

SCHOOL COUNSELING NEWSLETTER

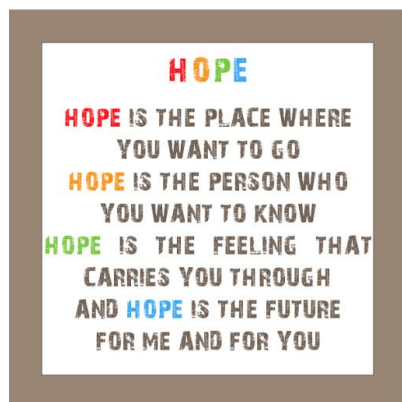
LET'S STAY CONNECTED!

Even though we are not together in person, your counselors are always thinking of you and wishing you well. Be sure to follow us on Facebook, Instagram and Twitter for tips, resources and updates.

 @bhs_schoolcounseling  @CounselorBobcat
 Brookfield High School Counseling Department

AP Changes

Students enrolled in AP courses are likely aware that due to nationwide school closures, there have been significant changes to the 2020 AP exams. Please click the link below to access highlights of some of those changes. You can also access further information directly from the College Board website. [Important updates for students taking AP exams](#)



BHS Counselors

College/Career Corner

Seniors - Important Information & Updates

If you haven't already, please review Mrs. Lungariello's presentation with important information and updates for college and post high school planning. Click [here](#) for a video of the presentation, and click [here](#) to access the presentation slides. Please reach out to Mrs. Lungariello with any questions or if I can help in any way.

Scholarships

Many local scholarships are still available! Check out the list of scholarships on Naviance or the [Scholarships page on the BHS School Counseling website](#). Click [here](#) to review the procedures for submitting scholarship applications, and reach out to Mrs. Genovese with any questions.

Take a Virtual College Tour

Were you hoping to go on a college tour this spring and are bummed that you can't? Try a virtual tour! Click [here](#) to see a list of upcoming virtual tours and admission events. Also check directly with colleges for other resources about connecting with them remotely.

Mindful Minute

Take Care of You

- **Take breaks from the news.** Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy meals. Exercise regularly, and get plenty of sleep.
- **Make time to unwind.** Do some activities you enjoy.
- **Connect with others.** Talk with people you trust about how you are feeling.

Source: CDC

Do Something that Satisfies Your Soul

Make a list of things you're grateful for. Read a book or a magazine. Create a vision board. Start a daily [mindfulness](#) or meditation practice. (Check out our Mindful Monday posts on Google classroom and social media for ideas!) Check out this list of [60 self-care activities](#).

Spread Kindness

Create a chalk drawing outside with an inspirational message. Send a thank you note to someone for whom you're grateful. Check out the [30 Days of Kindness Challenge](#) for more ideas.

Listen to a New Podcast

There are thousands of podcasts out there. For Science Lovers: [RadioLab](#) or [Science Friday](#). For History Buffs: [Forever Ago](#). For Biographies: [Goodnight Stories for Rebel Girls](#). For Storytelling: [This American Life](#).

Learn Something New

There are MANY free online resources that can help you learn a new skill or learn more about a subject of interest to you! [EdX](#) is an online platform that offers more than 2,500 courses online for free. [Coursera](#) is another e-learning platform that allows you to be taught by professors from Ivy League and other reputable colleges and universities. [Class central](#) allows you to choose from over 450 Ivy League courses for free. [Duolingo](#) allows you to brush up on your **foreign language skills** or learn a new language altogether! [Codecademy](#) is offering Pro scholarships to students who want to **learn how to code**. [Phlearn](#) will teach you more about **Photoshop, Lightroom and mobile editing, as well as the fundamentals of taking great pictures**.

Spring Break Ideas

Be Creative

Start a journal. Create a piece of artwork. Be a photographer and use your phone to capture images of your surroundings. Create a time capsule and have each family member contribute a significant item. Organize photos into a scrapbook. Every day at 1 this art studio does a virtual art lesson on FB:

<https://www.facebook.com/McHarperManor/>

Go Outside

Take a walk. Or just sit outside and enjoy nature. It's important to disconnect from technology and social media...especially with all of the distance learning you've been doing!

Stay Connected with People

Have a dance party with friends via FaceTime. Write a letter to a friend or family member.

Take a Virtual Vacation

Tour famous sites, landmarks, and museums using [this link](#). Virtually visit the Cincinnati Zoo each day at three on [Facebook](#) for their live stream and visit with their animals.

#istayhomeforBHS