

# BHS School Counseling Newsletter

NOVEMBER 2020



## MARK YOUR CALENDAR

- November 11-12: Fall Parent/Teacher Conferences
- November 13: World Kindness Day
- November 13 - 19: [Transgender awareness week](#)
- November 16: International Day for Tolerance
- November 25: Early Dismissal for Thanksgiving Recess
- November 26 & 27: No School, Thanksgiving Recess
- November 27: Random Acts of Kindness Friday

## WHAT WE'VE BEEN UP TO

The counselors have been busy writing letters of recommendation for college-bound students, assisting with the application process, and preparing official transcripts and supporting documents to submit to colleges. **As of November 1st, 44% 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.

## HELP WITH GOOGLE CLASSROOM

We are hoping to provide you with a resource for assisting your child in managing classwork and homework, and to give you an



overview of current and future assignments and progress in their classes.

Most, if not all, of your child's courses use Google Classroom. You can request to be added to one of their teacher's classrooms. Once you are in, you can sign up for daily email notifications so that Google Classroom will directly notify you each day with what assignments are due, and so that you can monitor what is missing and if any new assignments were posted that day. [This youtube video](#) does a great job at explaining what the student side of Google Classroom looks like and it also gives information at the end of how the parent summary works. Google Classroom is the ideal tool for students and parents to learn what work is due, and what the assignment expectations are; cross-referencing this with Powerschool, which provides grading updates for current assignments and in-progress grades is an ideal way to truly understand where your child stands in each class.

We encourage you to watch the video with your child and check out the useful tools along with the video explanation. With the additional demands of distance learning, it is more important than ever to work together with both your child, their counselor, and their teachers to ensure the best possible educational experience. Counselors do not have access to the same data that students and parents have, and so it is very important for you to familiarize yourself with the tool so that you can support their success. Counselors are always happy to meet via zoom and to do a screen-share to help you navigate through any questions you may have.

## OCTOBER FUN FACTS.

*During the month of October, BHS School Counselors ...*

- *Composed over 100 Recommendation Letters*
- *Submitted Senior Transcripts to over 160 different Colleges/Universities*
- *Scheduled over 55 Student Requested Appointments*
- *Welcomed 105 Students to the Counseling Office*
- *Prepared for 52 Virtual College Visits*
- *Planned for 18 hours of Freshman Forums (Virtual and In Person)*





## COLLEGE AND CAREER CORNER

### Upcoming College & Transcript Request Deadlines

Be aware of upcoming application deadlines, and be sure to request transcripts at least 10 school days in advance. UConn's Priority Deadline is December 1st, and students must apply by this date to be considered for scholarships and the honors program.

For December 1st deadlines, students must submit a [transcript request](#) by November 13th. 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.*

### **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 (see join information below) on Wednesday to access the code for the Zoom session.

### **Next Steps After Submitting Applications**

After submitting an application, you should receive an email within a few days confirming receipt of your application. Often that email will prompt you to set up a student account through the college/university, and you'll log into that account to view the status of your application, identify any missing application components, and take any necessary next steps. **I encourage you to stay organized so that you can keep track of this important communication from the college.** I would recommend creating a separate folder within your email for each college/university to which you apply, so that you can file all communication in the appropriate place and always refer back to it if necessary.

### **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.

## SAT SCHOOL DAY SCORES

### **SAT School Day Scores Now Available**

Seniors who took the SAT at BHS on October 14 can log into their [College Board](#) accounts to see their scores. Students should use the *Forgot username or password* tool to retrieve log-in information if they've forgotten it. Counselors do not have access to this information. If students are not able to log in or view their scores, they must contact College Board directly at 1-866-630-9305.



### **Sending Standardized Test Scores to Colleges**

**It is important for students to know the standardized testing policies and procedures for each college on their application list so they can create a plan for sending scores.** This information can be found on a college's website or by reaching out to the admissions representative or admissions office. Below are the questions students should be

asking of each college, and [here is a helpful spreadsheet](#) students can use to organize their information.

1. Are standardized test scores required? Most colleges have adopted a test-optional policy for at least this year, but some still require scores for all applicants, applicants for certain programs, and/or scholarship eligibility. You can see a complete list of test-optional schools at [Fair Test](#).
2. (For test optional schools) What was the average/average range of test scores for accepted students last year? Knowing this information will help students decide if they should submit scores when they receive them. We recommend students submit scores if they are in the average range. Keep in mind that for competitive programs like nursing, business, and engineering; often the average range of scores is higher than for the general applicant.
3. What is the deadline for submitting test scores? Students should be able to view their SAT scores on their CollegeBoard accounts between [November 4th and November 11th](#). Colleges may accept scores after the application deadline, but it's important for students to confirm this information with each college.
4. How should I submit test scores? Some colleges (like UConn) need official score reports, which students can request through their College Board or ACT accounts and can take 1-2 weeks for the college to receive after the student's request. Other colleges will let students self-report scores, either through the application or by emailing the admissions counselor/office.

## FINANCIAL AID INFORMATION

### **Financial Aid Applications**

Once again we welcomed Julie Savino, the Executive Director of Financial Assistance at Sacred Heart University, to present about the financial aid application process. You can access that recording [here](#), and you can access the presentation slides [here](#). Please reach out to Mrs. Lungariello with any questions after viewing the presentation slides and/or recording.

To further assist you in completing the financial aid application process, below are some frequently asked questions with information and links. Please pay special attention to the highlighted sections about the order of colleges on the FAFSA and the ways to connect directly with the Federal Student Aid Center through phone, email, or live chat. We also have more information and resources on the [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](https://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.



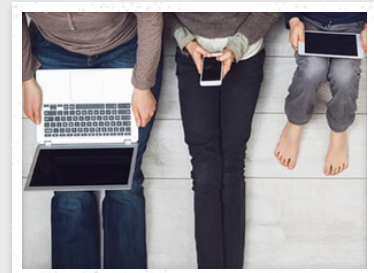
## TIPS FOR MANAGING STRESS AND ANXIETY THIS WINTER

If you're worried about how you'll handle the coronavirus crisis once the days get shorter and temperatures drop, you're not alone. But while winter might be a challenge this year, there are strategies you can use to cope with stress and keep spirits up – both yours and your kids'.

### MANAGING STRESS & ANXIETY

## HOW TO TAKE A TECHNOLOGY BREAK

Mindful moments aren't only for meditations. One of the reasons we create a meditation practice is to cultivate more mindful presence throughout our day-to-day lives. But there are a number of things that get in the way of maintaining that feeling of inner peace all day long – and one of the biggest culprits is technology.



### FIVE TECHNOLOGY BREAKS

## 5 PEOPLE WHO CAN HELP YOU STRENGTHEN YOUR EMPATHY MUSCLE

Ever wondered how empathetic you are? Consider the advice of these five people who have spent their lives studying, understanding and practicing empathy.

## STRENGTHEN YOUR EMPATHY MUSCLE

### 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)



### ABOUT US

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