



Suffield High School

Monthly Counseling Office Newsletter

Summer School

Summer school information has begun to arrive from several area programs and is now available in the school counseling office. Opportunities are available for students to make up credit in courses they have failed, but maintained attendance in and earned at least a 50% average. Students may also earn “new” elective credit in a few courses as well. **Anytime a student enrolls in any course for new elective credit outside the Suffield High School curriculum, prior approval from parents/guardians and school administration is required.** Proper forms for this are available in the counseling office.



A school counselor will be available **on Wednesday, June 28th from 7AM – 2PM** to assist any student or parent with questions about summer school options.

Despite Protests, Teens Listen to Parents



Study after study reveals that the overwhelming majority of teenagers feel love and respect for their parents. Research also shows that teens want to be connected to their parents. If you are a parent, let this sink in: You are important to your teen! However, most parents will never hear these warm, fuzzy comments from their own teens. Their quest for independence makes it difficult to admit their need for parental guidance.

Many adolescents have a knack for making their parents feel unimportant. Sometimes parents wonder if their pearls of wisdom and parental advice ever get through to teens. But they do! More than you would imagine.

No avoiding car talk- How many times have you looked at the car next to you and seen a parent and a teenager sitting there in silence? What a wasted moment! Parents often have a lot to say to their teenagers. There is no better place than a car- there is no place for them to go. What a captive audience. You could talk about recent events, school, college, plans, friends, issues, problems, etc. You could even tell your teen how proud you are to be his or her parent. Teens really do listen, even if they appear not to. Try it. It really does work. **PARENTS, TALK! YOUR TEENAGER IS LISTENING!**

Taken from: The Springfield Republican
Author: Tom McMahon

10 Things You Can Do For Your Mental Health

Try some or all of the 10 tips below to help find the right balance in your life during uncertain times. If you are receiving treatment for a mental illness, these tips can help you manage your disorder and support your treatment and recovery.

1. **Value Yourself.** Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects or broaden your horizons. Do a daily crossword puzzle or plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.
2. **Take Care of Your Body.** Taking care of yourself physically can improve your mental health. Be sure to eat nutritious meals. Avoid cigarettes, drink plenty of water, get enough sleep and EXERCISE. In fact, exercise has been shown to help decrease depression and anxiety and improve people's moods.
3. **Surround Yourself With Good People.** People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends or seek out activities where you can meet new people such as a club, class or support group.
4. **Give of Yourself.** Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need – and it's a great way to meet new people.
5. **Learn How to Deal With Stress.** Like it or not, stress is a part of life. Practice good coping skills: Do Tai chi, exercise, take a nature walk, play with your pet or try journal writing as a stress- reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.
6. **Quiet Your Mind.** Try meditating or reaching out spiritually through prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.
7. **Set Realistic Goals.** Decide what you want to achieve professionally or personally, and write down the steps you need to take to realize your goals. Aim high, but be realistic and don't over schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.
8. **Break Up the Monotony.** Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can help perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.
9. **Avoid Drugs and Alcohol.** Keep alcohol use to a minimum and avoid drugs. Substance abuse is one of our society's biggest health concerns. Sometimes people use alcohol or other drugs to "self-medicate" the symptoms of a mental disorder. But in reality, alcohol and drugs only aggravate mental illness.
10. **Get Help When You Need It.** Seeking help is a sign of strength not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and substance abuse disorders, and lead full, productive lives.

Information Provided by: Connecticut Resources Department of Mental Health and Addiction Services

Summer Top Ten Tips

What can students do during the summer to increase their chances of going to their top choice college? Here are ten great suggestions:

1. **READ** – If we had to suggest one thing that would increase your grades and ACT/SAT scores, make you a better writer, a better student, and increase your knowledge of the world, it would be to read as many good books as possible. Read newspapers and magazines; even check out a trashy novel or two. But read!



2. **VOLUNTEER** – One of the best things you can do this summer is to help your community. It's never too late to sign up. Most charities need your help and are more than willing to work around your schedule. Call the Sierra Club, Ronald McDonald House, the Coalition for the Homeless, whatever meets your interest. Volunteer work is challenging and rewarding-and it looks great on college applications.



3. **WORK/INTERN** – Summer jobs and internships are great opportunities to learn new skills and meet new people. Although some of the best are probably gone by now, there's still time to find work. Call local law firms, publishers, radio stations and offer to work for free. If you need the cash, baby sit, clean neighbors' houses, tutor kids, flip burgers-there's always something you can do to expand your horizons and maybe even make some money.



4. **LEARN SOMETHING** – Just because school's out is no reason to shut off your mind. Instead of learning the complete curriculum, teach yourself something totally off the roster. Learn about jazz, cooking, modern art, French films, whatever interests you. Summer is the perfect time to take control of your education and to learn things that you're interested in at your own pace.



5. **CHECK OUT COLLEGES** – Go to a library or bookstore and check out the many books on colleges. Think about what you want in a college. Do you want to go to a large state university, a small liberal arts college, or something in between? Surf the web and check out different college web sites. If you can, visit some of the campuses you're interested in. Even if you're nowhere near the schools that interest you most, visit a college close to you and talk to professors and administrators to get a sense of what college life is about. SHS students are encouraged to use the "Naviance/Family Connections" College Career online program to begin exploring options. Students can access this program from the guidance department website (suffield.org).



6. **TAKE A HIKE** – No matter where you live in the U.S., it's a short trip to some form of wilderness. This summer might be the perfect time to start hiking, to get out of the city or suburbs, and hang with Mother Nature.



7. **PREPARE FOR THE SAT & ACT** – These are challenging tests, causing much anxiety. Unfortunately, they are important tests and your ability to take them could have a significant impact on your college options. If you don't prepare for them, you're losing out to the hundreds of thousands of students who are. Take courses, use your practice PSAT/PLAN score results, use books or software, but you better prepare and summer affords you plenty of time to do this.



8. **DO AT LEAST ONE (HEALTHY) THING THAT YOU'VE NEVER DONE BEFORE** – Experiment. Do something great. Act in a play, spend time with senior citizens, skydive, and learn karate. The beauty of it is you're making your own agenda. Nobody's telling you what to do, so go crazy.



9. **KEEP A JOURNAL** – Along with how well you read, the ability to write is one of the most important skills you can develop. Keeping a journal is a pressure-free way to express yourself in writing. And it's a lot more fun than writing essays and book reports.

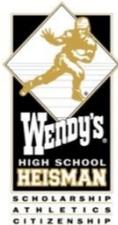


10. **NETWORK** – Interested in the University of Michigan? Curious about a job in advertising? Talk to someone who goes to Michigan. Meet with someone who works at an ad agency. You'll get a good sense if you're still interested in following those paths. You'd be surprised how happy people are to talk to someone who's interested in what they do.



Source: www.review.com

2018 SCHOLARSHIP OPPORTUNITY



The Wendy's High School Heisman Award application is now available to rising Seniors (Class of 2018) who excel in academics, athletics, and student leadership. If you are a senior with at least a B average who participates in at least one varsity sport and have demonstrated some leadership along the way, you are encouraged to apply! Go to www.wendysheisman.com to apply or see your counselor for assistance. Deadline is October 2, 2017!

Parents and the College Application Process

Coach not Quarterback. That, in a nutshell, should be the role of parents in the college search and selection process. As parents get caught up in the hype about how hard it is to get into college, many become more and more anxious about the process, and more involved than they should be. Ideally, searching for the colleges that best fit a particular student should be a growth experience for the student. For the first time, students are asked to really think about their preferences, their goals, and how they learn best. Students who devote time to truly learning about themselves are the ones who find the best college matches.



The college application process is the beginning of a student's independent academic life. As part of the process, students develop research and organizational skills, learn to meet deadlines, and analyze data. They need to read critically and compare and contrast offerings at different colleges in light of their own needs and wishes. By allowing students to take a primary role in the process, parents encourage growth and individual thinking, and help their children learn to make independent decisions.

Ideally, parents act as supporters and cheerleaders in this process. They should provide their children with the tools they need to get information or skills: the help of a college counselor, access to the internet, college guidebooks, test preparation aids. Together, parents and children, with the help of trusted advisors, should develop a college list that includes appropriate colleges that meet the student's profile and desires (and hopefully, the parents' too.) Families should plan a trip to visit as many of these schools as is feasible. Parents need to be upfront with students about their own goals for their children, and any limitations they need to impose such as location or cost.

To be fully invested in the process, students should be responsible for completing their own applications. While parents can play a role by proofreading, lifting a pencil to their paper is stepping over the line. Some students want their parents' input on essays, but often the college consultant or an English teacher can provide a more objective view.

Just as parents needed to step back and allow their toddler children to learn to walk on their own, here too, they must play a supporting role. By acting as coach rather than quarterback in the college selection process, you help your child to move on in his/her journey to independent adulthood.

Taken From: The College Advisor

Report: Many Teens Feel Addicted to Mobile Devices



A new report reveals that half of teenagers said mobile device addiction impacts their daily lives.

Half of the teenagers surveyed in a new poll said they "feel addicted" to their mobile devices, and 59 percent of parents participating in the survey said they agree their children are addicted. The poll, from Common Sense Media, reveals that parents and children said they are concerned about the impact their mobile devices have on their day-to-day lives, from driving to eating meals together. One-third of participating families said they argue about mobile device use daily. The poll, which surveyed 1,240 parents and kids from the same households, is accompanied by a white paper, [Technology Addiction:](#)

Concern, Controversy, and Finding Balance, in an effort to paint a complete picture about the issues surrounding technology use and addiction.

“Mobile devices are fundamentally changing how families go about day-to-day life, be it homework, driving or having dinner together,” said James Steyer, founder and CEO of Common Sense. “What we’ve discovered is that kids and parents feel addicted to their mobile devices, that it is causing daily conflict in homes, and that families are concerned about the consequences. We also know that problematic media use can negatively affect children’s development and that multi-tasking can harm learning and performance. As a society we all have a responsibility to take media use and addiction seriously and make sure parents have the information to help them make smart choices for their families.” Around one-half of surveyed parents and one-third of surveyed kids said they very often or occasionally try to reduce the amount of time they spend on devices. Sixty-six percent of parents and teens said mobile devices are not allowed at the dinner table. Seventy-two percent of teens and 48 percent of parents feel the need to immediately respond to texts, social networking messages, and other notifications; 69 percent of parents and 78 percent of teens check their devices at least hourly.

The white paper reviews existing studies and research on internet use, technology and addiction, and notes that there is cause for concern around problematic media use, which in extreme cases can have very damaging consequences. Multitasking, toggling between multiple screens or between screens and people, which is common for kids doing homework or socializing, can impair their ability to lay down memories, to learn, and to work effectively, according to the report.

Key white paper findings include:

1. Internet addiction is potentially serious and needs clarification and additional study for people to understand the impact on children’s physical, cognitive, social and emotional development.
2. Our digital lifestyles, which include frequent multitasking, may be harming our ability to remain focused.
3. Media and technology use is a source of tension for many families.
4. Problematic media use may be related to lower empathy and social well-being.
5. Technology may facilitate new ways of expressing typical adolescent developmental needs, such as the need for connection and validation from peer groups.
- 6. Embracing a balanced approach to media and technology, and supporting adult role-modeling, is recommended to prevent problematic media use.**

“The numbers here are quite staggering, but they reflect a fundamental transformation in the way adults relate to one another, how kids relate to each other, and in basic communication,” Steyer said in a call with reporters. “The amount of time kids have taken to spending on devices has gone up. That impact on behavior, attitudes, etc. are the questions we’re wrestling with now,” said Michael Robb, Common Sense’s director of research, during the call. The issue of multi-tasking merits further research, Robb noted, because the last study took place in 2009 and much has changed since then. “We don’t have great measures of how much multi-tasking we do, the impact of it on our attention, our ability to focus, to perform—that research has to be done,” he said. Another critical area deserving more research is that of what’s happening to conversations today. “This is a really interesting one, because it’s really important for social and emotional development. We need better long-term measures of how device

use is impacting people’s ability to empathize. That’s not to put down a good, healthy way of interacting online, but we should be a little bit concerned about how technology is displacing human interaction,” he said.

Taken From: eNews Author: Laura Devaney

ACT/SAT National Test Dates For 2017-18

<u>SAT</u>		<u>ACT</u>	
Test Dates	(Regular Reg. Deadline)	Test Dates	(Regular Reg. Deadline)
*Aug. 26, 2017	July 28, 2017	Sept. 9, 2017	July 28, 2017
Oct. 7, 2017	Sept. 8, 2017	Oct. 28, 2017	Sept. 22, 2017
Nov. 4, 2017	Oct. 5, 2017	Dec. 9, 2017	Nov. 3, 2017
Dec. 2, 2017	Nov. 2, 2017	Feb 10, 2018	Jan. 5, 2018
March 10, 2018	Feb. 9, 2018	April 14, 2018	March 9, 2018
May 5, 2018	April 6, 2018	June 9, 2018	May 4, 2018
June 2, 2018	May 3, 2018	*July 14, 2018	June 8, 2018

***New Test Date Added for 2017-18**

PSAT – Wednesday. October 11, 2017

Tips on Letting Go & the College Freshman Transition

The Summer Before Entering College

Educate your young adult about credit card debt. A short lesson on the dangers of credit card debt can prevent some major hardships later on. Don’t lecture, but do give some very specific examples of what can happen when you have to pay an 18 percent interest rate after an initial sign up “deal” runs out.



Talk about issues your son/daughter might face in college. Though you have talked about sex, drugs, and alcohol many times before, you might want to introduce these subjects in light of a college environment. Suggest some scenarios that your son or daughter might run into, so that he or she can think them through ahead of time and make more thoughtful choices about how to handle these situations.



The Emotional Roller Coaster

Letting go. Letting go is part of the understanding that your sons or daughters are still a part of your family, even if they are living hundreds or thousands of miles away. They will be changing and evolving, but they want things at home to stay steady and secure. Obviously this can't always be so, but be sensitive to their need for this kind of stability.

Advice from Karen Levin Coburn, Assistant Vice Chancellor for Students and Associate Dean for the Freshman Transition at Washington University in St. Louis



What is the Common App?

The Common App is a not-for-profit organization that serves to provide applications that students and school officials can send to more than 500 colleges. Put simply, the Common App is your key to successfully applying to multiple colleges using the same application. After signing up and making an account, one application can be sent to several colleges at once, eliminating time spent on filling out an individual app for every school you want to apply to.

So here's the scoop: The Common App will present you with an application similar to what you've probably seen a million times before when applying to jobs. You fill in all of your personal information, like your name, your address, your high school information, etc. Then, the Common App will give you a section where you can brag about all of your high school activities that set you apart from the rest of the pack. Finally, you get a selection of personal essay prompts that can be sent to each school you apply to.

What makes the Common App unique to every school is the supplemental part of the application. This is where each college you apply to can ask you individual questions that reflect what their admissions officers specifically want to hear. You can expect to see questions like, "Why are you the perfect fit for University X?" It's the part of the application where colleges test not just your GPA and your activities, but what you'll contribute to their specific school. In terms of deadlines, you'll have to stay on top of when your top colleges want the application by. Be aware of the early decision, early action and regular decision deadlines for every school, because the Common App will not remind you of those dates.

Who uses the Common App?

More than 500 private and public universities and colleges accept the Common Application. The odds are in your favor that your dream school could be one of those 500! Check out the list of schools who accept the Common App at commonapp.org. "Every school I applied to during my senior year of high school wound up accepting the Common App," says Nicole M., a junior at Marist College. "It made my life so much easier!"

Why is it worth completing?

As the Common App becomes more and more popular, it also could become your only option to apply to a college as colleges phase out their individual applications in favor of the Common App. "If you want to apply to many private colleges, the majority of well-known and highly ranked schools, they only use the Common App," says Michelle Podbelsek, a college counselor at College Counseling Associates. "That

is their application.” Prestigious universities such as Boston University, Columbia University, Dartmouth College, New York University, Northeastern University, Northwestern University and Yale University have all become known as “exclusive users,” meaning that they only use the Common App for their admissions. “The Common App is much more convenient instead of having to fill out separate applications for every school you apply to,” says Melissa, a junior at the University of Delaware. “It saves a lot of time and is simple to understand.”

Tips and tricks for an application that can't be rejected

If you're still uneasy about using the Common App, know that there are a ton of things you could do to make your college application shine! One of the most important components of the application is your list of high school activities. “Most of the Common App is just data about you - address, date of birth, your high school, etc.,” Podbelsek explains. “The parts that require strategy are the activities section and the essay.” Podbelsek suggests that “for the activities part, each student should first lay out all of their info on a separate Google or Word doc. List every single thing and then put them in the order of importance.” Although you can only include your top 10 activities on the Common App, you can put any extra clubs or sports in the Additional Info section to be sure that colleges know all they can about you.

But perhaps the most important aspect of your application is the personal essay. The Common App requires one main essay that each college you apply to will receive and then the supplemental questions asked by specific colleges. Podbelsek recommends that applicants keep their essays personal and informal and show who they are through what they write about. College admissions officers are looking

to get to know you through your essay, so be genuine and write about something that really means a lot to you. As heartwarming as a story about your father and how he is your hero would be, that's not something that helps admissions officers get to know you (instead, they'll get to know your dad!). Write about a tough time in your life, something that you volunteered for or an event that changed your life. These are the things that will show you have grown as a person and will continue to do so throughout college. You may not feel as if you stand out from the crowd as an average high school student, but think about it: your life is unique and you've had experiences different from everyone else's that made you who you are today.

The Common App can be one of your greatest assets when you apply to colleges. It saves you time and makes it easier to send everything you've worked so hard to accomplish in high school to every college you want to apply to. So now that you're a Common App expert, go write those essays and knock those admission officers' socks off!

Taken From: Her Campus Author: Nicole Knoebel

At SHS we encourage rising seniors (that's you Class of 2018!) to get a head start on their Common App after August 1st this summer. While the Common App is in fact a great time-saver in the long run (because seniors can submit it to multiple colleges) it does take some serious time and effort to complete the many “layers” that are included. Students who get a head start on the Common App over the summer will find themselves in a much better position to finish it in a timely way early this fall and be ready to submit it to colleges well before their deadlines.

Upcoming Events

As the school year comes to a close, we'd like to provide you with some important information about the events and activities planned during the next few weeks.

June 1	Senior Banquet
June 3	SAT Administration
June 5	Spring Sports Awards Program
June 6	SHS Film Festival
June 7	Senior Scholarship Night
June 10	ACT Administration
June 10	Graduation Ceremonies
June 28	Counselor available at SHS from 7AM – 2PM to assist with summer school questions.

***Juniors are reminded to request 3 letters of recommendation before school ends in June, and use the summer vacation to get started on a draft of a college application essay. Go to commonapp.org to get started on the Common Application after August 1st too!**

CONGRATULATIONS

Class of 2017!!!

The SHS School Counseling Department would like to offer our congratulations to the Class of 2017! We have enjoyed working with such a great group of young people and wish them all the best in all their future endeavors!