

## GUIDANCE DEPARTMENT NEWSLETTER

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## DATES TO REMEMBER

03/4	ELA MCAS Retest
03/05	ELA MCAS Retest
03/06	ELA MCAS Retest
03/06	On-site Admissions
03/06	College Admission Seminar (6pm)
03/07	Math MCAS Retest
03/08	Math MCAS Retest
03/09	SAT test
03/21	Early release (11am)
03/21	Parent/Teacher Conferences
03/26	<u>ELA MCAS</u>
03/27	<u>ELA MCAS</u>
04/03	College Fair (5pm)
04/09	Early release (11am)
04/09	Term 4 begins
04/15	April vacation begins

## SAT Deadlines

April 5th for May 4th SAT  
May 3rd for June 1st SAT

## ACT Deadlines

March 8th for April 13th ACT  
May 3rd for June 8th ACT



## Freshman... it's never too late!

The first half of the year is over and you may be wondering how to improve the second half of freshman year.

Guidance is here to help you make that plan. It's never too late to work harder or show yourself that you are capable. The guidance department recommends that you make a few small changes gradually. Start with little things that you can realistically do. Also, it's important that you're honest with

yourself about your strengths and weaknesses. YOU can finish the year strong!

You should know...

- Homework must be completed regularly, it's not optional.
- You can meet with your teachers afterschool to make a plan and get support.
- There is free peer tutoring in B122 with the PACT afterschool on Monday, Tuesday and Wednesdays.

- You can use InfiniteCampus gradebook to stay on top of your attendance, behavior, missing work and grades.
- You can use weekly progress reports to monitor your progress. You can pick them up in your guidance office.
- You can always touch base with your guidance counselor to make a plan specific to your needs and goals.

## Tackling today until June!

The middle of winter can be tough –shorter daylight hours and snow. For another month or two, there can be a noticeable change in a person's levels of energy and motivation. Although it is not a welcomed change for most, it is very normal for all who experience it. So, what can be done to combat this change?

\* **EXERCISE!** Physical activity is a great outlet for stress and can help the body release endorphins which are natural "happy hormones." Exercising outdoors is a great option as it allows the body to soak in Vitamin D from the sun which, some studies say, helps in improving mood.

\* **SOAK IN VITAMIN D!** Vitamin D is essential to our bodies for the formation, growth and

repair of bones, normal calcium absorption and good immune function. Vitamin D is different from other essential vitamins because our bodies can manufacture it with sunlight exposure. 5 to 30 minutes of normal, outdoor, daily activity can fulfill the body's Vitamin D requirement.

\* **NUTRITION!** A well balanced diet can help with maintaining a consistent level of motivation throughout the day and prevent that "mid-day crash."

\* **SUPPORT!** Staying social and in touch with caring family and friends helps to provide a support network available when needed. Support is readily available at BHS in the way of teachers, counselors, administration and staff.

\* **TALK IT OUT!** Verbalizing an internal struggle can be very helpful in easing the burden of change. It also can allow for planning to take place to combat the feelings associated with change.

Physical wellness involving sunshine, a balanced diet and physical activity can do wonders in helping us to achieve increased feelings of positivity and decreased feelings of stress. Following these few tips can help to maintain physical wellbeing, increased mental wellness and make sure that you are safe while you enjoy warmer weather and all of the fun it has to offer!





## JUNIORS! START NOW!

Juniors, as spring approaches, hopefully, you have been thinking about your life beyond your senior year. Proper planning can reap benefits that will last for years to come, therefore, make a to-do list and be certain to check off items on the list as these next few months transpire. When September of your senior year rolls around, you will be happy you did! So, don't procrastinate!

**College Research:** If you plan to apply to four-year colleges or universities, you should visit local institutions during your April vacation to get a feel for the campus, the people (students and professors), the support systems and the added benefits. April vacation is a perfect time because vacation breaks in higher education are on a different schedule than high school. As a result, you can arrange for a half or full-day so you can shadow a student, attend a class or two, visit the dorms, meet a professor who teaches in your intended major and have lunch with other college students in the dining commons. Contact the admissions offices of the schools you would like to visit sooner than later

because April vacation is a popular time for high school visitations. Visiting schools and speaking with the admissions representatives, students, and professors will help you fine tune your list.

**SAT/ACT:** As juniors, you should take one SAT or ACT in the spring (May or June) as another opportunity to practice, but, remember, this will be the real test and not the practice one as you had with the PSAT. Preparation lessons and practice tests for the SAT or ACT can be found on their respective websites ([www.collegeboard.org](http://www.collegeboard.org) or [www.act.org](http://www.act.org)), as well as registration possibilities. Also, Khan Academy offers practice tests to help you

([www.khanacademy.org](http://www.khanacademy.org)). Your other SAT or ACT tests can be taken in the fall of your senior year. If you take three tests total (one spring of junior year and two in the fall of senior year), the colleges/universities will take the best scores.

**College Essay:** Hopefully, you will begin drafting a college essay in the spring of your junior year in your English class. If not, it is highly recommended that you work on a draft that you can share with your favorite, or current, English teacher to receive recommendations. Remember, the colleges want to hear something about you that is unique or that you deeply value that will reveal something interesting about you that is not evident on the transcript or on

your teacher letters of recommendation.

**Military:** Contact the recruiters of the branch you would like to join as soon as you can. They will work with you and guide you through the process which will include the ASVAB test, interviews, etc.

**The Work Force:** Students often feel they want to work for a year or two before they venture into college or the military. If that describes you, make certain you have a few plans. Just in case you are not happy at the current part-time job or you know they will not offer you a full-time role, you should be looking into other job options, especially if they pay more than you currently make. Be proactive!

## Senior Corner

There is still time to get that \$\$\$

- ♦ Find scholarships through the BPS website and your guidance suite
- ♦ Need FAFSA help?
  - ◇ See Talent Search in the AIRC
  - ◇ Call the Financial Aid office at the college you plan to attend
- ♦ Decision Day is May 1st



## Sophomores take the lead!

The MCAS can be stressful. Here are some things you can do to reduce the "test stress" and get a better grade on these important exams.

**Step 1:** Practice MCAS problems before the day of the test.

**Step 2:** In the days leading up to the test, ask your teacher any questions you might have.

**Step 3:** Eat a good dinner and get a good night's sleep the night before the test. Relax the night before and try not to stress.

**Step 4:** On the morning of the exam, eat a healthy breakfast and get to your testing room on time. Don't be late.

**Step 5:** Follow the teacher's instructions carefully. They will most likely read out loud a se-

ries of rules for the test given to them by the state. Follow them! If you break one of these rules (such as having a cell phone or talking with a friend) you WILL get a zero!

**Step 6:** Start taking the MCAS. Take your time and relax! Visualize yourself doing great and you will succeed!

**Step 7:** Take short, 2 minute breaks to rejuvenate. Roll your neck, break some tension, and breathe! Just make sure not to daydream or lose track of time.

**Step 8:** When you finish, check over your work and raise your hand. Make sure you didn't skip any problems. Don't leave any question blank. If you don't know the answer, take your best guess.