

Counseling Center Times

THE JFK COUNSELING & WELLNESS CENTER NEWSLETTER

School Counseling & Wellness Center

Assistant Principal -Vincent Pisano

SCHOOL COUNSELORS

Jessica Berger ~ Keely Coco ~ Elissa Germaine
Matt Grasso~ Courtney Waller ~ Frank Sansanelli

PSYCHOLOGISTS

Dr. Allison Boyle
Dr. Daniel Schulman

SOCIAL WORKERS

Eric Maresca
Ashley Grif

November/December. 2022

IMPORTANT DATES

- 11/5 – SAT @ 8 AM
- 11/8 – Election Day (Half Day for students - AM)
- 11/9 – Kennedy Fall Letter Ceremony
- 11/11 – Veteran’s Day (No School)
- 11/14 – First Marking Period Ends
- 11/15 – Fall National Honor Society Induction – 7:45 AM
- 11/18 & 19 – Fall Drama Production
- 11/22 – Parent Teacher Conferences/Half Day for Students
- 11/23 – Half Day for Students
- 11/24 – Happy Thanksgiving!
- 11/24 & 25 – No School
- 12/1 – SAT @ 8 AM
- 12/7 – Winter Concert I
- 12/10 – ACT Exam @ 8 AM
- 12/14 – Winter Concert II
- 12/22 – Alumni Day
- 12/24 – 1/2 – Holiday Recess (No School)

NEWS & EVENTS

- College On-site Admissions – Click [HERE](#) for more information and to register!
- AP Exam Payments – [ONLINE!!!](#)
- Free Online SAT & ACT Test Prep through Method Learning for BMCHSD students. Register [HERE!](#)

Seniors- ON-SITE Admissions!

1. LIU Post – Nov 16th
2. St. Johns University – Nov 21st
3. Hofstra University – Dec 1st
4. SUNY Farmingdale – Dec 5th
5. Molloy College – Dec 6th
6. Nassau CC – Dec 9th
7. NYIT – Dec 15th (Virtual)
8. Adelphi University – Nov 11th & Dec 4 (conducted on their campus!)

*If interested, please come to guidance to make an appointment!!

Things to Know

FRESHMEN

- [Who's your counselor?](#)
- [Extra Help Schedule](#)

SOPHOMORES

- [How to get started on Naviance!](#)
- [PSAT scores will be available in mid-December](#)

JUNIORS

- [SAT](#) & [ACT](#) Exam Dates
- Register for the free prep with Method Learning!
- PSAT scores will be available in mid-December

SENIORS

- [Transcript Request Form](#)
- [FAFSA Application](#)
- [FAFSA Presentation Info](#)
- [Scholarship bulletin – HERE](#)

Scheduling

Counselors will visit the social studies classes in mid-December to outline the scheduling process, distribute course selection forms, and discuss requirements and options. Program planning for all of our students will take place in January 2023 during English classes. Start thinking about elective classes that may interest you for next year. Click [HERE](#) to review our district's course catalog.

PSAT INFORMATION

PSAT scores will be available in mid-December. Your scores will be sent via the e-mail you provided on your answer sheet. Your online report will provide you with summaries of your performance related to your scores. You will be able to see how you performed on each individual question. This information should be utilized in an effort to prepare students to take the SAT later this school year for Juniors and next year for Sophomores.

COLLEGE SPOTLIGHT

Syracuse University



Quick Facts: www.syracuse.edu

Affiliation: Private –Non- forprofit-4 year

Location: Syracuse, NY

Campus Setting: Located in Central New York, the campus overlooks the City of Syracuse and is just a bus ride away from nearby farm markets, the Finger Lakes, the Great Lakes, waterfalls, and downtown Syracuse.

Admissions: GPA: 92 Avg.

SAT: 1280 Avg.

ACT Composite: 28-30 Avg.

Enrollment: Total Undergraduates 14,800

Student/Faculty Ratio: 15:1; average class size is about 25 students.

Strongest Academic Programs: Social Sciences, Business Management/Marketing, Communication, Journalism, Visual & Performing Arts, Computer & Information Sciences, Psychology, Engineering

Campus Life: Over 300 student organizations, 50+ Greek organizations, 21 residence halls, 23 options for dining, 13 different colleges/schools (i.e., College of Law), on-campus performances/entertainment, and year-round athletic events at the JMA Wireless Dome.

Athletics: The Syracuse Orange are backed by their mascot Otto the Orange and have 8 Division 1 Men's sports and 12 Division 1 Women's sports. Syracuse Athletics are highly competitive and are always supported by the student body, with their student section being known as, "Otto's Army".

Cost: \$58,440 (\$35,000 avg cost after aid)

Room and Board: \$18,865 ~ Mandatory to live on campus for first two years

Special Facilities— The Schine and Goldstein Student Centers, Barnes Center at the Arch, Coalitions of Museum & Art Centers (CMAC), Hall of Languages, the 9-story Biological Research Lab, Belfer Audio Laboratory and Archive, the LGBTQ+ resource center, and the Whitman Career Services Center.

Fun Facts:

- The JME Carrier Dome is the largest domed stadium of any college campus.
- 2-time Olympic gold medalist and 8-time NBA All Star Carmelo Anthony is an alumnus.
- Syracuse has the largest snowplow in the world with the city accruing an average snowfall of over 110 inches/year.
- Syracuse has the very famous and longest running State Fair in the country (began in 1848).
- Ranked as the #1 Best Public Affairs School for 2023 (U.S. News & World Report)
- Ranked as the #1 Best Photojournalism School for 2022 (College Factual)
- Ranked as the #2 Best Broadcast Journalism School for 2022 (College Factual)

Wellness Tip of the Month

Positive Self-Reflection

Whether it is due to homework and studying, managing clubs and sports, or helping with younger siblings, it goes without question that high school students always have a lot on their plate. You may find yourself so consumed with your day-to-day responsibilities that you don't even have a second to think and reflect about what happened that day or that week, let alone over the past 6 months. Although it may be difficult to identify due to your hectic and demanding schedule, you have certainly made incredible progress and growth over the past few years. Engaging in self-reflection can help with identifying/clarifying these moments of growth, along with improving relationships, helping reduce levels of stress, allowing for better decision-making, and much more.

Self-Reflection can be defined as the act of looking back over previous events with an open mind **to learn and improve from the decisions and actions that were made.** Here are some "prompts" that can be potentially used in self-reflection:

- Think meticulously about a moment in your past where you felt genuinely proud of yourself.
- Think about what core values really matter to you and why that is.
- Think about what has helped you feel calm and settled in the past
- With the knowledge and awareness that you have now, what advice would you give to your 10-year-old self?

- Think back to 6th grade and visualize a moment that was challenging and/or difficult for you.
 - Think about why and how that situation was challenging for you.
 - Think about the emotions you felt when faced with this challenge.
 - Think about the necessary steps you took to overcome that challenge, including thinking about anyone who helped you along the way.
 - If someone did help you overcome this challenge, think about their reasons for choosing to help you and how they helped you.
 - After overcoming that challenging moment, think about and visualize how you felt.
 - If you were presented with that challenge today, would you still view it to be as challenging? Do you think that you would be able to overcome the challenge more effectively than in 6th grade? Think about why.

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