



# Bedford High School Guidance Newsletter

November 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 school year is in full swing and the Guidance office has been bustling with students working hard on college applications and questions about SAT & ACT testing. Colleges are visiting Bedford High School daily, and students are utilizing these informational meetings to learn more about the schools in which they are interested. This upcoming month will provide opportunities for both students and families to learn more about the college application process, and how to adjust to the upcoming transition from high school to post graduation life! We look forward to providing assistance and guidance to students and parents during this exciting time, and are here to help in any way that we can.

Sincerely,  
Amie Capodanno  
Director of Guidance

## FRESHMEN!

We will be meeting in small groups to create a Naviance account and discuss how to use Naviance. These meetings will provide valuable information regarding future planning and college preparation.

## SOPHOMORES AND JUNIORS!

Sophomores please be aware that PSAT Testing will take place this February. More information regarding and more information regarding registration will be available in January.

Chyten Educational Services will be providing a SAT vs. ACT comparison test on **Saturday, November 14, 2015**. The test starts promptly at **8:00AM**, but please arrive no later then **7:45AM**.

To register, please grab a flyer in the Guidance office or contact Chyten Educational Servies at 1(800)428-TEST.

## SENIORS!

Please continue to meet with your Guidance Counselor regarding college applications. Please make sure to upload all pertinent information to Naviance and alert your counselor when you are ready to send your information to colleges!

**MCAS RE-TESTS will be held on November 4th-6th  
for ELA and on November 9th-10th for Math**

## IMPORTANT DATES:

**NOVEMBER 5th:** MEFA meeting regarding financial aid for Seniors and Parents @ 7:00PM in the auditorium

**NOVEMBER 5th:** ACT vs. SAT Meeting for Juniors and Parents @ 6:30PM in the Library

**NOVEMBER 14th:** Chyten SAT vs. ACT comparision test @ 8:00AM in the Cafeteria

**NOVEMBER 16, 17, and 19th:** Freshmen Group meetings with Counselors in English classrooms

## ALICE Training:

Please note that on Thursday, **November 12th during X-Block**, Bedford High School will administer ALICE training to all students. The purpose of ALICE (Alert, Lockdown, Inform, Counter, Evacuate) training is to prepare individuals to handle the threat of an Active Shooter. ALICE teaches individuals to participate in their own survival, while leading others to safety. Though no one can guarantee success in this type of situation, this new set of skills will greatly increase the odds of survival should anyone face this form of disaster.

~10th & 12th grade - Report at the start of X-Block from 1:15-1:47PM.

~9th & 11th grade - Report at 1:50-2:24PM.

## UPCOMING COLLEGE VISITS

**NOVEMBER 2ND: WHEELOCK COLLEGE**

**NOVEMBER 5TH: ROGER WILLIAMS UNIVERSITY**

**NOVEMBER 6TH: SALEM STATE UNIVERSITY**

**NOVEMBER 9TH: CONNECTICUT COLLEGE**

**NOVEMBER 10TH: UNIVERSITY OF NEW HAMPSHIRE**

**PLEASE FEEL TO DROP BY THE GUIDANCE  
DEPARTMENT FOR MORE INFORMATION!**

## ALL STUDENTS AND PARENTS

Tuesday, November 17th at 7:00-9:00PM  
at Concord Carlisle High School, Dr. Kevin Hill, of McLean Hospital, will be hosting a seminar: Clearing Away the Smoke: Facts & Fiction about Marijuana & Youth.

## Parent Forums:

~Navigating The College Search for Students With Learning Disabilities: Tuesday, November 17th @ Curry College 107 Blue Hill Ave, Milton, MA 02186. 7:00-8:30PM.

~Fenn Speaks - "You're Not So Special, and Other Words of Encouragement" - November 5th @ 7PM - Ward Hall 516 Monument St. Concord, MA 01742

~Fenn Speaks - "The Secrets of Happy Families" - November 18th @ 7PM - Ward Hall - 516 Monument St. Concord, MA 01742

## SAT / ACT EXAM DATES

SAT Dates	Registration Dates	Late Registration Dates	ACT Date	Registration Date	Late Registration Date
Nov 7, 2015	Oct 9, 2015	Oct 27, 2015	Oct 24, 2015	Sept 18, 2015	Sept 19- Oct 2
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/regist](http://www.actstudent.org/regist)