

BURLINGTON HIGH SCHOOL SCHOOL COUNSELING DEPARTMENT

NEWSLETTER

Term: Juniors, Spring | Issue 2 | Date: April 1, 2019

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WELCOME TO BHS!

Welcome to BHS Class of 2019!

Welcome to the second 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 DEPARTMENT MESSAGE

WE WANT TO SEE YOU! Junior year is almost over...are you ready for your last year of high school? Whether you already have a good idea of what your plans are for after high school, or feel clueless about it, the guidance office school counselors want to meet with you to discuss your future plans. Look out for workshops offered later in the school year and/or schedule time to check-in with your counselor in the Guidance office.

REFLECT We are over halfway through the spring semester of your junior year. Have you made the academic effort in high school that you should have? Are you pleased with your effort and results? What to do? It is never too late to improve your academic record. Start now! Set new goals for the second semester and make them happen. If you need help in a class, ask your teacher. Continue this effort in your senior year. Many colleges and employers are impressed by an improving academic record.

DREAM Many people allow life to happen to them rather than taking time to soul-search, dream and plan about the life they'd like to live. We all have choices and those choices can influence our future. Think about the choices you have made recently...do they lead towards your dream? Take the time to think about some goals that support your dream. Where do you see yourself in 10 years?

KEY DATES

CVU College Fair/ Consider Canada College Fair - April 8

VSAC Paying for College Night
April 10

Creative Workforce Job Fair - April 11

Spring Break - April 22 - April 26

SAT / ACT / TOEFL Spring Tests
April, May, June

Admissions to Selective Colleges Presentation - May 1

Final Exams - May 21-24

School Year Ends - June 12

LEARN ABOUT JOBS/CAREERS



CWS 2019 Networking & Hiring Event
at The Courtyard Marriott Burlington Harbor
25 Cherry St.

This free event will be a great chance to meet the following employers and training programs to learn about their job/career/training opportunities and interview on the spot if you are interested.

Home Depot, Hotel Vermont/Courtyard Burlington Harbor, Community Kitchen, Resource, The Vermont Agency of Transportation, Sodexo, VYCC, UVM Medical Center, Howard Center, Community Kitchen, Vermont Air Guard, Janitech, Westaff, City of Burlington and more.

CANADIAN COLLEGE FAIR



Canadian universities can offer an international experience while being relatively close to home. Canadian universities offer what most US universities offer but at a less expensive price. Learn more about studying in Canada - come to the Canadian College Fair at South Burlington High School on April 8th from 6:30pm - 8:30pm. There will be a panel discussion about studying in Canada from 6:30 - 7:00pm, followed by a time to visit with college representatives. Check it out!

SELECTIVE COLLEGES ADMISSIONS PROCESS

Navigating the Selective College Admissions Process

A Presentation by Peter Wilson, AB, MBA,

Director of Admissions, Deputy Dean and Chief of Staff -- The University of Chicago

Learn more about the admissions process at selective colleges and the unique opportunities that will make your college a perfect fit! This event is designed to address some of the things that a broad range of highly selective colleges look for in their applicants, as well as ways that students can make the most of their time in high school. This event is open to students and families in grades 9-11. May 1st, 7-8 PM, Burlington High School Auditorium



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). Fill out the VSAC grant application (www.vsac.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. 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 go to <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.

TEST INFORMATION: SAT, ACT, TOEFL

It is a good idea to register to take a standardized test (ACT, SAT or TOEFL) in the spring of this year if you are college bound. Colleges across the nation accept these tests, though the TOEFL is for students who's native language is not English. It is important that you register for the test well in advance because test centers fill up quickly. On-line registration is the easiest.

To register for the ACT, visit <http://www.act.org>

To register for the SAT, visit <http://www.sat.org/signup>.

To register for the TOEFL, visit <https://www.ets.org/toefl>

Some colleges require that students submit SAT subject test scores. Subject tests measure a student's depth of knowledge in a specific subject area such as English, History, Math, Science and Languages. Colleges that require subject tests tend to be among the most selective in their admission criteria. Students who need to take these tests usually do so at the end of their junior year after completing a course most relevant to the content of a Subject Test. If you have questions about Subject Tests or SAT/ACT tests, please consult your counselor.

Students who qualify for free and reduced price school lunch are eligible for other benefits. These include: fee waivers to take tests like the SAT, ACT, TOEFL and AP exams and waivers for college application fees. Fee waivers are located in the guidance office.

Students with disabilities and health-related needs can apply for accommodations when taking these tests. Please see your counselor for information on this process. Keep in mind applications for accommodations need to be completed approximately two months before the test date.

Many colleges no longer require standardized test scores. You can find a list of these colleges at www.fairtest.org.

Test taking strategies - The more you know about these tests, the more likely you will put forth your best work.

To learn more about how to best prepare for the SAT go to www.collegereadiness.collegeboard.com

Take the practice test and receive personalized practice at www.khanacademy.org/sat

UPCOMING SAT AND ACT TEST DATES:

SAT test given on May 4 -- registration deadline April 5

SAT test given on June 1 -- registration deadline May 3

To register: www.sat/collegeboard.org/register

ACT test given on June 8 -- registration deadline May 3

ACT test given on July 13 -- registration deadline June 14

To register: www.actstudent.org

for either test, you must use the Burlington High School code: 460085

PLEASE SEE MR. SETTEL IN THE GUIDANCE DEPT. FOR TOEFL INFORMATION - TEST DATE IS 5/1 FOR THE WRITTEN VERSION. THE ELECTRONIC VERSION IS OFFERED EVERY TWO WEEKS

FUTURE LOOK

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

The end of Junior year and the transition to your Senior year is a big transition time. It is a time of increased responsibility and 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 planning.

INTERESTED IN A COLLEGE COURSE FOR THE FALL SEMESTER?

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 Studies" 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.

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.

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 after school 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! Help is available in the Library every day from 12:00pm - 3:00pm.

WHAT SHOULD I LOOK FOR IN A COLLEGE?

Finding the best college for YOU requires that you engage in some reflection to learn about yourself, your needs, and values. While your school counselor, teachers, and parents can guide and support you in this process, ultimately the decision about where to attend college is YOURS. Taking charge of your own college search process will result in the best college decision/match for you. Take a couple quizzes on college planning websites such as Naviance, VSAC, or College Board to help clarify your college needs. Think about when and how you do your best work. What makes you happy? Do you want a rural or urban campus? What size student population-large, medium, or small-fits your needs? Do they offer the majors you wish to explore? What co-curricular activities are important to you? What are the housing options? How about the food? What about distance from home-can you drive home or must you fly? Have you had a discussion with your parents/guardians about finances? Create your own list of other questions that are important for you to have answered. Remember...there are many factors to consider as you do your college research ... for best results, be sure to start with learning about yourself!

CREATE A LIST OF POSSIBLE COLLEGES...

Once you have reflected on your needs and values, start to create a list of colleges you would like to explore. Check out college-planning websites such as those mentioned above where you can plug in your desires (size, location, etc.) and a list of colleges that match will be generated. Attend college fairs-SB will be hosting a Canadian College Fair (April *) and CVU will be holding a college fair for local high schools (nprif S). Talk with friends, teachers, and your school counselor-they can be great sources of college ideas at this stage of the process. Visit colleges' websites to learn more about particular schools. Many colleges now offer virtual tours.

Many of the colleges that are on your initial exploration list may not be the colleges you eventually apply to. Your goal is to investigate many colleges and create your ultimate list based on what you learn. Remember this is your process!

VISITING COLLEGES

The best way to learn about a college is to visit and April break is a great time to get a jump start on visiting colleges! Exploring different colleges as a junior allows you the opportunity to figure out what you are looking for in a college environment. Take a tour, meet with an admissions officer, talk with current students and attend Open House programs (if offered). The more colleges you visit, the more you will be able to make informed comparisons and ultimately make the right college choice for you! Ask lots of questions about the school. At the conclusion of each visit, jot down some notes about your initial impressions. If you are visiting many campuses, it is very easy to forget some of the details!

If travel is not an option, take advantage of visiting the wide variety of local colleges right here in your backyard. That will give you a gauge for your college research.

LOCAL COUNSELING 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 Info in the BHS Student Handbook as well as on our school calendar, both can be found on the BHS Website...

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

Link to Handbook:

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

Link to School Calendar:

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