

BRIMFIELD HIGH SCHOOL

SCHOOL COUNSELOR

newsletter

NOVEMBER 2022

WHAT'S HAPPENING

PSAT/NMSQT COMPLETED!

Big shout out to our BHS students! Thank you to all the students who signed up. We had over 30% of our juniors and sophomores take the PSAT/NMSQT last month. This test was great practice for the SAT and offers several scholarship opportunities. Please reach out to me for any PSAT/SAT study materials.

FAFSA/FINANCIAL AID APP:

Completing the Financial Aid Application is a state requirement to graduate. Please take some time to complete the application as a family. Parent(s) will need all 2021 Tax Info. If you have any questions, you can contact myself or our ISAC Outreach Rep.

Jacob Harlan

Jacob.Harlane@illinois.gov

309-264-9309

BHS COUNSELING SITE

I am continually updating resources to the BHS website. Please email me if you have suggestions or requests for information to be added!

IMPORTANT DATES

03 NOVEMBER:

Missouri State University Rep Visit

07 NOVEMBER:

College Readiness Meeting @Library
"How do I start my FAFSA Account"

08 NOVEMBER:

No School - Election Day

09 NOVEMBER:

Chik-Fil-A Career Rep Visit

10 NOVEMBER:

Illinois Wesleyan College Rep Visit

16 NOVEMBER:

ICC's Fire Science Career Day

18 NOVEMBER:

Early Dismissal 11:30am

23-27 NOVEMBER:

Thanksgiving Break

30 NOVEMBER:

OSF Hospital Career Rep Visit

COUNSELING GROUPS

The Counseling Needs Assessment resulted in specific requests for peer groups. This month I am creating a few groups that will meet throughout the month to provide students with support, build coping skills, and increase empathy and resiliency.

- College & Career Readiness
- Mental Health & Stress Mgmt
- LGBTQ+ Allies & Advocates

COMING UP NEXT MONTH

Here are just a few things to put on your radar for next month regarding college readiness and career info!

02 DECEMBER:

Ugly Holiday Sweater Day

09 DECEMBER:

WEAR Red, Green, Silver, Gold

13 DECEMBER:

Army Recruiter Visit (Homeroom)

16 DECEMBER:

Merry & Bright Dress Theme Day

20 DECEMBER:

Holiday Character Day

21 DECEMBER-04 JANUARY:

Winter Break

SCHEDULING IN DECEMBER:

Knox College Rep Visit

St. Ambrose Rep Visit

LIFELINES

CRISIS TEXT LINE

TEXT "HOME" TO 741741

SUICIDE & CRISIS LIFELINE

DIAL 988

THE TREVOR PROJECT

TEXT "START" TO 678-678

CALL 1-866-488-7386

GRATITUDE IS THE HEALTHIEST OF ALL HUMAN EMOTIONS. THE MORE YOU EXPRESS GRATITUDE FOR WHAT YOU HAVE, THE MORE LIKELY YOU WILL HAVE EVEN MORE TO EXPRESS GRATITUDE FOR. -ZIG ZIGLER

MENTAL HEALTH



November is

National Gratitude Month

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. (Harvard Health Publishing, 2021)

5 Ways to Activate Gratitude

Start a gratitude journal - each day write down a few things you are grateful for.



Write a thank you note or send a text telling someone how grateful you are for them.



Reduce judgement and compliment a stranger.



Do an act of kindness for someone.



Practice a mindfulness technique using your senses.



CONTACT INFORMATION

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