

N O V E M B E R 2 0 1 0



BAYPORT BLUE-POINT SCHOOL DISTRICT COUNSELING CENTER



Dear Community

When the leaves start to turn and the chill is in the air, you know that your child has settled into the new school year.

Hopefully, they have all made the transition to their new grade or school. If not, please contact your child's counselor and make an appointment to share concerns. Each of us has had a great deal of experience dealing with transition. We will be able to offer ideas and collaborate with you.

As you may have noticed, there is a constant buzz about college. Our seniors are in the full swing applying to universities and colleges. The Counseling Center has will entertained over 40 private college visits. We encourage all juniors and seniors to attend these private meetings. In addition, over 80 colleges will attend our Fall College Fair.

For our elementary parents, we want to remind you that Mr. Birdsall is available at each elementary school. He will be doing classroom presentations, individual counseling and group counseling. If for any reason you require his assistance please call you school's main office to contact him.

We wish you all a happy fall. Enjoy the colors.

14 TIPS ON BECOMING A SUCCESSFUL STUDENT

that's a good first step. Attend class with the intent to learn. Avoid distractions such as reading unrelated materials, texting, surfing the net, or talking.

2) Sit close to the front of the classroom. Studies show that students who sit in one of the first few rows generally earn better grades than those who sit toward the back.

3) Ask questions. If you don't "get" something, the chances are excellent that others in the class also don't understand. Inquisitive students are engaged students.

4) Join in class discussions. Teacher's notice who is paying attention through class participation. This can play to your advantage when it comes to grading.

5) Take good class notes. You'll be taking notes for the rest of your academic career, so learn and practice these skills now.

6) Listen. Listen "between the lines" for subtle messages. Many teachers provide clues about the most important elements in a lesson—even going so far as to say something about a topic's relevance to the next quiz or test.

7) Limit internet distractions. There is no reason to have [Facebook](#) or any social networking distraction going while doing homework•

8) Avoid overscheduling. Keeping in mind the relative importance of GPA in the college admissions process, be smart about the number of outside time commitments that potentially interfere with your ability to study and complete assignments on time.

9) Develop test-taking know-how. Successful test taking rests on a few simple strategies like following directions, becoming familiar with different kinds of test questions, and understanding how the test will be graded.

10) Get enough sleep. Go to bed at a reasonable time and turn off your cell phone. No text message is *ever* that important.

11) Ask for help. The key is not to wait until you've fallen hopelessly behind. Stay after class or make an appointment for after-school help.

12) Keep up. Finish assignments *before* they are due. Actually turning in the work helps too.

13) Read actively. Active reading involves more than scanning words on a page. For some students, it means underlining, highlighting, or annotating materials.

14) Study daily. Successful students commit some time every day to active studying—reading, writing, and reviewing. This may also mean outlining, making flash cards, participating in study groups, or rewriting notes..



INTERNET TIPS FOR PARENTS

In this age of technology into which our children have been born they are often more knowledgeable and skilful in using computers than we parents are.

There are many things parents can do to help and guide their children in safely using the Internet even though they may be less knowledgeable about how to actually access and use the Internet themselves.

Parents need to talk to their children about a number of things:

1. **The house rules** – establishing rules about the amount of time they are permitted to spend online and when they can do it after homework, when chores are done, after some outside activity etc.
2. **Stranger Alert** - your children already know about not talking to strangers. You need to remind them that people on the Internet that they don't know are strangers and they must not give out any personal information. Ensure their Email address doesn't give their name- have them use a "pen" name or their pet's name etc. instead.
3. **Place the computer in a central place** where there is plenty of family activity and you can monitor your child's work. A computer in a child's bedroom is out of sight.
4. **Surf the net together** so you can explore and assess the sites visited together.
5. **Teach your children** what to do if someone says something inappropriate or makes them feel uncomfortable, on line. Encourage your children to tell you about anything inappropriate they come across.
6. **Do not let your child give out his email address** without your permission. Much unsolicited material can come into your home as junk mail. Often this junk mail is very inappropriate. **Never let your child use a credit card** online without your direct supervision and you are confident that it is a safe site.

Enjoy together the enrichment that the Internet can bring to your children's learning in a safe, positive, educational and fun way.



SPOTLIGHT ON BULLYING:

A lot of young people have a good idea of what bullying is because they see it every day! Bullying happens when someone hurts or scares another person on purpose and the person being bullied has a hard time defending him or herself. Usually, bullying happens over and over. □

- Punching, shoving, and other acts that hurt people physically
- Spreading bad rumors about people
- Keeping certain people out of a "group"
- Teasing people in a mean way
- Getting certain people to "gang up" on others

Bullying also can happen online or electronically. Cyber bullying is when children or teens bully each other using the Internet, mobile phones or other cyber technology.

This can include:

- Sending mean text, email, or instant messages
- Posting nasty pictures or messages about others in blogs or on Web sites
- Using someone else's user name to spread rumors or lies about someone

EFFECTS :

If you've ever heard an adult - or anyone else - say that bullying is "just a fact of life" or "no big deal," you're not alone! Too often, people just don't take bullying seriously - or until the sad and sometimes-scary stories are revealed.

Studies show that between 15-25% of U.S. students are bullied with some frequency, while 15-20% report they bully others with some frequency.

It can mess up a kid's future. Young people who bully are more likely than those who don't bully to skip school and drop out of school. They are also more likely to smoke, drink alcohol and get into fights. □

It scares some people so much that they skip school. As many as 160,000 students may stay home on any given day because they're afraid of being bullied. It can lead to huge problems later in life.

APPLYING EARLY DECISION: DO'S AND DON'T'S

Do be sure to visit multiple college campuses before choosing to apply ED. Give yourself a good perspective from which to choose appropriately.

Don't apply ED to more than 1 school at a time.

Do ask for an "early read" of your financial aid application before you apply ED if you have concerns about affording that college's costs.

Don't apply ED if you feel it is important to compare financial aid offers.

Do make sure that your passion for a school is true and unconditional before applying ED. It will be the place you call "home" for the next four years.

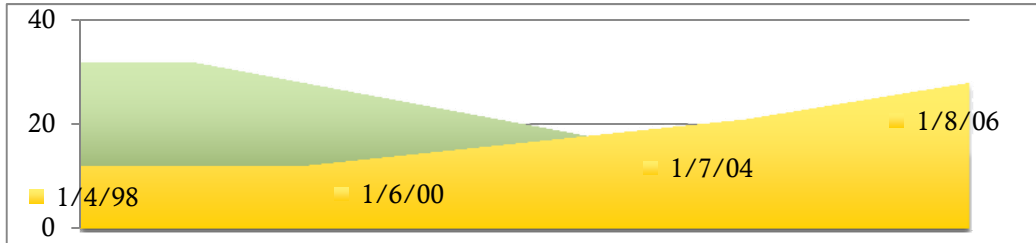
Don't apply ED simply to "beat the odds." Chances are that you will get in—and then find yourself in an unhappy situation at a school that really isn't for you.

Do understand what the institution's rules are with regard to ED submissions.

Don't let your other applications "ride" after you have been admitted ED somewhere. It is unethical, and the chances are you'll get caught and lose all of your potential offers and/or enrollments!



VALUE OF COLLEGE DEGREE IS GROWING, STUDY SAYS



Despite rising tuition and student-loan debt levels, the long-term payoff from earning a college degree is growing, according to a report to be issued Tuesday by the [College Board](#).

Workers with a college degree earned much more and were much less likely to be unemployed than those with only a high school diploma, according to the report, “Education Pays: the Benefits of Higher Education for Individuals and Society.”

According to the report, the median earnings of full-time workers with bachelor’s degrees were \$55,700 in 2008 — \$21,900 more than those of workers who finished only high school.

And the pay premium for those with bachelor’s degrees has grown substantially in recent years. Among those ages 25 to 34, women with college degrees earned 79 percent more than those with high school diplomas, and men, 74 percent more. A decade ago, women with college degrees had a 60 percent pay premium and men 54 percent.

The report found that after about 11 years of work, college graduates’ higher earnings compensated for four years out of the labor force and for [student loans](#), at 6.8 percent interest, to cover the average tuition and fees at a public four-year university.

Even during the recession, a degree offered protection from unemployment. The 2009 unemployment rate of college graduates 25 and older was 4.6 percent, compared with 9.7 percent for high school graduates.

“Consistently over time, unemployment rates are about half for college graduates,” said Sandy Baum, an author of the report. “And jobs began recovering for college graduates about a year and half ago. While it’s easy to find a college grad who’s unemployed, you’re statistically much less likely to be in that circumstance if you have a higher level of education.”

THE QUESTION

What do students and parents miscommunicate about most often when it comes to college, and how can students best handle input from parents?



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FROM THE COLLEGE EXPERTS....

Miscommunication is a difficult issue for most families going through the admissions process.

Parents can be very emotional about the prospect of their child leaving home, and the student, while very excited about going to college, may be anxious about breaking away from their parents. My advice to students is to schedule time with parents to calmly discuss the process. Be willing to listen to your parents without interrupting. You may not be aware of circumstances that are guiding your parents' advice about college. Be prepared to discuss the schools you are choosing, including majors available, location, financial aid opportunities, and most importantly, cost. Showing your parents that you are aware of the financial investment the family must make will show maturity on your part. Most parents are willing to compromise on the choices, and students must be willing to compromise also. There is no harm in applying to your parents' choices as well as your own because in the current admission climate, no one is sure of the end results. When decision letters arrive next spring, sit down and have a similar conversation to make your final decision.