



Bedford High School Guidance Newsletter

December 2015

COUNSELOR ASSIGNMENTS

Ms. Alison Lohrum

ext. 1136

- 2016: Lin-Pim
- 2017: Ka-Ok
- 2018: He-Pa
- 2019: Haz-P

Mr. Brian DeChellis

ext. 1132

- 2016: Military
- 2017: Military
- 2018: Military+ W-Z
- 2018: Military + A-B

Ms. Janel Halupowski

ext. 1134

- 2016: Cha-Lin
- 2017: Chu-Ka
- 2018: Com-Ha
- 2019: C-Hay

Ms. Karen Ford

ext. 1133

- 2016: Pinc-Z
- 2017: A-Chat
- 2018: A-Col
- 2019: n/a

Ms. Kristen Milano

ext. 1139

- 2016: A-Cat/
Pinc-Z
- 2017: Ol-Z
- 2018: Pe-V
- 2019: Q-Z

Mr. Charles Alperin

Adjustment Counselor

**PLEASE REMEMBER:
USE THE GOOGLE
DOCUMENT CALENDAR
TO BOOK AN
APPOINTMENT WITH
YOUR COUNSELOR. LINKS
TO CALENDARS CAN
BE FOUND ON THE BHS
WEBSITE**

Hello Students and Families,

The holiday season is upon us, and the end of second term is coming soon. This can be a busy and chaotic time both at school and at home, and the Guidance department is here to help out in whatever way we can. College deadlines are approaching fast, so please make sure you are checking Naviance for application due dates, and let your counselor know if you are in need of any assistance. Also, please remember to keep checking Naviance for scholarship opportunities, and check college websites for additional information regarding scholarships that they offer. We are excited for the holiday season and wish you all the best!

Sincerely,
Amie Capodanno
Director of Guidance

FRESHMEN!

Please check in with your counselor if you have any questions regarding Naviance. If you have any other questions or concerns regarding upcoming midterms and school, please stop by!

SOPHOMORES!

Sophomores please be aware that PSAT Testing will take place on February 23rd. More information regarding registration will be available in January.

JUNIORS!

There will be a Junior Planning Night on January 5th from 6:30-8:00PM for both parents and students. During the event, counselors will discuss the college application process, SAT/ACT testing, and the transition from High School to College.

SENIORS!

Please continue to meet with your Guidance Counselors regarding college applications. The deadline for requesting transcripts for the January 1st deadline is **December 11th**. Please make sure to update your college list in Naviance, and alert your counselor when you are ready to send information to colleges!

Please remember to continue to check Naviance for scholarship opportunities!

IMPORTANT UPCOMING DATES:

December 8th: Progress reports will be uploaded to ASPEN

December 10th: Parent conference will be taking place from 4:00PM - 8:00PM

December 11th: Due date for requesting transcripts for January 1st deadlines

January 5th: Junior Planning Night for College 6:30-8:00PM

February 23rd: Sophomore PSAT - signups in January

TEST TAKING TIPS FOR MIDTERMS

- **TAKE GOOD NOTES!**
- **REVIEW ANY PRIOR QUIZES AND TESTS, AND TAKE NOTE OF PROBLEM AREAS**
- **ASK THE TEACHER TO SPECIFY THE AREAS THAT WILL BE EMPHASIZED ON THE TEST**
- **DON'T CRAM! SPACE YOUR STUDY TIME OVER SEVERAL NIGHTS**
- **BEFORE THE TEST, GET A GOOD NIGHT SLEEP AND EAT A HEALTHY MEAL**
- **ARRIVE TO THE TEST EARLY**
- **DURING THE TEST, HAVE A POSITIVE ATTITUDE**
- **STUDIES SHOW THAT IF YOU DRESS FOR SUCCESS, YOU HAVE A MORE POSITIVE ATTITUDE DURING TESTING**
- **TRY AND RELAX. YOU CAN DO IT!!!**

REMIND.COM

Please sign up for Remind.com to get important text message updates regarding upcoming tests, meetings, and deadlines. For more information, please pick up a flyer in the Guidance Office, or check out the Guidance website for more details!

SAVE THE DATE:

TUESDAY MARCH 15TH:

**BEDFORD COLLEGE FAIR
6:30PM-8:00PM
IN THE GYMNASIUM**

****OVER 100 REPS WILL
BE THERE!!!****

Adams Scholars Breakfast:

Please note that on December 4th at 7:45AM, the Guidance Department will be hosting a breakfast for those students who had exemplary MCAS scores. We look forward to seeing you there!

SAT / ACT EXAM DATES

SAT Dates	Registration Dates	Late Registration Dates	ACT Date	Registration Date	Late Registration Date
Dec 5, 2015	Nov 5, 2015	Nov 23, 2015	Dec 12, 2015	Nov 6, 2015	Nov 7-20, 2015
Jan 23, 2016	Dec 28, 2015	Jan 12, 2016	Feb 6, 2016	Jan 8, 2016	Jan 9-15, 2016
March 5, 2016	Feb 5, 2016	Feb 23, 2016	April 9, 2016	March 4, 2016	March 5-18, 2016
May 7, 2016	April 8, 2016	April 26, 2016	June 11, 2016	May 6, 2016	May 7-20, 2016
June 4, 2016	May 5, 2016	May 25, 2016			

To register online for the SAT, please visit: <https://sat.collegeboard.org>

To register online for the ACT, please visit: www.actstudent.org/register