

Counseling Communiqué

Acton-Boxborough Regional High School Counseling Department
<http://ab.mec.edu/abrhs/counseling/index/shtml>

“Lovely Advice”

June 2011
Volume 23, Issue 10

With graduation right around the corner, it is hard to believe that another school year is coming to an end. For our freshmen, sophomores and juniors it brings the feelings of excitement and moving forward. For our seniors, moving on brings with it exhilarating as well as anxious thoughts.

I often wonder what our students will remember from ABRHS, as they move forward to the next phase of their lives. What advice will they carry with them as they grow?

Over the years, students have been given words of wisdom by their teachers, parents, and friends. Sometimes I come across something that I believe is worth sharing. The other day, a friend forwarded me a list of “Lovely Advice”. I immediately wanted to post it on my wall so that I could reference it often.

As we wind down the school year, I hope that some people will read this and try to implement these into their own lives. I know that I am going to try.



Lovely Advice

Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.

Don't compare your life to others. You have no idea what their journey is all about.

Don't have negative thoughts about things you cannot control. Instead invest your energy in the positive present moment.

Don't over do. Keep your limits.

Don't take yourself so seriously. No one else does.

Don't waste your precious energy on gossip.

Dream more while you are awake.

Envy is a waste of time.

Life is too short to waste time hating anyone. Don't hate others.

Make peace with your past so it won't spoil the present.

No one is in charge of your happiness except you.

Smile and laugh more.

Live with the 3 E's – Energy, Enthusiasm and Empathy.

Most importantly....

The best is yet to come!

Jodi Chu
School Counselor

Dates of Interest June

- 3 Graduation
- 4 SATs administered
- 7 Summer Volunteer Opportunities Fair
- 11 ACTs administered
- 14 English Finals in English classes
- 15 English Finals in English classes
- 16 Final Exams-1st & 2nd period classes
- 17 Final Exams-3rd & 4th period classes
- 20 Final Exams-7th & 8th period classes
- 21 Final Exams-5th & 6th period classes

*Final Exams are at
7:30 and 9:15 A.M.*

Students will be dismissed at 10:45 A.M.

Congratulations to the Class of 2011!

Seniors are Surveyed

Early in May seniors were asked to complete a survey administered by the school's Follow-up Study Committee. The survey sought students' opinions on the high school's program and services as well as their suggestions for improving the school. This is the eighteenth year that all seniors have been surveyed. Survey results will be available in the Counseling Center in the fall.

Don't Forget



After making a final college decision, it's important to notify all the other colleges where a student was accepted and won't be attending. This, in turn, will make the day of another student who was just hoping to get in! Also, as a nice gesture, students might send thank you notes to the people who helped with their going-to-college quest.

The College Freshman Experience

Students vary in their responses to living away from home for the first time, but many go through similar emotions as they transition to life on the college campus. Summer is filled with a variety of emotions including anticipation, excitement and anxiety. Students are looking forward to the college experience but may become worried about leaving the comforts of home and the friendships they have built here.

Upon arriving at school, most students have high expectations about academic excellence and an amazing social life. However, during the first few weeks at school, they may realize that college is not all glamour and fun. The workload is typically heavier and more intense than they have experienced in high school, with fewer guidelines from professors about how to manage their workload. Students will benefit greatly from developing a system of organization that works for them to help manage homework and long term due dates. Similarly, developing a relationship with professors and academic advisors is a great way to help manage the academic demands of college.

Many students start to feel the inevitable loneliness and homesickness that comes with their first experience living away from home. Encourage your son or daughter to go to all the orientation activities his/her school offers. It will help him/her become more familiar with the surroundings while meeting other students who will be going through the same experiences and emotions.

As students continue through their first semester, some may start to think about transferring if they are not totally satisfied with their experience thus far. Encourage your child to talk about what he/she is dissatisfied with and help them brainstorm how to improve their experience. As they approach the exam period, students are sometimes overwhelmed with the amount of work involved with preparing for such tests and should be encouraged to access the supports available at their school.

As they move through their first year in college, students go through a variety of stages as they adjust to life away from home. Hopefully, they develop coping strategies for striking a balance between meeting the academic and social demands of college while exploring their academic interests. This prospect can be overwhelming at times but is also a wonderful opportunity to find out who they really are.

Resources for Grads

Even after students graduate, the resources of the Counseling Department are still available to them. Whether transferring from one college to another or entering college as a freshman after a year or more off, refer to the Counseling website for helpful resources. Please contact the Counseling Office if you need your Naviance account reactivated.

Information for Juniors and Parents

A Note to the Class of 2012

Are the seniors gone yet? If so, are you feeling like a senior yourself? You are! Congratulations on making it to this very significant stage in your life and education. As the summer approaches, you may be faced with growing questions and concerns regarding your future career or college goals. You may notice that you are not alone with these thoughts of the future... welcome to the adult world!

To help alleviate your concerns, try to take advantage of the summer months to get out and investigate as many post secondary options as possible. Are you interested in working, entering the military or doing a gap year? Explore different career paths by revisiting the career interest inventory or personality profile on Naviance. Investigate various options such as trade programs, two year schools, and military branches using resources on the Counseling Department website. Research local organizations that provide planning for volunteer experiences, travel or interim programs. No matter what students' plans are after high school, the more they do in the summer before their senior year, the less they will have to "cram" into the fall.

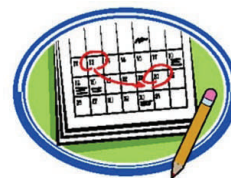
If you are planning on applying to colleges, take advantage of the summer months to investigate as many colleges as you can. If possible, plan family trips to areas where you think you may want to attend college. This will allow you to explore colleges in that area and compare them to what you have read about online. You can also get a sense of different geographical environments and answer some questions about how far from home you may feel comfortable going. Before traveling to look at schools, be sure to use the Naviance/Family Connection program to gain up-to-date information about different schools – www.connection.naviance.com/ab.



Summer Suggestions

The summer between the junior and senior year can be busy and productive both for parents and students. Students who are planning to go directly to college upon graduation have a number of steps they can take during the summer. Students who think they may not be ready for college immediately upon graduation but intend to go after taking a year off should work on the same activities as students who plan to enter college directly upon graduation but with one more consideration – they need to apply to schools which will allow them to defer their entrance for a year.

- Use the Naviance program to research schools and information on where students with similar records have been accepted.
- Continue to work on developing a list of colleges.
- Plan visits and schedule tours/meetings with admissions representatives at colleges.
- Talk to college students about their experiences.
- Prepare for taking the SAT/ACT if required and not already done.
- Families should come to an understanding about financing a college education.
- Familiarize yourself with the Common Application and supplements, when applicable.



Bulletin Board

Course Scheduling

Counselors will be working with students on 2011/2012 schedule conflicts in school through the month of June. Conflicts occur when the classes students have chosen are not offered every period resulting in students having to choose between classes or electives or swapping out a class for another available option in the time slot available.

Student schedules will go live on the Parent Portal in Powerschool around noon on August 1, 2011. Students and parents will be able to see their course schedule by period at that time as well as teacher assignments.

At the time schedules go live, instructions will be posted simultaneously for students who have any questions or special requests.

Parent Book Group Opportunity



The Counseling Department will be sponsoring an evening parent book discussion group early next fall. The date will be solidified this summer but we wanted to give you a heads up in case you were looking for a good summer read. The book we have selected is entitled, "I'm Going to College---Not You: Surviving the College Search with your Child" by Jennifer Delahunty. Please contact Jen Gabel at jgabel@mail.ab.mec.edu if you have additional questions.

Jennifer Delahunty is the Dean of Admissions at Kenyon College and a parent. Here is a review of the book from [Booklist](#)

"As a parent and the Dean of Admissions at Kenyon College, Delahunty has witnessed the stress of the college search and admissions process from the inside and the outside. She offers a collection of essays from both perspectives. Parents recall the process as the "last dance of parenting" because of the implications that where a child goes to college is somehow a reflection on the parent. Essays range from hilarious to painful as parents confess to being whipsawed by emotions, sometimes making the process more about themselves than their children, and mixing in memories of their own benighted college selection process. Admissions professionals, with a far broader perspective, offer calm and solid advice on how to help without taking over the process and how to find the best fit for the student. Among the contributors, reflecting on everything from the beginning of the application process through move-in day, are Anna Quindlen, Jane Hamilton, and the Neurotic Parent blogger as well as Admissions Directors at Smith and Colby Colleges. Parents will enjoy the humor, drama, and poignancy of this collection." *Vanessa Bush.*

Summer Volunteer Opportunities Fair

A range of volunteer opportunities -- continuing and one-time events -- will be featured at the annual Summer Volunteer Opportunities Fair to be held during all lunches on Tuesday, June 7th in Common B. Students are encouraged to stop by to pick up information or sign up. The information from the fair will be available in the Counseling Center after the fair until the end of the school year.



Summer Jobs and Volunteer Opportunities

Looking for a way to explore your interests, make some money or contribute to the community this summer? Check out the Jobs and Volunteer Opportunities listing on the AB web site (under Quick Links). The sites are updated often, so check back if you don't see something that's right for you the first time you look.

Summer Vacation!