



# Brighton Counseling

February 2018

## Upcoming Events

### Course Selection for 2018-2019

**Course selection in Skyward Opens February 12<sup>th</sup> – February 23<sup>rd</sup>.**

\*Feb 5th-9th Counselors visit classes during 3<sup>rd</sup> period to review registration and handout materials.

\*Feb 12<sup>th</sup>: Incoming Freshmen & Parents invited to attend Bengal Fair. Open house at 6pm & Presentation at 7pm in the Auditorium

\*February 21<sup>st</sup>: Help Session in BHS Media Center from 2:30-4:00pm

More info at: [bhscounseling.org/courseselection](http://bhscounseling.org/courseselection)

### AP Test Registration & Payment

Students must register for 2018 AP exams online. Registration is now open through March 1, 2018 and will continue through March 7<sup>th</sup>, 2018

with a late fee. To register visit: <http://www.bhscounseling.org/advanced-placement>.

### Love Your #Selfie: February 14th

Enter to win a chance for a prize & show your amazing self. Winners will be randomly selected from a drawing. Challenge is open from February 14<sup>th</sup> 6:00am until February 20<sup>th</sup> 6:00pm. Winners will be notified on February 21<sup>st</sup>. **See the reverse side for directions to enter.**

### ACT Test for Juniors

All BHS Juniors will take the ACT Test on **Tuesday, February 27<sup>th</sup>**. This is a state subsidized test, so there is no cost to students. Students need to bring an ID, pencil, and approved calculator. Watch for information in the mail or visit [bhscounseling.org/admission-tests](http://bhscounseling.org/admission-tests) for more info and study resources.

### Work Based Learning Events

The next WBL event is February 15<sup>th</sup> for a Health Career Fair. If you are interested in attending talk to your counselor or register at <http://www.bhscounseling.org/wblevents>

### Junior College/Career Readiness

BHS Counselors are meeting with Junior students and their parents now through the end of February to complete College & Career Readiness plans. Postcards will be sent home with your appointment time. This is an important meeting to attend to discuss your student's four year plan, set goals, and learn about college and career preparation opportunities. Access the 11th Grade CCR booklet at [bhscounseling.org](http://bhscounseling.org) if you are unable to attend.

### AP Capstone Diploma

New to BHS for the 2018-2019 school year is the AP Capstone Diploma. Students who choose to pursue this prestigious pathway will be rewarded with a certified AP Capstone Diploma.

This will be available for Freshmen and Sophomores next year. Required courses begin sophomore year and continue through the senior year. For more information visit [www.bhscounseling.org/course-catalog](http://www.bhscounseling.org/course-catalog) and go to page 6. You may also visit with your school counselor for details.

**Contact Your Counselor**

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**TIPS FOR CHOOSING YOUR CLASSES**

**Consider Rigor:** Make sure you're taking challenging classes. Consider 4 years of math, 2 years of world language and take at least one AP, Concurrent Enrollment or enroll in a CTEC program.

**Take Classes that Match Your Interests:** Demonstrate your specialty/interests by choosing classes that reinforce your intended major and prepare you for college-level work in that academic area.

**Branch Out:** Don't be afraid to branch out and take a class or two in a new area.

**Meet Graduation Requirements:** Make sure that you're on track to meet graduation requirements. You can do this annually with your counselor during the College & Career Readiness meeting. Parents are strongly recommended to attend.

**Don't Overload Yourself:** You need to be challenged while also maintaining good grades. Take on a course load that's appropriate for your abilities and your time, and focus on making the best grades possible.

Reference: <https://blog.ivywise.com/>

# Counselor Spotlight:

## Love your #Selfie

*This Valentine's Day make sure to show some love to yourself – 5 tips for Loving your #Selfie*

### Tell yourself what you love about yourself

Look in the mirror and be kind – what we see in the mirror is often what we see in the world. Our acceptance of others, our ability to see potential in others, and our patience with others often reflects how we see ourselves. You get the idea – you've got to show yourself some love first and foremost. Join the #Loveyourselfie challenge (See below).

### Show gratitude for who you are & what you have

No, you won't always get what you want. And no, you won't always be exactly where you want to be. But remember this: There are lots of people who will never have what you have right now. Use pain, frustration and challenges to motivate you rather than annoy you. You are in control of the way you look at life.

### Believe in your abilities

All things are possible! The key is to identify what you want, claim it as part of who you are, and believe that you are worthy to have it.

### Pay attention to life as your living it

One of the greatest presents you can give yourself (and your loved ones), is to be present, every chance you get. Your life is between now and your next breath. Distractions are in the palms of our hands these days, but we need to remember to look up more often. So much is lost when we don't.

### Focus on “writing” your story instead of reading, watching and hearing about everyone else's:

When you catch yourself comparing your life to someone else's, remember that people often only show their highlight reel – especially online – not their reality...

Reference: <http://www.marcandangel.com/2015/05/10/16-simple-ways-to-love-yourself-again/>

### Join the #LoveYourSelfie Challenge:

**Enter to win a chance for a prize and show your amazing self. Winners will be randomly selected from a drawing. Challenge opens on February 14<sup>th</sup> 6:00am and closes February 20<sup>th</sup> 6:00pm. Winners will be notified on February 21<sup>st</sup>.**

- 1) Send a text message to the number 81010. In the body of your text write @selfiebhs. If you don't have access to text messaging come to the counseling office to enter.
- 2) You will then receive a welcome message from a new number.
- 3) Reply to the welcome message with a selfie and one comment about how you love yourself (think about your abilities, skills, talents, strengths, things you do well etc...)