



Bedford High School Guidance Newsletter

February 2016

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,

February is upon us and winter has finally arrived! With a winter break this month, we hope that Juniors will utilize the time off to visit colleges and universities nearby. College visits can provide a unique perspective into student life, the size, and overall “feel” of the school. We believe that the first hand experience of visiting a college will prove exceedingly beneficial in the overall search process. If you have any questions or concerns about the upcoming College search, please stop by Guidance! We are here to help you. Otherwise, Midterm exams are over, and we are excited to start the second half of the school year! Please stop by our office with any questions you may have!

Sincerely,
Amie Capodanno
Director of Guidance

JUNIORS!

**THANK YOU JUNIORS AND FAMILIES FOR ATTENDING THE COLLEGE
INFORMATION NIGHT. WE HOPE IT WAS HELPFUL AND INFORMATIVE.**

**CURRENTLY, WE ARE HOLDING SMALL GROUP MEETINGS WITH THE JUNIORS TO
START THE COLLEGE AND SEARCH PROCESS IN NAVIANCE. PLEASE REMEMBER SOME
IMPORTANT INFORMATION AND DEADLINES:**

- **COUNSELOR RECOMMENDATION QUESTIONNAIRE AND RESUME: TO BE
COMPLETED BY MARCH 10TH.**
- **PLEASE SIGN-UP FOR AN SAT OR ACT ACCOUNT AND REGISTER FOR ONE OR
BOTH OF THE TESTS THIS SPRING.**
- **PARENT QUESTIONNAIRE: COMPLETE AND TURN-IN TO YOUR GUIDANCE COUNSELOR
BY MARCH 10TH.**

EXTRA COPIES OF THESE FORMS CAN BE FOUND IN THE GUIDANCE DEPARTMENT

SENIORS!

WHERE THERE BE DRAGONS - GAP YEAR VISIT

If you are interested in exploring a Gap Year, please stop by the cafeteria on:
Tuesday, February 9th.

Also, Please remember to continue to check Naviance for
scholarship opportunities, and update your application results!

**SAVE THE DATE:
TUESDAY MARCH 15TH:
BEDFORD COLLEGE FAIR
6:30PM-8:00PM
IN THE GYMNASIUM**

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

IMPORTANT UPCOMING DATES:

February 25th: Sophomore PSAT - signups in January

SCHOLARSHIPS

As we receive scholarship information, we will be making it “active” on Naviance. Below is a list of some of the active scholarships that are currently accepting applications.

- * Air Force Aid Society Grant and Scholarship
- * Children of Warriors National Presidents’ Scholarship
- * Coca-Cola Scholars Program
- * Grand Lodge Knights of Pythias Scholarship
- * Hood Sportsmanship Scholarship
- * LendEDU Scholarship
- * NFIB Young Entrepreneur Award
- * Red Pine Scholarship
- * Society of Professional Journalists Essay Scholarship
- * Yawkey Scholars Program

We have also been receiving *college specific* scholarships. Please check the “notes”section of your school on Naviance, and the specific school’s website for more information.

AP TESTING REGISTRATION:

*Please remember to register for AP
Exams in the Guidance Office.
Registration will take place from
February 22nd - March 10th.*

FEELING A BIT BLUE?

New England is a wonderful place to life. However, during the winter months, when we rarely see the sun, our mood can change. If you have any of the below feelings, you may be experiencing Seasonal Affective Disorder (SAD) common during the winter:

- Feeling depressed most of the day, nearly every day
- Irritability.
- Tiredness or low-energy.
- Problems getting along with others.
- Appetite changes.
- Difficulty sleeping.
- Hypersensitivity to rejection.
- Heavy, “leaden” feeling in the arms or legs
- Losing interest in activities you once enjoyed

It’s normal to have some days when you feel down. But if you feel down for days at a time and you can’t get motivated to do activities you normally enjoy, please tell your counselor, parents, teachers, doctor or another trusted adult.

SAT / ACT EXAM DATES

SAT Dates	Registration Dates	Late Registration Dates	ACT Date	Registration Date	Late Registration Date
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/regist