

SCHOOL COUNSELING & WELLNESS CENTER

Assistant Principal -Vincent Pisano

School Counselors

Keely Coco ~ Anthony DeMartinis ~ Elissa Germaine ~

Matt Grasso ~ Melissa Ranallo ~ Frank Sansanelli

Psychologists

Dr. Allison Boyle ~ Dr. Samantha Raimondi

Social Workers

Allison Braverman ~ Eric Maresca



APRIL
Let spring begin



IMPORTANT DATES

- 4/3 Third Marking period ends
- 4/4 Fourth Marking period begins
- 4/5 Registration Deadline for May 4th SAT I & II
- 4/6 Kaplan PSAT practice test @ Kennedy—8:00am
- 4/13 ACT—8:00 am
- 4/18--4/26—Spring Recess— School Closed
- 5/6 Advanced Placement exams begin

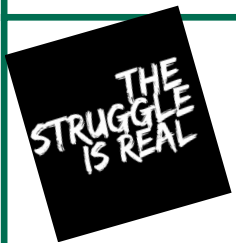
Schedule Verification

Please review the listed courses carefully on your portal to be sure that they are accurate. If you find any errors, bring them to the attention of your school counselor ASAP.

MAY 2019 AP EXAM SCHEDULE

Week 1	Morning 8 a.m.	Afternoon 12 noon	Week 2	Morning 8 a.m.	Afternoon noon	12	Afternoon 2 p.m.
Monday, May 6, 2019	United States Government and Politics	Environmental Science	Monday, May 13, 2019	Biology	Physics C: Mechanics		Physics C: Electricity & Magnetism
Tuesday, May 7, 2019	Spanish Language and Culture	Physics 1: Algebra-Based	Tuesday, May 14, 2019	Calculus AB Calculus BC	Art History		
Wednesday, May 8, 2019	English Literature and Composition	French Language and Culture	Wednesday, May 15, 2019	English Language & Composition	Italian Language and Culture Macro-economics		
Thursday, May 9, 2019	Chemistry	Psychology	Thursday, May 16, 2019	World History			
Friday, May 10, 2019	United States History	Computer Science Principles Physics 2: Algebra-Based Studio Art: (Portfolio Deadline)	Friday, May 17, 2019		Computer Science A Physics 2: Algebra-Based		

SENIORS



Struggling to pick a college!?! Make a Pro's & Con's list...

Highlighting a list of pros and cons can help to make your decision more clear.



Be sure to include the following :

Financial Fit; Environment; Location; Enrollment Size; Diversity on campus; Housing Options; Athletics/clubs/Greek life; Intensity of school spirt; Major/Programming, Religious affiliations, Food; Study abroad programs

Once you have the list made, create a side by side comparison with your schools.

Be sure to VISIT— VISIT—VISIT!!!

SENIOR EXIT SURVEY:

The JFK Senior Exit Survey is now available online via your [Naviance Family Connection](#) account. Once logged in, please click on "My Planner" at the top right, then "Tasks", and finally "Complete Senior Exit Survey". You may complete this information as you receive your college decisions. By completing this information you are providing future students with an anonymous database that will help them in their college search, just as it has helped you. Please see your counselor with questions.

SCHOLARSHIP BULLETIN

Click [HERE](#) for a list of Scholarships available and continue to check our School Website for Scholarship updates. Please visit the websites or call the admissions counselors of the colleges or universities where you are interested in attending! They may have additional information about scholarships as well.



JUNIORS

College planning season is here!

JUNIOR CONFERENCE INFORMATION

If you haven't scheduled your individual post-secondary planning conference with your counselor, don't delay any longer. At the link below you will find the three documents (Student Autobiography, Parent Brag Sheet, and College Planning Worksheet) that must be completed and turned in to the Counseling Center before you can schedule your meeting. Should you have any questions about this process, please contact your child's counselor.

[Student Autobiography, Parent Brag Sheet and College Planning Worksheet.](#)

Once your paperwork has been handed in, you may then call the Guidance Office at 516-992-1420. Appointments must be scheduled within the confines of the school day. Please allow at least an hour for the conference.

As an important note- please do not wait to take or receive a score from an ACT/SAT test to make an appointment. Additionally, Counselors proctor the AP exams in May, which means there is limited availability during this time.

So it is imperative to schedule as soon as possible. See you soon!

COLLEGE PLANNING GUIDE

Click [HERE](#) for the updated College Planning Guide. A guide to help you along the way with all of your post-secondary planning

SAT's and ACT's

Juniors typically take the SAT's & ACT's late winter and spring. It is essential that you prepare for these exams. Please see additional details on the SAT & ACT and also the prep courses offered through our district on [page 4](#) of this newsletter.

SOPHOMORES

NAVIANCE

During the week of March 11th, school counselors delivered a lesson on **Career & Personality Exploration** to all Sophomore students via classroom sessions. Each classroom lesson lasted one period. The lessons took place during Global History classes.

During the lesson, all sophomore students logged onto their personalized Naviance accounts. Naviance is the college and career planning software to which BMCHSD subscribes, Sophomore students were then guided to explore their personality traits and careers of interest using assessment tools available through Naviance.

Students were able to research a variety of career clusters including; Health Sciences, Marketing, Finance, Law, and Visual Arts. Through these clusters, many students were able to link college Majors associated with careers and a list of various colleges that offer those majors. It is a great tool to use to research and start the college process, which will be here before we know it. We encourage you to continue researching by logging in [HERE](#) If you have any questions about your passcode and/or Naviance, please see your counselor.



PSAT PRACTICE EXAM

Kennedy High School and Kaplan Test Prep are proud to offer this FREE opportunity to assist students in preparation for the fall PSAT/NMSQT. Below you will find the link to register for the FREE PSAT practice exam on April 6th from 8am - 10:30am, at Kennedy HS. Students will get scores immediately after taking the test by entering their answers into their smartphone.

This offer is only available to Sophomores and you must register through the Kaplan website. Please note that this is a simulation and that these scores are NOT reported to the testing agencies or colleges.

We encourage every Sophomore to take advantage of this very useful tool.

Register for the FREE PSAT at the link below: [Kennedy FREE PSAT practice exam](#)
Questions? --- Contact Kaplan representative Sam Pritchard at samuel.pritchard@kaplan.com



At this time of year more than ever, the ability to manage your time is critical for scholastic success. Taking a closer look at some of your habits may help us find out where you can improve, particularly at this time of school year.

Critical Points for Managing your Tasks

- 1.) Prepare a schedule that clearly indicates when you will study and when you will be occupied with other commitments or recreational activities.
- 2.) When doing your work, divide lengthy or difficult assignments into short, manageable units.

Notorious “Thieves of Time” No matter how organized you are, you always have “thieves of time” which prevent you from focusing on your tasks. See if any apply to you, and do your best to avoid them:

Telephone/text interruptions ~ Excessive computer time ~ Cluttered desk or room

Attempting too much at one time ~ Inability to say “NO”! ~ Procrastination

FRESHMEN

REMEMBER YOUR COUNSELOR IS AVAILABLE TO ASSIST YOU WITH ANY ACADEMIC OR SOCIAL ISSUES THAT MAY ARISE. WE ALWAYS LOOK FORWARD TO SEEING YOU!

Schedule Verification

Your final listing of courses for the 2019-2020 school year are available on your portal. Please review the listed courses carefully to be sure that they are accurate. If you find any errors, please bring them to the attention of your school counselor **immediately!**

ACT/SAT

All colleges and universities accept both the ACT and the SAT. While every student is different in their testing plan, it is sometimes suggested to take both the ACT and the SAT. This would give you a chance to look at two scores and determine which you performed better on. If one exam plays to your strengths more than the other, you then would focus your study time on that test. As always, please see your school counselor to determine the best testing plan for you.

SAT Reasoning Test

To register log on to the College Board web-site
www.collegeboard.org

Test Date	Registration Deadline	Online Score Release
May 4, 2019	April 05, 2019 (4/19 with late fee)	May 23, 2019
June 1, 2019	May 3, 2019 (5/17 with late fee)	July 20, 2019

*Please note that if you have been approved to receive testing accommodations you **MUST** indicate your SSD Code when registering. The SSD Code is listed on your Eligibility Approval Letter. *

ACT Reasoning Test

To register log on to the ACT web-site at www.act.org

Test Date	Registration Deadline	Online Score Release
April 13, 2019	March 8, 2019 (3/25 with late fee)	April 23, 2019
June 8, 2019	May 3, 2019 (5/20 with late fee)	June 18, 2019
July 13, 2019* <small>*not offered in NY</small>	June 14, 2019 (6/24 with late fee)	July 23, 2019

APPLYING FOR TESTING ACCOMMODATIONS ON THE ACT

The ACT Corporation will only consider applications for testing accommodations after a student has registered for an actual exam. Therefore, we recommend that students register for the first exam they plan to take, very early in their junior year. Once a student has registered for an exam, they must bring us an admission ticket (as well as the release of records form found [HERE](#)) before we can apply for the students testing accommodations. This initial registration is for testing under standard conditions. Once a student has their accommodations approved they will be changed to testing under their approved conditions.

Please note the review process for testing accommodations takes approximately 8 weeks—we recommend that students apply for their accommodations WELL IN ADVANCE of the date they hope to test.

SAT II Subject Tests

The SAT tests are subject-based exams that are required or recommended by some highly selective colleges for admissions.

If you are enrolled in any honors or A.P. classes, you may want to consider taking an SAT Subject Test in June. The best way to find out if a college wants these exams is to visit the school's official website.

Please consult with your teachers and Counselor for more information.

BMCHSD

Prep Courses available

The Bellmore-Merrick CHSD has partnered with both Kaplan and Method Test Prep for any student interested in preparing for the upcoming SAT and or ACT examinations. Both offer our students courses and online prep at a significantly reduced rate. For more information on classes, please click on the link below.

SAT/ACT

[Kaplan ACT/SAT Prep](#)

[Method Test Prep](#)

[ACT/SAT Course](#)



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WELLNESS TIP OF THE MONTH

Keeping
Motivated

When the weather becomes warmer, many high schoolers struggle staying motivated in school and may lose focus on academics. It is a myth that “senioritis” is only a problem for seniors! Students of all ages often have trouble finishing the school year as strong as they started. It is important to be aware of motivational challenges and learn how to resist the urge to “check-out”.

Here are a few tips that may help improve your attitude in the last few months of school:

- * Rank your assignments in order of importance. Deadline coming up? Do that assignment first. As you complete each task, think of it as another step on your way to graduation.
- * Take advantage of flexible assignments by personalizing them as much as possible. If you are able to choose a topic for your next English essay or Biology presentation, pick something that you are interested in researching.
- * Set small, attainable goals. Work on assignments in small chunks so that you don't feel overwhelmed.
- * Reward yourself when you complete a school assignment. Finished your Global History packet? Great! Enjoy 15 minutes of video game time or watch a short YouTube video to unwind, and then move on to the next task.
- * Remember what all your hard work is for. Use your future goals as motivators to stay present in your daily responsibilities.



Summer Programs



Now is the time to consider how you may optimize your summer vacation! A visit to our office can help you to identify academic programs, employment opportunities, or even community service involvements that can help you make the most of the summer months. These are the types of summer involvements that will impress college admission counselors and potential employers in the future. Additionally, many colleges offer summer programs for high school students. These include college credit programs, as well as, enrichment courses. This is a great resource for exploring summer opportunities at colleges across the country.

A list and description of all summer programs can be found under the Summer Bulletins on our [School Website](#).

COLLEGE SPOTLIGHT

NASSAU COUNSELORS'



ASSOCIATION

SPRING COLLEGE EXPO

NASSAU COUNSELORS' ASSOCIATION WILL BE HOSTING

THE SPRING COLLEGE EXPO—WEDNESDAY, APRIL 10, 2019—AT HOFSTRA UNIVERSITY

Representatives from more than 300 four- and two year colleges, nursing schools, business schools, and trade schools will participate in the 48th annual Spring College Expo which will be held on Wednesday, April 10 at the Hofstra University Mack Sports and Exhibition Complex in Hempstead.

The Spring College Expo, sponsored by the Nassau Counselors' Association is a timesaving opportunity for students and parents to gather a lot of information in one day. College admissions representatives will be on hand to answer key questions ranging from acceptance policies to student-faculty ratio. The event and parking are free. Officers and enlisted personnel from the various branches of the military services will also be on hand to discuss the military's enlistment and education programs such as R.O.T.C., the military academies and the GI Bill.

Students are encouraged to preregister in order to obtain their scannable codes.

[CLICK HERE FOR MORE INFORMATION](#)