

# BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT NEWSLETTER

Term: SENIOR Fall/Winter | Issue 1 | Date: November 30, 2018

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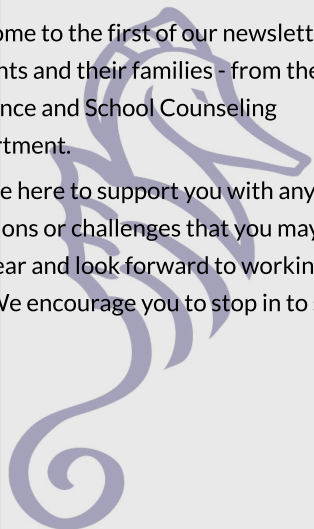
### Helpful Links:

- Student Handbook
- School Calendar

## CLASS OF 2019

Welcome to the first of our newsletters for students and their families - from the Guidance and School Counseling Department.

We are here to support you with any questions or challenges that you may face this year and look forward to working with you. We encourage you to stop in to see us.



## BHS COUNSELING

Hello Burlington High School Seniors! Now that you are half way through your final year of high school, do you know what next year will bring? Work, college, military, a Gap Year, travel – your options are limitless. If you have not already done so, check in with your school counselor to see how he or she can help to firm up your plans. No matter what your plan for next year - one goal for every senior is to continue to focus on your academics.

## HOMEWORK HELP

### Call Back

Teachers at BHS have call back hours from 3:05 to 3:45 every day except Wednesday. This is an opportunity for students to connect with your teacher to clarify assignments and obtain additional help. Email your teacher to set up an appointment or drop by their office.



### Afterschool Homework Club

Need some extra help completing assignments? Come to the afterschool homework club. This club meets in the library every day except Wednesday until 5:15.

### Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help. See your counselor for more details.

## KEY DATES

### Winter Sports Begin

November 26

### End of Quarter 2 Grading Period

December 21

### Holiday Break

December 24 - January 2

### BHS Gap Year Fair

January 17, 2109 - 6:00 pm

### Senior Graduation and VSAC Scholarship Meeting

January 9, 2018 at 8:00 am

### College Application Deadlines

January 1, January 15 and  
February 1, 2019

## LOCAL RESOURCES

While BHS school counselors are always willing to assist you when school is in session, we also want to make you aware of First Call for Children and Families for those who reside in Chittenden County. First Call provides 24 hour crisis and counseling support and is an excellent resource if you are concerned about the safety or immediate well being of your child. You may reach them at 488-7777. The Northwestern Counseling and Support Services offers similar services to families who reside in Franklin or Grand Isle County. Contact them at 802-524-6554.



## STRATEGIES FOR MANAGING STRESS



It is not uncommon for students to experience stress with upcoming mid-year exams coupled with the holidays. Sometimes, family issues and calendars that are over scheduled can contribute to feeling overloaded. Academic pressures are additional stressors that students experience.

Stress may appear as increased physical illness, "shutting down," increased irritability, feelings of worry, difficulty eating and sleeping or difficulty concentrating. What can students do? Exercise, eat a proper diet, get enough sleep, engage in family activities, journal, practice mindfulness and make time for relaxation.

What can parents do? Be available to talk with your teen and listen to their concerns. Encourage the healthy activities mentioned above.

## ANNOUNCEMENTS-HELPFUL LINKS

**Please Note You Can Find Useful Information in the BHS Student Handbook as well as on our school calendar, both can be found on the BHS Website...**

**Link to Handbook:**

<http://bhs.bsdtv.org/resources/student-handbook/>

**Link to School Calendar:**

<http://bhs.bsdtv.org/calendar/>

## KEEP YOUR GRADES UP!

Senior year is an important year. For some students, strong academic performance in the senior year may make the difference between an admit or deny admission decision. Admission counselors review senior year grades to predict your performance. Good grades predict success. Colleges and other educational and training organizations want to admit students they believe will be successful. Many students believe that senior grades are not that important; however, keep in mind that once admitted, colleges will review your final senior year grades. If they are not up to par your admission may be revoked.

Best Advice: continue to do well academically during your senior year and ask for support, from your teachers and counselor. We can help you make a plan.



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## ARE YOU MEETING YOUR BURLINGTON HIGH SCHOOL GRADUATION REQUIREMENTS?



On an ongoing basis, counselors are meeting with students. We are discussing graduation requirements, reviewing credits, grades, schedules and post-secondary plans.

If you have not met with your counselor for a senior meeting, please email them or come into the Guidance and Counseling office to sign up for a senior meeting. Don't let a missing credit keep you from graduating. It is your responsibility to insure that requirements for graduation are met. While it can be tough to keep the academic momentum going in your senior year, stay focused on earning your diploma.

Only a few more months to go!

## PAYING FOR COLLEGE



By following these tips, you can increase your chances of tapping into scholarships that may be available. Fill out the FAFSA: [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and the VSAC grant application: [www.vsa.org](http://www.vsa.org). Fill out the CSS / financial aid profile administered by the College board and used by almost 400 colleges to award financial aid from sources outside of the federal government. Remember not all colleges require the CSS profile so please check the website to see if your college requires it-[www.Collegeboard.org](http://www.Collegeboard.org). There is a fee to send your CSS Profile report to colleges. Students who are from low income families will receive a fee waiver. For more information:

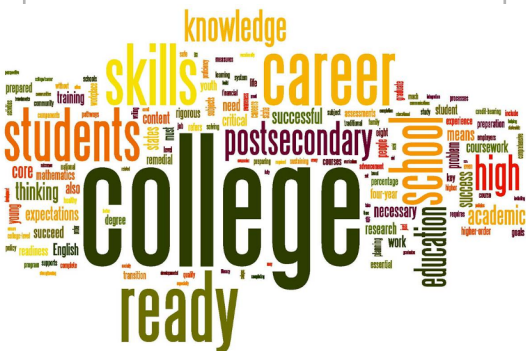
<http://student.collegbaord.org/css-financial-aid-profile>. Research and apply for private scholarships. These scholarships are listed in the Guidance and Counseling office. Supplement with loans if necessary. Repeat these steps every year. Learn more about VSAC Scholarships at the 8am January 9th Senior Meeting in the BHS Auditorium.



# DUAL ENROLLMENT

Challenge yourself in the final semester! Take a dual enrollment class.

- Students must be a rising junior or senior
- Take TWO free college classes while still in high school. See what college is like, learn what professors expect of students and get a head start on your college degree and see if you're college ready!
  - Participating colleges; UVM, CCV, VTC, NECI, Champlain College, & Saint Michael's College
- Promotes exploration of a college campus and encourages individual goals, learning styles, and abilities.
- *The voucher does not cover the costs of textbooks, lab fees and other material and supplies associated with a course. **Stipend of up to \$150 for eligible students***



# Gap Year: what it is and pros/cons

A gap year is a period of time between completing high school and beginning college, work, or joining the military. It is when a student steps outside the traditional classroom experience to explore the world, to reflect on personal values and goals, and to prepare to take the next step in life.

For more information on gap year programs, see your school counselor and visit [www.uagapyearfairs.org](http://www.uagapyearfairs.org).



## Pros:

1. You'll get career experience before you commit to an education path.
2. You won't have to interrupt your path to take a break.
3. You can try something totally new.
4. Your new skills can be put to use in college.
5. You will have time to prepare financially for college.
6. Your age and inexperience can be a huge asset.
7. You can avoid committing to college before you're ready.
8. College retention and 4 year graduation rates are higher for students who have completed a Gap Year.
9. Deferring start dates for a college you want to attend is usually very easy.

## Cons:

1. Some people may not understand your choice.
2. Some programs can add costs to your educational path.
3. If you aren't goal-oriented, you can easily get disorganized.
4. Research and planning take a lot of work!
5. You might not be ready to make the most of the experience yet.

Is a Gap Year right for you? Learn more at:

<https://www.goabroad.com/articles/gap-year> AND please join us at BHS Gap Year Fair January 17, 2109 - 6pm