

Boyertown Senior High School Counseling Department Newsletter

MAY 2020

How to get ahead this summer:

Consider summer employment! [Click here for the link to access Working Papers!](#)

If you are college-bound student, please see below resources, and tips for getting a head start on your search:

- Log onto [College Board](#) and complete the [BigFuture](#) College Search. This is a great way to explore which colleges have the criteria you are looking for.
- Colleges are now offering virtual tours of their campuses. Check out some examples below:

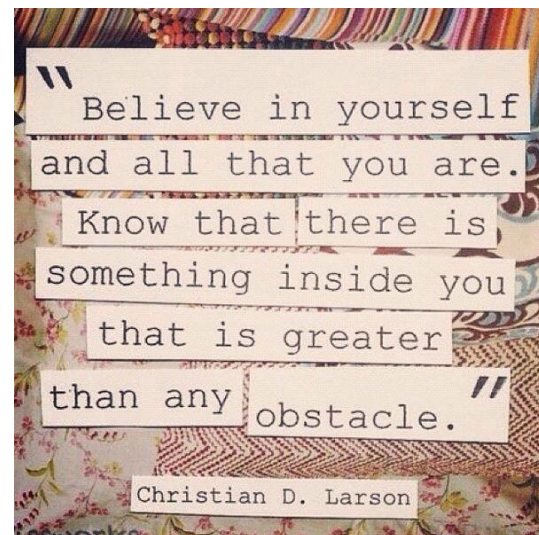
[Kutztown University](#)

[Penn State University](#)

[West Chester University](#)

- Upcoming College Fairs can be found at this link: [College Fair Information](#)
- Consider registering for Fall Open House Events.
[Montgomery County Community College](#)- Offering Online Open House Events!
- Are you considering playing sports in college? You must register with the [NCAA](#). Click the link for more information.

“The future belongs to those who believe in the beauty of their dreams.” -Eleanor Roosevelt



General Announcements:

Congrats to the Class of 2020 on their LAST week of High School! You did it!

Friday, **May 15th** is the LAST day to make any changes to your course requests!

- Have a FAFSA question or need one-on-one FAFSA support? Schedule a virtual FAFSA Session for any Wednesday in May. Call or text to connect with the PHEAA Access Partner, Sonya Mann-McFarlane at 717-884-220
- SAT/ACT Updated Schedule: Please click below for what exam you would like updated information on: [SAT](#) OR [ACT](#)
- Many colleges are seeking a test-optional application process due to the SAT and ACT cancellations. Contact the colleges admissions office for more information, and if they are seeking the test-optional route.
- If you plan on taking an AP class next year, please make sure to join Mrs. Greener's AP Google Classroom.
Class Code: **5f5agy**

Career Portfolio Updates:

Final Day to submit/complete assignments is **May 20th**!

- 3rd Quarter Uploading of documents to SmartFutures is the only component required!
- Juniors are not required to complete/upload their Job Shadowing- you are exempt. If you did complete this activity, you should upload your assignment to SmartFutures so you do not lose it.
- Please contact your homeroom teacher or Mrs. Bright at mbright@bovertownasd.org with any questions or concerns regarding your career portfolio.

Berks Career & Technology Center Information:

- Wanna go on a field trip? BCTC has virtual tours by clicking [HERE](#).
- Once you take a tour of BCTC, you can **STILL** apply by emailing your School Counselor. Give it a try! See what BCTC is all about. Enjoy your trip!
- BCTC has a **new program** where you can learn how to operate and maintain bulldozers, backhoes, excavators, and other heavy equipment used in construction sites, farming, road development and repair. Check it out here: [HEO Flyer.pdf](#), and get an application from your School Counselor!

Self-Care Tips



1. **Exercise.** Incorporate movement in your everyday routine. Whether it is running, yoga, or going for a walk- exercise not only gets you physically fit, but it is a natural way to help decrease depression and anxiety.
2. **Find a creative outlet.** Choose a creative outlet to convey your thoughts and feelings. This could be journaling, writing poetry, painting or drawing, doing photography, dancing, or playing music.
3. **Turn off smart phones** (at least for part of the day). - Once you try it, you may find it refreshing to have a break from the constant notifications.

Resources:

TeenCentral.com is a "safe-space" confidential and anonymous service providing a range of information and encouragement to teens – including the opportunity to submit questions and concerns and get an individualized response from clinical experts. Please visit:

www.teencentral.com

Walk-in Clinics: All KidsPeace's outpatient locations in Lehigh and Monroe County will continue to offer free walk-in mental health assessments by clinically trained professionals – no appointment needed! The assessments allow for fast evaluation of mental health condition and if needed crisis intervention. Check out www.kidspeace.org for more information about their outpatient services.