



**STAND  
TOGETHER**

# Brighton Counseling

March 2019



## **“Senioritis” – avoid it at all costs**

By Lee Shulman Bierer

Like seasonal allergies, “senioritis” goes into attack mode around this time each year. Merriam-Webster <http://www.merriam-webster.com/dictionary/senioritis> defines senioritis: as, “an ebbing of motivation and effort by high school seniors as evidenced by tardiness, absences, and lower grades.”

While the first known use of “senioritis” was in 1957, it hasn’t changed much since then. Here’s how Buzz-feed <http://www.buzzfeed.com/daves4/signs-that-you-might-have-senioritis#.bv9NWq2GO1> describes the condition, “A crippling disease that strikes high school seniors. Symptoms: laziness, an over-excessive wearing of track pants, and sweatshirts. Lack of studying, repeated absences, and a dismissive attitude. The only known cure is a phenomenon known as graduation.”

Every year there are hundreds of cocky kids who mistakenly believe their college acceptances are ironclad. Colleges vary tremendously in how they handle a “senior slump.” Some give warnings, some place students on academic probation and some actually reverse their decisions. Far more common than revocation is a warning letter, expressing disappointment, and asking for some explanation. Acceptance letters will usually state that the final acceptance is contingent on consistent performance.

Some students have adopted a very dangerous sense of teenage invulnerability. It usually starts out innocently enough with a missed assignment and then can devilishly detour into a full-blown case of senioritis. Many senior slackers are walking around with a sense of entitlement, “I worked really hard, I did my job, I got accepted to college, now it’s my time to take it easy.” Not so fast.

Roughly one-third of colleges revoke admissions each year, but most colleges are not likely to do so unless there is a dramatic decline. Senioritis can be expensive, too. Under-performers can lose scholarships and financial aid packages. It’s a cautionary tale and parents, high school administrators and even college admissions officers wish students would take it more seriously. With so many applicants and long waiting lists, colleges may be less willing to gamble on a student who has faltered.

### **WHAT SHOULD SENIORS BE DOING?**

- If you’ve been accepted, review your admissions materials to see what you need to do as far as deposits, deadlines and future time-lines.
- Check your email, and especially your junk email, because that is how colleges will be communicating with you.
- Reconfirm you have all the required courses to graduate.
- Complete the FAFSA if you haven’t already done so and submit to colleges to see about need-based aid.

Parents shouldn’t ignore any slide in grades or a lack of motivation. Start out by explaining the serious consequences that could occur, and encourage them to follow-through with the same dedication they had when they started their senior year. Thankfully this condition doesn’t affect most students. Seth Allen, Vice President & Dean of Admissions and Financial Aid at Pomona College in Claremont, California said, “It seems to me that the students who worry most about senioritis are, ironically, the students who can afford to let up a little to enjoy their many accomplishments and hard work.”

## Contact Your Counselor

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## CREDIT RECOVERY

- ❖ **Canyons Virtual High School**  
(used for making up a failed course AND/OR original credit)  
<http://cvhs.canyonsdistrict.org>

- A good option for grade replacement, see your counselor for the form

- ❖ **Summer School general info:**  
<http://www.bhscounseling.org/credit-recovery>

- ❖ **Northridge Learning Center**  
[www.northridgelearningcenter.com](http://www.northridgelearningcenter.com)

- ❖ **BYU Independent Study**  
[www.is.byu.edu](http://www.is.byu.edu)

- ❖ **Brighton High School Bridge**  
See Ms. Isley

## Scholarship Search

- ❖ Go to counseling center website
- ❖ Under College Tab
- ❖ Find scholarship
- ❖ Private scholarships are listed by months.
- ❖ If any apply to you. Fill out the application
- ❖ See Mrs. Schwendiman in the counseling center.

[leslie.schwendiman@canyonsdistrict.org](mailto:leslie.schwendiman@canyonsdistrict.org)



## Senior Merit Awards

Seniors check Merit Award application on BHS Counseling Center Website

**Deadline:** March 29, 2019

**Place:** Ms Shaw in counseling center

**Time:** No later than 3:00pm

## ACT/SAT INFORMATION

Brighton High Code: 450-362

ACT/SAT Testing: Most Colleges and Universities require an entrance exam for admissions. Registration for testing is done online. Taking the ACT or SAT test is dependent on your choice of college. The ACT is more subject-based and focuses on material students have learned in high school while the SAT is more of an aptitude test that assesses a student's reasoning skills. Utah Colleges and Universities require the ACT.



**Test Dates:** Online registration: [www.actstudent.org](http://www.actstudent.org)

### 2019-20 ACT NATIONAL TEST DATES

13-Apr-19  
8-Jun-19  
13-Jul-19  
14-Sep-19  
26-Oct-19  
14-Dec-19  
8-Feb-20  
4-Apr-20  
13-Jun-20  
18-Jul-20

2019-20 SAT Administration Dates (Anticipated)	
SAT Date	SAT Subject Test Available?
August 24, 2019	Yes
October 5, 2019	Yes
November 2, 2019	Yes
December 7, 2019	Yes
March 14, 2020	No
May 2, 2020	Yes
June 6, 2020	Yes



## Great Web Resources:

[www.actstudent.org/sampletest/qotd](http://www.actstudent.org/sampletest/qotd)  
[www.act.org](http://www.act.org)  
[www.collegeboard.org](http://www.collegeboard.org) [www.utahfutures.org](http://www.utahfutures.org)  
[www.bhscounseling.org/shmoop](http://www.bhscounseling.org/shmoop)  
[www.petersons.com/college-search/free-acttest.aspx](http://www.petersons.com/college-search/free-acttest.aspx)  
[www.bhscounseling.org/admission-tests](http://www.bhscounseling.org/admission-tests)  
[www.crackact.com](http://www.crackact.com)  
[www.kaplan.com](http://www.kaplan.com)  
[www.number2.com](http://www.number2.com)