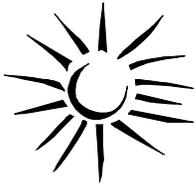


The Counseling Connection

June, 2017

A Publication of the Counseling Department at Monson High School



Summer School Registration Begins

It is now time for students to begin registering for Summer School. Since Monson High School does not provide its own program, students wishing to earn credit in summer school must take courses in surrounding communities. Programs are offered at Pathfinder, Westfield High School and Chicopee Comprehensive High School, just to name a few. Programs will cost between \$150 and \$200 and will run from 4-6 weeks beginning the last week of June or first week of July. Some courses are available online while others require students to attend the program in person. Westfield offers a night program from 6:00-9:00 PM for 10 nights while the other options are in the mornings.

Students **MUST** have a letter from his/her school counselor authorizing him/her to attend a class. Students can take no more than two classes and the grade from the class will be averaged with the grade from the course taken during the school year. If the average grade is not a 60 or higher, then the student does NOT receive credit for the summer school class. An entry for the summer school class will also appear on the student's transcript.

Please direct questions to the appropriate counselor.



A Few Words About Eating Disorders

Bulimia nervosa, anorexia nervosa, binge-eating disorder. These words may be familiar, but how well do we really understand what causes them?

Eating disorders affect some 7 million females and 1 million males in the US, representing all socioeconomic, racial and ethnic groups. Studies show that children as young as 7 or 8 are preoccupied with their body image and weight which is likely to lead to problems in adolescence. On the outside, a student might look fine and exhibit exemplary behaviors, but on the inside they are suffering. Binge eating, vomiting and taking diet pills or laxatives dominate their lives.

So why do so many young people succumb to eating disorders? Stress and peer pressure are two of the leading causes of eating disorders. The endless attempts to reach perfection, to the point of obsession, the need to "fit in" and the desire to look "just right" contribute to a tremendous amount of pressure on a young person. For some, when the pressure becomes too great, they turn to the only thing that they can control – food.

The diet craze, particularly among girls, also can cause an eating disorder. Girls who dieted at a severe level were eighteen more times likely to develop an eating disorder. A study of fourth graders found that 40 percent are dissatisfied with their body and turn to dieting to improve their image. It is thought that the cultural expectation for the perfect body among women contributes to the higher percentage of girls afflicted with an eating disorder.

Athletes are also considered at high risk, particularly those who participate in a sport where body size matters. Gymnastics, figure skating, dancing, running, swimming and cheerleading are some of the sports where it is common for participants to be encouraged to maintain a certain weight and look.

Biology also plays a part in the development of an eating disorder. Research among recovering bulimics and twins indicate that there are some chemical differences that may provide a predisposition for an eating disorder. Whatever the cause of the eating disorder, the effects are the same. Poor eating habits can lead to depression, anxiety, medical complications such as heart failure or brain damage and in rare cases, even death. School productivity begins to suffer and peer relationships are often affected.

The good news is that eating disorders can be successfully treated. When referred to trained specialists or clinicians, students can overcome an eating disorder. In addition to individual counseling, education about proper nutrition and eating habits is important. An effort to change the culture and climate of the school and community by reducing the importance of appearance will also help decrease the number of students dealing with an eating disorder.

If you have a concern or question about an eating disorder, you are encouraged to contact a member of the counseling staff or the school nurse.

College

O Placement Report Available

r Students and community members will once again be able to view copies of the Monson High School Placement Report. The report will show statistics from the Class of 2017, in particular, at which schools our students were accepted. The information is anonymous and will aid future students in determining if they meet the admission criteria at a particular institution.

To view a copy, stop by the Counseling Office after July 31.

Common Application Can Be Started Now

The Common Application is open and ready for you to start completing your application. There are currently nearly 700 institutions which are part of the program and makes it easier since you only have to complete basic information one time regardless of the number of schools to which a student applies. Some institutions may also require supplemental information which would be listed on the Common App website.

For more information about the Common Application, stop by the Counseling Office or go online to www.commonapp.org.

Fee Waivers Available

A limited number of SAT and ACT fee waivers are available for students who demonstrate financial need. Stop by the Counseling Office and speak to your counselor if you feel that you are eligible. By using a fee waiver for the SAT's, individuals may also be eligible to waive application fees at participating colleges.

The College Visit..Summer Style

The college visit is perhaps the most important aspect of the college search. Some

studies indicate that the college visit is the most important factor in determining where a student will attend college.

Visiting a college can be as simple as driving through campus or as formal as visiting for a weekend. Summer provides a great opportunity to conduct a college visit, however, one must remember that since most students are not on campus during the summer, that the campus may look markedly different than during the school year.

Many a family vacation is planned around a college visit. It is highly suggested that an appointment for a general information session and a tour is made in advance for two reasons. One is that some schools will have limited opportunities for official visits during the summer. If you arrive at 10:15 and the only tour of the day left at 10:00, you may be out of luck. Secondly, by making an appointment, you are assured that the Admissions Office knows that you have visited and gotten official information. However, if you don't have an appointment, a drive or walk through of the campus is better than nothing.

Visiting during the summer is often more relaxing for both families and the admissions staff. Summer mode usually allows for more indepth and interesting conversations. It also allows students a chance to visit many colleges without missing school or other school activities.



IMPORTANT DATES

June 3	SAT Administration
June 5 & 6	MCAS Biology
June 10	ACT Test Administration
June 15	Alternating Day Final Exams
June 16	Final Exams Block 2 & 4
June 19	Final Exams Block 1 & 3
June 20	Underclass Awards Program
June 21	Last Day of School
Aug. 21	Mandatory Athletic Meeting
Aug. 23	New Student barbeque
Aug. 30	First Day of School

2017-18 Scheduling Is Moving Forward

Mr. Bardwell and Mrs. Sorel continue to meet with students to discuss course requests for the 2017-18 school year. A combination of factors have made the scheduling process more challenging this year than in some. This means the master schedule for next year has not been finalized yet. Therefore the schedules for students with conflicts will not be resolved until late June or over the summer.

Parents and students who have a concern or a question about the schedule for next year are encouraged to contact their respective counselor by June 21. Email is typically the easiest way to contact the counselors. The exact work schedule for the counseling staff during the summer will be published in the August edition of *The Counseling Connection*.

Staff Directory

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