

BHS School Counseling Newsletter

November 2022

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November Events

- 8 - PD Day - No School for Students
- 9 - Early Dismissal - Evening Conferences
- 10 - Early Dismissal - Afternoon Conferences
- 13 - World Kindness Day
- 15- Fee-Free Application Day for CT State Schools
- 23 - Early Dismissal
- 24 & 25 - Thanksgiving Recess

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

We look forward to welcoming our new College & Career Counselor to our team, beginning November 21! We appreciate your patience and understanding during this period of transition for the department.

DID YOU KNOW *Gratitude...*

- * SHIELDS YOU FROM NEGATIVITY
- * MAKES YOU AT LEAST 25% HAPPIER
- * REWIRES YOUR BRAIN
- * ELIMINATES STRESS
- * HEALS
- * IMPROVES SLEEP
- * BOOSTS SELF-ESTEEM & PERFORMANCE
- * ENHANCES THE LAW OF ATTRACTION
- * IMPROVES RELATIONSHIPS

College And Career Corner

November 15 is Fee - Free Application Day

This is the second year in which the Connecticut State Colleges & Universities system have offered "Fee-Free Application Day".

Any Connecticut high school students who submit their applications to UConn and CT State Colleges on Nov. 15 will be able to waive the undergraduate application fee.

The waiver is intended to increase access to students whose financial constraints could make the fee difficult to pay, and who otherwise might hesitate to apply. The Nov. 15 Fee-Free Application Day applies to high school students from Connecticut at any income levels who submit their materials that day through the Common Application.



TIMELINE FOR APPLYING TO COLLEGE

(Excerpt from Detailed Guide below)

NOV.	<ul style="list-style-type: none">➤ 1st/15th → Common deadline for many Early Action/Early Decision applications. Check with each individual college to determine its deadlines.➤ 3rd → Registration Deadline for December SAT➤ 4th → Registration Deadline for December ACT➤ 5th → SAT Test Date➤ 6th → NACAC Virtual College Fair, 1-6 p.m. Click here to register.➤ Continue working on applications and all supplemental materials, including essays and resume.➤ Continue applying to schools of interest, and request transcripts 10 school days prior to the deadline.➤ Request that 1st quarter grades be sent to the colleges that require them using the survey link emailed by the Counseling Department.
DEC.	<ul style="list-style-type: none">➤ 1st → Priority deadline for University of Connecticut.➤ 1st/15th → Common deadline for many Early Action/Early Decision applications. Check with each individual college to determine its deadlines.➤ 3rd → SAT Test Date➤ 10th → ACT Test Date➤ Finish applying to schools of interest, and remember to request transcripts in time.➤ Make sure to submit applications on time, and be aware of earlier deadlines for competitive majors, scholarship eligibility, and honors programs.

Detailed Guide to the College Application Process

Senior College Presentation 2022

Transcript Request Deadlines

College Application Deadline	Due in Counseling Office No Later Than
November 15	October 31
December 1	November 15
December 15	December 1
January 1	December 9

Transcripts and Counselor Letter of Recommendation

Complete the [online transcript request form](#). Your transcript and counselor letter of recommendation will not be submitted to your colleges until you submit this form!

Family FAFSA Guide

Family FAFSA Guide ([English](#) and [Spanish](#)). The guide includes:

- Step-by-step instructions for completing the FAFSA;
- Answers to Frequently Asked Questions about the FAFSA;
- Places where students can get free and virtual support on completing the FAFSA; and,
- A sampling of financial aid opportunities for Connecticut students.



The state is also continuing its partnership with CTCollegeBound to offer a free [FAFSACT.org portal](#) where financial aid experts will provide personalized support in completing the FAFSA during virtual and in person sessions. Sessions will be available in English and in Spanish.

BHS Financial Aid Presentation 2022

In October, BHS School Counseling was proud to present **College Financial Aid Night** with Julie Savino, Executive Director ~ Sacred Heart University Financial Assistance. Below you will find the slide presentation and video.

College Financial Aid Night with Julie Savino



PSAT 9 & PSAT/NMSQT Scores Available December 6

Congratulations on taking the PSAT/NMSQT! When your scores are ready, they'll be posted on

How to Access Your Scores

If you provided your email address on your answer sheet on test day, you'll receive an email notifying you of when your scores are available. The email will have a unique access code that will connect you to your scores online.

If you didn't provide an email address on your answer sheet on test day, you can still access your scores online.

Note: In either instance, if you haven't already done so, you'll be asked to set up a free College Board account before you can view your scores.

Don't have a College Board account? Save time and [set one up now](#).

Once you've received your scores, learn how you can use your scores for practice, scholarship opportunities, and more in the Resources section below.

Understanding Your PSAT/NMSQT Score Report



A Sense of Direction - The Directing Process for Young Theatre Makers

What does it take to become an influential director/artist?

Appreciation of a complex story?

Complex characters? The best setting for telling this story? In

each session, we will explore

these director tools in a 4-week program, including script analysis, articulating a director's

concept, casting, collaborative rehearsal techniques, and performance, on a contemporary short

play or scene. Focus will be on understanding the practical considerations of directing, leadership skills, and connecting with one's individual artistry. [Register for this Complimentary Program.](#)



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)
- National Alliance on Mental Illness
 - **[Friends & Family Support Group](#)**: Brookfield meetings on the last Wednesday of the month at 7pm @ Brookfield Senior Center, 100 Pocono Road
 - **The NAMI HelpLine** *Call: 800-950-NAMI (6264) Or Text: info@nami.org/help*
 - The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. Monday through Friday, 10am-8pm ET.
- <https://www.crisistextline.org/> text 741741
- LGBTQ+
 - [Resources](#)
 - Triangle Community Center (Norwalk)
 - [The Trevor Project](#) 24 Hour TrevorLifeline 1-866-488-7386
- Crisis Text Line - Text "Talk" to: 741-741 Connect with a crisis counselor (24/7)
- [Substance Use Resources](#)
- **National Suicide Prevention Lifeline** *Call: 800-273-8255 (24/7)*
- **IMALive Chat Line** *Website: www.imalive.org/online/*
 - Online instant messaging providing support to those in crisis or considering suicide.
- **SAMHSA's National Helpline** *Call: 800-662-4357*
 - This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.
- **Opioid and Substance Use Disorders Resources** *Call: 800-563-4086*
 - *Website: <https://liveloud.org>*
 - Provides options to talk to a peer, call for treatment options, connect on social media, or search for 12 step or other support groups in your community.
- Family Helpline 1-800-THE-KIDS
 - If you're feeling stressed out, call to speak to a trained volunteer of Parent's Anonymous, who can provide support and refer you to resources in your community



