



Bedford High School Guidance Newsletter

January 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,

Happy New Year! We hope that everyone had a fun, relaxing, and restorative holiday. We are looking forward to a productive 2016. Mid-term exams and PSAT testing are coming up, and this can be a stressful time of year for both students and families. Please check in with your counselors regarding study skills, stress management, or organizational tools. Monday January 18th is Martin Luther King Jr. day. MLK Jr's message about peace and equality is as relevant today as it was 40 years ago. We hope you will take the time to reflect on his contributions to all of our lives. Have a fantastic January!

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 later this month.

JUNIORS!

There is 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 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:

January 5th: Junior Planning Night for College 6:30-8:00PM
February 23rd: 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
- * Henry David Thoreau Scholarship
- * Hood Sportsmanship Scholarship
- * LendEDU Scholarship
- * NFIB Young Entrepreneur Award
- * Presidential 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.

USA GAP YEAR FAIRS

~ January 16 - Brookline High School
115 Greenough St., Brookline, MA
~ January 23 - Noble and Greenough School
10 Campus Drive., Dedham, MA
~ January 24 - Phillips Academy Andover
7 Salem St., Andover, MA

The Gap Year Fairs profile a range of Gap Year programs. To learn more, please visit their website at: www.usagapyearfairs.org

TEST TAKING TIPS FOR MIDTERMS

- **TAKE GOOD NOTES!**
- **REVIEW ANY PRIOR QUIZZES 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!

SAT / ACT EXAM DATES

SAT Dates	Registration Dates	Late Registration Dates	ACT Date	Registration Date	Late Registration Date
Jan 23, 2015	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