



Brockton High School Guidance Newsletter

Term Two

College Corner:

What should I be doing as a senior?

- Complete all college applications before Christmas Break.
- Apply for financial aid– FAFSA and scholarships.
- Excel academically. Finish strong.
- Don't procrastinate and ask for help.

Need help with your FAFSA application?

FAFSA Website: Application support

<https://studentaid.gov/sites/default/files/2021-22-fafsa.pdf>
Massachusetts FAFSA Day <https://masfaa.org/fafsaday/>

BHS Programs: membership required, but it's free.

Upward Bound Program

Brockton Talent Search

Advisor: Marc Amedee
Mamedee@asa.org
508-360-1481

Advisor: Malcom Pace
Mpace@asa.org
617-488-7989

Advisor: Wolther Joselus
Wjoselus@asa.org
508-510-9408

Hours: M-Th 8am-4pm
Location: Azrure Access Center
Virtual Drop-in hours: 3pm-5pm, M-W
Virtual Workshops: Th, 2pm-3:15, Zoom

Scholarships: Free \$\$\$ You Don't Have to Pay Back

Fastweb.com

Collegeboard.org

InternationalScholarships.com

- It's never too early to start looking. Don't wait until you're a senior.
- Start with local scholarships. Ask your Guidance Counselor for help.
- BHS Scholarship book coming out in February.
- Use fewer national scholarship sites and set up an email account so you don't get overwhelmed with junk mail.
- Stay organized with a spreadsheet. Include deadlines, requirements, amount of scholarship.
- Research different types of scholarships: academic achievement, athletic achievement, hobbies, talents, community service, identity, ethnicity, military affiliation, personal background, family workplace, etc...

Need a printer for applications? Staples at the Westgate Mall is available.

Winter Dates

**Complete
College Applications
December 23**

**Christmas Recess
December 24
to January 1**

**Happy and Healthy
New Year
January 1**

**Return to school
Virtually
January 4**

**Term Q2 Ends
February 2**



Guidance Contacts

**Yellow
508 894 4405**

**Green
508 580 7415**

**Azure
508 580 7435**

**Red
508 580 7425**

Covid During the Holidays

The holidays are upon us and many of us are struggling. Here are some tips to feel better:

1. Have a safety plan around holiday gatherings and stick to it.
2. Create new traditions.
3. Express disappointment in positive ways. It's ok to feel sad or uncertain.
4. Talk to a trusted adult for help.
5. The present of kindness is free.



Lewis Howes
@LewisHowes

Plot twist: 2020 has actually been the best year of your life. You've been forced to grow, reflect and slow down. You've faced so many challenges and you overcome them. 2020 has forced you to grow exponentially. Don't take this year for granted!



Calm Down Cocoa

1. Pretend or hold real hot cocoa.
2. Breath in and count slowly to five.
3. Breath out slowly and count to five.
4. Repeat until you are calm.

Time Management



- **Create a space that is distraction free.**
No phones, tv, Snapchat, TikTok, videogames, etc...
Use headphones or earplugs to block sound.
- **Use a calendar or agenda**
Plan daily, weekly, and long term assignments, extra help appointments, as well as virtual classes.
Calendars can be found in your phone or in school email.
- **Prioritize**
Arrange your tasks in order of importance.
Use daily to-do lists.
- **Be Realistic**
Arrange your tasks in a way you can complete them in a timely and stress free fashion.
Consider factors such as work, family, extra curricular activities.
Do not cram all your work for the weekend to catch-up.
- **Break things down in chunks**
Ex: Set a timer for 30 minutes of focused, uninterrupted work. Then take a 5 minute break. Repeat as needed.
- **Rest**
Sleep is essential to rest your body and clear your mind.

Tutoring

1. Brockton Public Schools Tutoring

Visit: www.bpsma.org/

[Book Your Tutoring Appointment Link](#)

2. BSU Bridge Program– Work with a college student.

[Sign up form](#)

3. Want to become a BHS Peer Tutor? Want to volunteer and help others?

[Sign up form](#)

Questions

Email Mr. Diorio, ALEXANDERDIORIO@bpsma.org



Be in the Know! Grades Attendance, Behavior in Real Time.

Parent Portal

<https://www.bpsma.org/parents-community/parent-portal>

Term 1 report cards found in Backpack on Infinite Campus.

STUDENT LOGON INSTRUCTIONS

- 1) To log in to Clever, enter student's username. The username is the student's six-digit ID number plus @bpsma.org. It may also be called a lunch number. For example, 123456@bpsma.org.
- 2) Student's password is their full birth date (mmddyyyy) + "bps" + 2021. For example, if the birth date is September 1, 2010, then the password would be 09012010bps2021.
- 3.) Every child will log into Clever at their regular start time on the first day of school. Once logged into Clever, **BHS students** will attend classes through TEAMS or Schoology.



For computer technology and account support please contact the BPS Helpdesk at: 508-468-0973.