the Girl Scouts, the Y's, Girls Who Code Clubs and other after school programs.

Challenge Structure

Connecticut students in grades 3 through 12 are encouraged to create applications designed to spread messages of positivity, tackle important issues or promote healthy habits. This year's Lt. Governor's Computing Challenge includes three options for submission: [concept challenge](#), [prototype challenge](#) and [development challenge](#). Students can work individually or as a team to submit to one challenge. Additional information can be found on the Challenge Resource Page.

<https://www.ltgovcc.org/>



LT. GOVERNOR'S
Computing Challenge

Brookfield Parks and Recreation Winter Program

What You Need To Know About Youth Vaping

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What You Need to Know About Youth Vaping

February 18, 2021
2:00 PM - 3:00 PM

A Virtual Presentation with
Tricia Dahl, B.S.,
Senior Research Assistant,
Yale School of Medicine

A Connecticut Clearinghouse Educational Forum
Register at www.ctclearinghouse.org/registration

Participants will:

Learn about the various vaping devices and why we should be concerned

Understand why adolescents are using these devices

Know what interventions are available

Approved for
1 contact hour
with the
Connecticut
Certification Board



**CONNECTICUT
Clearinghouse**
a program of the Connecticut Center
for Prevention, Wellness and Recovery



About Us

Facebook @CounselorBobcat

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