

BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT NEWSLETTER

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IN THIS ISSUE

- School Counseling Message
- Homework Support
- Key Dates
- Multiple Pathways/
New Challenges
- Expanded Learning/Clubs
- Local Resource
- Stress Management
- **Helpful Links:**
 - Student Handbook
 - School Calendar

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BHS COUNSELING

What's Next?

It's hard to believe that the school year is almost up! Soon, you will be heading into your Junior year--only two years of high school to go! Have you taken advantage of all the opportunities Burlington High School has to offer? If not, now is the time to think about your academic and co-curricular goals for your Junior year.

Come join the school counseling staff on **April 17 @ 7:00 pm in the BHS Cafeteria** to learn more about opportunities and setting goals for the upcoming year.

HOMWORK HELP

Call Back

Teachers at BHS have call back hours from 3:05 to 3:45 pm 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 Friday until 5:15.

Multicultural Help Desk

Need some academic support? Volunteers from Spectrum can help. Spectrum tutors available in the Library from 12-3 daily.

KEY DATES

Community Health & Wellness Fair
April 16, 5 - 8 pm

Sophomore Information Night
April 17 @ 7 pm

Spring Break
April 22 - 26

Navigating the Selective College Admissions Process
May 1 @ 7 pm

Final Exams
May 21 - 24

YES Classes Begin
May 29

FUTURE LOOK

There should be a healthy balance of living in the moment and setting goals for what's ahead.

The end of Sophomore year and the transition to your Junior year is a big transition time. It is a time of increased responsibility, more freedom in the school, and the beginning of the post-secondary planning process. Whether you imagine going into the military, traveling, engaging in an apprenticeship, getting a job, going to college or have no idea what you will do after graduation, this is a time to explore and gather information to help inform your later decision.

Have you checked out the VSAC (Vermont Student Assistance Corporation) website (vsac.org)? On-line tools are available to help you explore both career and college interests. Try "Start Where You Are", "Roadmap to College" or the "Career and College Planning" site to get started!

Consider a job shadow, an internship, or a community service experience. Participation in any of these activities allows you to learn more about yourself, your strengths, and what you may choose to do in the future.

Perhaps you'll find a career area or potential college major that intrigues you!



EXPLORING WITH NAVIANCE

Have you explored Naviance? Naviance, our web-based college and career exploration website, is available to all BHS students and their parents/guardians. Use this link to go to the website: <https://student.naviance.com/burlingtonshs>

Meet with your school counselor to obtain an access code and begin to explore career interests and college possibilities. This dynamic site allows students to explore career interests and job outlooks, to do college searches and to communicate easily with their counselor to facilitate post-secondary

INTERESTED IN A COLLEGE COURSE?

Did you know that as a Vermont high school student, you have the opportunity to take two free college courses! Test the waters with "Introduction to College and Careers" at CCV (Community College of Vermont) or jump right into a college course at UVM, Champlain, St. Michael's, CCV or VTC (Vermont Technical College). See your counselor for more information.

INTRODUCTION TO COLLEGE & CAREERS (ICC)

As a Vermont high school sophomore, junior or senior, you can take a free course that helps you get ready for college.

Offered at all 12 CCV statewide locations, and some high schools, ICC helps high school sophomores, juniors and seniors:

- Set goals and problem-solve
- Manage time and stress
- Improve communication skills
- Take better notes and reduce test anxiety
- Plan finances for college
- Explore career options

Another cool thing about ICC is that it's a risk-free pass/fail class, and many high schools award high school credit to students who successfully complete the course. ICC also gives you study skills that you can use right away in your high school classes.

ON-LINE COURSE OPPORTUNITIES

Another way to explore your interests is to take courses outside of the BHS curriculum. The VTVLC (Vermont Virtual Learning Cooperative) offers students from across the state the opportunity to access on-line courses. Stop in guidance or visit vtvlc.org for more information.

OPPORTUNITY

Don't Be Afraid to Try Something New

Now that you are a sophomore you have made the adjustment to high school and have settled in. Keep trying new things! Join a club, try an instrument or challenge yourself with a class outside your comfort zone. Volunteer. Take interest inventories. Try an internship. Come see your school counselor if you would like to discuss more self-exploration ideas.



EXPANDED LEARNING

Burlington HS Expanded Learning provides a space for BHS students to explore interests, connect with each other and build skills.

Free academic support and enrichment opportunities before and after school are offered to all BHS students.

Participation can provide community service hours as well as Graduation Expectations evidence to be used in students' PLPs.

Programs begin and end on a rolling basis.

If you have any questions/suggestions please contact BHS Site Director, Sheryl Haiduck at shaiduck@bsdvt.org

Homework Center:
Monday - Thursday 3-5pm in the Library.

EL Theater Club:
Tuesdays 3:30-4:30 in B212.

Rowing (Fall and Spring):
Monday and Wednesdays 3:05 in front of BHS.

Unified Bocce/Bowling:
Wednesdays 3:30.

Unified Basketball (Winter):
Tuesdays and Thursdays.

GSA Club:
Fridays at 3:30-4:30.
Alternating between Rock Point and BHS.
BHS location C 204.

Above the Influence (ATI):
Wednesdays 7:45- 8:45 am in B 206.

DECA (Business and Entrepreneurial club): Wednesdays at 5:00 in Champlain Cafe.

Quidditch:
Thursdays 3:30-5:00 SEASONAL.

Dance Team:
Wednesdays 3:30-5:00.

HERO: Health Education Resource Opportunity:
Monthly meetings throughout the year.

Detour:
Tuesdays 3:05 in room C212.

International Club:
Wednesdays 3:10 in the Library.

Student Justice Union (SJU):
Tuesdays 3:30 in room F-311

Maker Mondays:
3:15-4:15 in Library Computer Lab.Walters

Girls Who Code: TBD.

Making Spoken Word Speak: TBD.

Meditation Lab:
Thursdays from 3:10-3:30 Location TBD
(starting Thursday, 12/6)

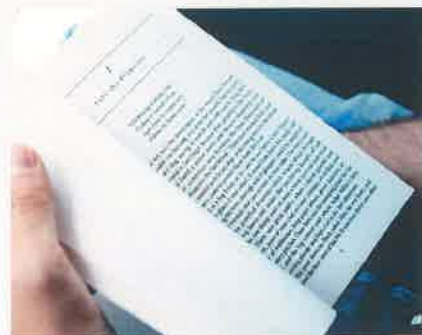
ADDITIONAL CLUBS/EXTRACURRICULARS

Drama
Interact Club
Math League
Model UN
Music
National Honor Society
Fitness Center
Poetry Outloud

Scholars Bowl
Snowboard Club
Student Council
Student Planning Committee
Refugee Outreach
Neuroscience
Debate Team

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 final exams coupled with busy schedules. 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.

HELPFUL LINKS

Please note, you can find useful info in the BHS Student Handbook and School Calendar, both of which can be found on the BHS Website:

<http://bhs.bsdvt.org/>

Link to Handbook:
<http://bhs.bsdvt.org/resources/student-handbook/>

Link to School Calendar:
<http://bhs.bsdvt.org/calendar/>