

The Counseling Connection

AUGUST/SEPTEMBER, 2017

A Publication of the Counseling Department at Monson High School



Is Your Child Sleep Deprived?

Do you have a tough time getting your adolescent up for school in the morning? Do they go to bed late and want to sleep in? Are the sleeping patterns of your adolescent changing as they grow older? You child is not alone and the research says this is normal.

Studies estimate that between 20 and 30% of adolescents experience some form of sleep deprivation. Teens on average need 9.25 hours of sleep per night, yet approximately 75% of teens go to bed after 11:00 p.m. on school nights. This means they get less than 6.5 hours of sleep a night. The average teenager typically gets 7.4 hours of sleep per night. Since the majority of high schools start before 8:00 a.m. and because adolescents are biologically driven to sleep longer and later than adults, the effects of insufficient sleep are more dramatic. Starting between the ages of eight and twelve, triggered by hormonal changes, the adolescent's circadian rhythm changes. Research indicates that as adolescents progress through puberty, their brains are stimulated more later in the day which would result in better academic performance. However most exams such as the ACT and SAT occur in the morning.

Parents surveyed report that 23% of teens complained of being tired during the day compared to only 11% of children under 12. Fifteen percent of teens report that they fell asleep during school at some point. Lack of sleep also contributes to increased disciplinary problems and poorer grades as well as memory deficits, lack of information processing, decreased creativity, decreased socialization and the inability to handle complex tasks. Sleep deficiencies can also jeopardize one's immune system and thus lead to an increase susceptibility to illness.

In addition, sleep deprivation is a problem for teen drivers. One study found that annually drivers age 25 and under cause more than 50% of the 100,000 crashes resulting from drowsiness and fatigue. Adolescent sleep difficulties are also associated with psychopathologies such as depression and attention deficit disorder (ADD). Increased drug and alcohol abuse can also be linked to this phenomenon.

Some feel that the sleep missed during the week can be just made up on the weekends. This is not the case. The truth is that teens need a consistent sleep pattern and should maintain the same schedule every night, which means going to bed and getting up at the same time, even on the weekends.



New Student Orientation Scheduled

Students new to MHS are invited to participate in the new student orientation program which will include dinner and tour of the school on Wednesday, August 23 from 6:00-8:00 p.m. in the MHS courtyard and cafetorium. Students and their families are invited to a barbecue cookout (hamburgers, hot dogs, chips, drinks, watermelon and ice cream) hosted and prepared by the MHS staff.

Sophomores who are part of the Big Brother/Big Sister program and Student Council members will be on hand to talk with students and take them on a tour of the building. Family members will also have a separate orientation while the students are on tour. Students will get a copy of their schedules for the upcoming year at this time as well. The first day of school for all students will be on Wednesday, August 30.

All freshmen should have received a letter from the principal, Mr. Metzger, in early August describing this program as well as other important information regarding the upcoming school year.

Students who have not registered for school are encouraged to enroll prior to that time. Please contact the Counseling Office at 267.4589 option 3 to set up an appointment.

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College

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SAT Registration

2017-18 SAT registration information is now available in the Counseling Office. SAT's will be given on the following dates:

Oct. 7	Nov. 4
Dec. 2	March 10
May 5	June 2

ACT Registration

2017-18 ACT registration information is now available in the Counseling Office. ACT's will be given on:

September 9	October 28	
December 9	February 10	
April 14	June 9	July 14

Study guides with test-taking hints for both tests are also available in our office. Remember, Monson High School is not a site for the SAT but is for some of the ACT administrations. The SAT must be taken at one of the local high schools.

For more information (including on-line registration) about SAT's, contact www.collegeboard.org and for ACT's contact www.act.org.

There is a great debate over which test to take and if indeed the ACT is easier. The ACT consists of four sections - English, reading, math and science. ACT questions are more closely aligned to the high school curriculum rather than one's aptitude which is measured by the SAT. Therefore some students find that it is easier because the questions deal with material that is more familiar to them.

The bottom line is that students will have to decide which test or tests to take. A practice test might help determine which test would be most appropriate.

College Fair

There will be a college fair sponsored by the New England Association for College Admission Counseling (NEACAC) on Sunday, September 10 from 2:00 - 4:00 p.m. at Western New England University in Springfield. There will be an admission and financial aid information session from 1:00-1:45 p.m. There is no fee to attend.

Students and parents interested in attending should stop by the Counseling Office for more information. A list of participating schools is available at http://neacac.org/cf_fall.cfm.

Do you not know what to do at a college fair or what questions to ask recruiters? Detailed information can be found at www.neacac.org and click on College Fairs.

Eligibility Regarding College-Bound Athletes

Any student interested in playing athletics in a Division I or II program at an National Collegiate Athletic Association (NCAA) institution must complete the initial eligibility registration process through the NCAA Clearinghouse. The process requires the athlete to send a transcript, along with the \$75 fee, to the Clearinghouse in order to establish initial eligibility.

Eligibility is determined by the student's grade point average in at least 16 core academic subjects in addition to certain scores on the SAT or ACT. Division I and II course and standardized test requirements are currently not the same. These requirements do not apply to Division III schools. Final eligibility is not determined until after graduation.

For more information go to www.eligibilitycenter.org or stop by the Counseling Office.

Senior Admission Timeline

Over the summer, seniors hopefully have been visiting colleges and doing research into possible schools to attend in September 2018. The following is a suggested timeline for the remainder of the college search process:

August - November

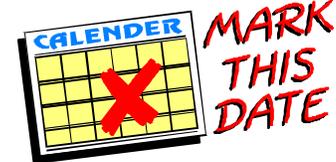
Identify schools that match your desire for a specific location, major, activity, etc. Visit the campus before applying to be sure that you will feel comfortable there. Identify people to write letters of recommendation and begin to formulate essay ideas.

November - late January

Complete applications (paper or electronic). Bring to counselor to review before submitting with official transcript.

January - early February

Complete financial aid form(s). Counselors will meet with seniors in groups and individually in September and October to discuss this timeline and issues surrounding their college search process.



Look for Monthly Senior Bulletin

The Counseling Department produces a monthly bulletin just for seniors. It will provide information about scholarships, college rep. visits, important deadlines and other pertinent senior related information.

The publication is called "*The Senior Scoop*" and is distributed during SAP or first block around the first of the month. The information will also be available to parents and students via the school website.

College Planning Programs Scheduled



for sophomores.....

We are once again proud to present a program primarily for sophomores and their parents on Tuesday, October 10 at 7:00 p.m. in the cafetorium.

Debra Shaver, Dean of Admission at Smith College, will talk about preparation for college. While Smith is a fairly selective all-woman's college, she will discuss the general requirements and expectations of applicants for any college - what courses to take, what colleges look for the most when considering an applicant and how to market one self.

Additional details will be made available in a direct mailing to sophomore families in late September.

.....and for seniors

A presentation for seniors and their families will be held on Wednesday, September 27 at 7:00 p.m. in the cafetorium. The purpose of this meeting is to assist seniors in the college application process.

The program will be conducted by the high school counseling staff. They will review timelines for applying to college as well as how to find colleges, write an essay and secure letters of recommendation.

Invitations will be mailed home to seniors in early September.

Both programs will complement the existing program for juniors in March which deals with the college search and application process.

It's Never Too Early to Look for Scholarships

Looking for assistance to help pay for the ever increasing cost of college? Seniors should be searching the internet and looking at materials available in the Counseling Office to see if there are any scholarships for which they may be eligible. Scholarships that are available now are either national or regional.

Local scholarships will be available in the spring. A monthly scholarship listing will also be available in *The Senior Scoop*.



An Important Note About Schedules

Student schedules were mailed home in early August. The school counselors continue to work on minor schedule conflicts and balancing class sizes.

Freshmen will receive a copy of their schedule at the new student orientation on August 23. All students will get one on August 30. Schedules have also been uploaded to Plus Portals.

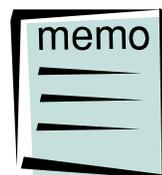
Students with a question are encouraged to contact their respective counselor prior to August 30.

Counselors will be available from 8:00 - 2:30 on the following days:
Mr. Bardwell - August 16-17 & 21-25
Mrs. Sorel - August 21-23

Please contact us at 267.4589x1108 if you have a question or concern.



College Admission Reps to Visit



Several college representatives will be making visits to MHS this fall to talk to students about their respective institutions and distribute informational materials.

Juniors and seniors interested in attending one of these sessions must sign up in the Counseling Office prior to the scheduled visit and obtain permission to attend from the teacher in whose class the visit is scheduled to take place.

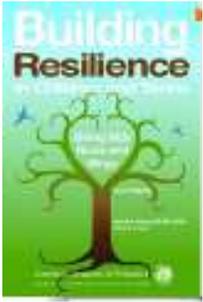
Currently the following visits are scheduled:

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|----------|-----------------------|
| Sept. 11 | St. Anselm's College |
| Sept. 11 | Bryant University |
| Sept. 18 | Fitchburg State Univ. |
| Sept. 22 | Wheaton College |
| Sept. 21 | New England Tech |
| Oct. 3 | Lasell College |
| Oct. 4 | Bentley University |
| Oct. 12 | Dean College |
| Oct. 12 | Worcester State |
| Oct. 23 | UMASS Boston |
| Oct. 26 | Roger Williams Univ. |
| Oct. 26 | Univ. of New Haven |
| Oct. 27 | Eastern CT State |

Watch this space, *The Senior Scoop* or the signs posted outside of the Counseling Office for a list of additional colleges and the dates of the scheduled visits.

Staff Directory

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Book Review

Building Resilience in Children & Teens: Giving Kids Roots & Wings

by Kenneth Ginsburg

Confronting the overwhelming amount of stress kids face today, this invaluable guide offers coping strategies for facing the combined elements of academic performance, high achievement standards, media messages, peer pressure, and family tension.

The book acknowledges that adolescents commonly survive stress by either indulging in unhealthy behaviors or giving up completely, and its suggested solutions are aimed at strengthening resilience. The proposed plan enables kids from the age of 18 months to 18 years to build the seven crucial “C’s”—competence, confidence, connection, character, contribution, coping, and control—needed to bounce back from challenges.

A variety of approaches are featured such as building on natural strengths, fostering hope and optimism, avoiding risky behaviors, and taking care of oneself physically and emotionally. With new chapters on perfectionism, the negative portrayal of teens, military families, and what parents can do when resilience has reached its limits, this examination also includes two personalized guides for creating customized strategies.

This book is available for loan from the Counseling Office .

Sleep deprivation, continued from page 1

The most obvious solution is to move the start of school time to later in the day, although after school sports, jobs and other activities and changing the school and community culture are huge obstacles to overcome. More and more school districts across the country are moving high school start time to no earlier than 8:30 a.m.

In the interim, parents and guardians should establish a reasonable bedtime and wake time that is consistent throughout the week. Nix the late night social activities and limit late night working hours. Establishing a bedtime routine which includes a quiet activity such as reading a book or warm shower and avoiding caffeine later in the day will also help. Computer games and flickering televisions should also be avoided as bedtime approaches. Daily exercise is also suggested, however, it should not occur within two hours of bedtime. While a quick 30 minute nap after school may help, longer naps later in the evening will negatively impact the bedtime routine. Even dimming the lighting as bedtime approaches and exposing the child to bright lights in the morning can prove effective.

Knowing that sleep deprivation is a normal adolescent experience may not provide the relief needed to offset the negative side effects. However, being able to implement research-based recommendations and a bit of patience, the harmful behaviors may improve. Education about the importance of sleep is just as important as education about exercise, nutrition and drugs and alcohol. If all else fails you should discuss any concerns with a medical professional.

IMPORTANT DATES

- Aug. 23 New Student Orientation
- Aug. 30 First Day of School
- Sept. 1 & 4 No School
- Sept. 8 Oct. SAT Registration Deadline
- Sept. 9 ACT Administration
- Sept. 10 College Fair @ WNEU
- Sept. 19 1/2 Day - Early Release
- Sept. 21 Open House
- Sept. 22 ... Oct. ACT Registration Deadline
- Sept. 27 Senior College Night
- Oct. 5 Nov. SAT Registration Deadline
- Oct. 7 SAT Administration
- Oct. 9 No School - Columbus Day
- Oct. 10 Sophomore College Night
- Oct. 11 PSAT & ACT@ MHS
- Oct. 17 1/2 Day - Early Release
- Oct. 28 ACT Administration @ MHS

Volunteers Needed



Once again we are looking for new members of the district School Counseling Advisory Council. The Council is comprised of students, teachers, administrators, parents, community members and members of the counseling staff. The Council will continue the work to evaluate current programs and services and see if changes are warranted. The Council may plan programs or make recommendations for additional services. The group will meet on September 27, November 30, January 31 and March 29 from 3:45 - 5:15 pm - locations to be determined.

Members will be asked to serve on one of three subcommittees dealing with either academic, future planning or social/emotional issues. Each subcommittee is charged with working towards developing educational programs or opportunities related to their goals.

If interested in participating, please stop by the Counseling Office or contact Mr. Bardwell @ 267.4589x1109 or bardwellr@monsonschools.com.