

BHS School Counseling Newsletter

October 2020



MARK YOUR CALENDAR:

- Saturday, October 10: SAT Weekend Boot Camp
- Monday, October 12: Columbus Day, No School
- Monday, October 12: NACAC Virtual College Fair
- Wednesday, October 14: Optional School Day SAT for Seniors
- Thursday, October 15: Financial Aid Presentation
- Friday, October 16: Transcript Request Forms due for students with November 1st application deadlines

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

Missed the BHS Virtual Open House?

[Link to our Open House presentation](#)
[Virtual tour of the counseling office](#)

Freshman Transition Meetings

School Counselors will be inviting 9th grade students to participate in small-group Zoom sessions where they will view a virtual tour of the Counseling Office and have a Q&A session with their counselor. Please ask your child/ren when they are scheduled to meet with their counselor and encourage their attendance!



Financial Aid Presentation

This virtual presentation will be live streamed on Thursday, **October 15th, at 6:00 p.m.** and will also be recorded for future viewing. All seniors and parents are encouraged to tune in and

learn more about the financial aid and scholarship application process! Students and parents can use [this form](#) to submit questions you hope will be answered during the presentation. The link to the live-streamed presentation will be emailed out at the beginning of next week.



SAT School Day - Seniors - Wednesday, October 14

Brookfield High School will be hosting the SAT for all twelfth-grade students on Wednesday, October 14. This test will be available at no cost to families, and the school will register students, so students do not need to register through College Board. Students are not required to take this test, but they will be excused from classes for the day if they choose to test. More details about the test administration will follow.

SAT Weekend Boot Camp sponsored in partnership with the BHS PTSO

WHEN

Saturday, Oct. 10th, 9am to
Monday, Oct. 12th, 1pm

WHERE

270 Federal Road
Brookfield, CT

MORE INFORMATION

The Brookfield Learning Center is offering a [weekend Boot Camp](#) prior to the October 14 exam for Seniors. The prep seminar will take place on Saturday, October 10, and Monday October 12 (school holiday), with an online homework review session on Sunday, October 11. In the past the Boot Camp has been offered at the BHS Library Learning Commons, but this year a limited number of students can attend in person at the BLC or online via Zoom. The cost is \$145, and students eligible for Free & Reduced Lunch should reach out to their counselor about fee waivers. Other test preparation [resources](#) and [courses](#) are listed on the [School Counseling Department website](#).

Reminders for Parents/Guardians of AP Students

If your child has already signed up for AP coursework, they have more support than ever to help them learn throughout the year and prepare for AP Exams, where students have the opportunity to earn college credit!

Our team of AP teachers remain dedicated to providing your child with a powerful learning experience this year, and because we know the importance of parent involvement, we have a few updates to help your child stay on track:

- Students were asked to 'join' their AP course on College Board by September 18. This will give them access to AP Classroom where they can practice their skills, receive feedback on their progress, and see real AP Exam questions.
- Remind your child to watch AP learning videos. Short, on-demand learning videos called "AP Daily" are available in AP Classroom. AP students can watch these at their own pace on a mobile device or laptop/desktop. These are available for most courses.
- Know that May 2021 AP Exams will cover the full course scope and content because colleges expect it. And if our school building is closed in May 2021 due to safety concerns, the AP Program will provide a contingency option for AP Exam testing. We expect to know more about this in early 2021.

NACAC Virtual College Fairs

WHEN

Monday, Oct. 12th, 1-9pm

WHERE

This is an online event.

MORE INFORMATION

General information for students about the fall season of NACAC Virtual College Fairs is at nacacfairs.org/virtual-students. Students will log in and register to participate in the fairs at virtualcollegefairs.org.

Click below to go to the site to see which colleges will be there on each fair date:

[Monday, Oct. 12](#) (or download [PDF version](#)) 1 - 9 p.m.

ET

[Sunday, Oct. 18](#) (or download [PDF version](#)) 12 - 8 p.m.

ET

[Sunday, Nov. 8](#) (or download [PDF version](#)) 2 - 10 p.m.

ET



Struggling in a class?

- Connect with your teacher - ask questions! Remember that your teacher can't know what you need help with unless you fill them in.
- Re-assess your study techniques - are they effective?
- If you are missing assignments, ask yourself why. Are you prepared for each class?
- Connect with your counselor for strategies and tools on how to study and prepare for classes
- Check out the BHS Tutoring Center/Writing Center - Room 307, upstairs in the English Wing
 - Support available across subject areas
- Peer tutoring after school - Tutoring services provided by National Honor Society students via Zoom
- [Khan Academy](#).
- Outside organizations that provide tutoring and test preparation services are listed on the [Counseling Department website](#).

College & Career Corner

College-Bound Seniors - Have you started your applications?

- Mrs. Lungariello sends weekly emails to seniors and parents with information about the college application process and upcoming events, so make sure you're reading those emails. Here are some resources to assist you with the application process
- [BHS College Application Checklist, 2020-2021](#) (<- Review this checklist if you don't know where to start.)
- [Detailed Guide to the College Application Process, 2020-2021](#) (<- If you have specific questions, such as about decile, consult this detailed guide.)
- [Senior Year Timeline for Applying to College](#)
- [Senior College Presentation](#) and [recording](#)

***All of 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.*

Upcoming Transcript Request Deadlines

Transcript requests must be submitted using [this form](#) at least 10 school days prior to an application deadline. 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.

–For **November 1st** application deadlines, the transcript request form is due **October 16th**.

Have a question about your college applications? Stop by Mrs. Lungariello's virtual office hours!

Mrs. Lungariello will hold virtual office hours for seniors every Wednesday from 10:10-10:40 and 1:35-2:00. Log into Google classroom on Wednesday to access the code for the Zoom session.

College-bound Juniors & Seniors - Have you signed up for Virtual College Rep Visits Yet?

These virtual visits are valuable opportunities for juniors and seniors to learn about different colleges/universities, ask any questions they have, and demonstrate their interest in the institution. Students are encouraged to view [this presentation](#) for more information.

Tips For Supporting Learning at Home - How can parents best support students in grades 9-12?

While teenagers crave independence, parents can still [offer their support and guidance](#) in a number of ways:



- Stick to a schedule. Establish a daily routine with them to emphasize that schoolwork remains a priority. Set clear expectations for when schoolwork is to be completed and when preferred activities will become available. For example, you and your child might agree that they can play video games after 5 pm if all daily assignments are finished by then.
- Set up an effective workspace. Help your adolescent set up the materials they need for remote learning. This includes the proper technology, such as a laptop or tablet, as well as a quiet, distraction-free part of the home. Headphones can be useful to minimize external noise. Help them determine how they will be keeping track of assignments, due dates and exams, such as in a planner or electronic calendar.
- Support executive functioning. Discuss with your adolescent what your level of engagement will be throughout the remote learning period. Your student may need reminders to start assignments, complete work on time, break larger tasks down into smaller parts or develop efficient study skills. Stress that the [practical skills](#) teens are learning in school now (planning ahead, meeting deadlines) will help them succeed in college and the work world.
- Set clear boundaries. When it comes to homework, offer support and guidance, answer questions, help explain instructions and review final work as needed. But resist the urge to provide adolescents with the correct answers or complete assignments on their behalf. What is most beneficial to teens is teaching and modeling organizational and problem-solving skills to facilitate a level of independence. Above all, offer encouragement as they, too, are adapting to this novel and unique environment.

- Build independence. When you can, provide your teenager with just enough support that they can master the task at hand. Then, reduce support gradually. If your teen wants you to stop reminding them about doing their work, agree that you will not provide any reminders as long as they show you that they completed their work each day. If they can manage this for a while, gradually decrease the number of days you check their work. If you find yourself being expected to heavily edit essays or assignments, let your teen know that you will proofread, but that you will only mark the sentences that they need to review. After they begin proofreading more carefully on their own, you can move on to providing general comments only.

More Helpful Articles

Self Care While Social Distancing

How To Have A Better Conversation

Coping with Stress During Covid

Managing Coronavirus Anxiety

How To Talk To Your Anxious Child Or Teen About Covid

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)



Connect With Us

Facebook @CounselorBobcat

Use this QR Code to schedule an appointment with a School Counselor.

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