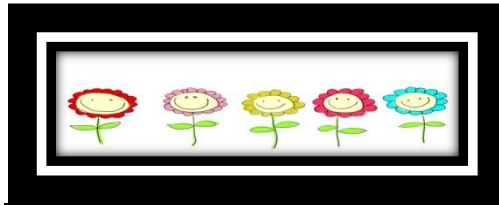


BEDFORD HIGH SCHOOL
GUIDANCE AND COUNSELING DEPARTMENT
COUNSELOR'S CORNER FALL NEWSLETTER

Who is your counselor?



Each student is assigned a counselor by alphabet continues to follow the student throughout the four years of high school. The Bedford High School Counseling Department works as a team to offer information and advisement that enable students to choose and implement the most positive, appropriate and productive comprehensive education plan.

Bedford High School Guidance Counselors are:

Mrs. Brenda Michalak A-E
Mrs. Linda Beuhler G-L
Mrs. Lea Etts M-R
Mrs. Renee Fettig F & S-Z, and Foreign Exchange Students
Mrs. Mary Jo Faller Guidance Counseling Secretary and Registrar

How can a student change their schedule?

**You can request to change a course the first two days of each term with your counselor.
You cannot change a course after the first two days of classes each term.**

Helpful Hints

Remember to:

- ✓ Use the Home Access Center (HAC). Make it a habit to check it each week or even every day.
- ✓ If you are having difficulty in the classroom talk to the teacher about what you are struggling with.
- ✓ Use a planner or assignment book. Organization is very helpful to keep track of your assignments, quizzes, tests and project due dates.
- ✓ Utilize the tutoring center afterschool M-F from 2:30-3:00.
- ✓ Students should get enough sleep. According to the American Sleep Disorders Association, the average teenager needs around 9.5 hours of sleep per night.

Useful Resources

Test taking Tips: www.testtakingtips.com/

Bedford High School Website: www.bedford.k12.mi.us/~shs/

Time Management tips: www.collegeboard.com/student/plan/college-success/116.html

High School Planning: www.collegeboard.com/student/plan/starting-points/index.html

Career Cruising



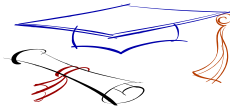
Don't forget to use Career Cruising. It is online career guidance and planning system. Students should use the sites tools to find the right career, explore education and training options, and build their own portfolio. Use your password and explore the site. Mrs. Beuhler does career cruising each year.

SENIOR NEWS

CLASS OF 2012

Graduation Requirements: This is a reminder to all seniors you must have earned 20 credits by the beginning of your senior term 1 year to be considered on track for graduation. If you do not have 20 credits at start of your senior year you should be working with your counselor on a plan to recover credit. Please see your counselor if you have questions in regards to your credits and or graduation requirements.

In order to participate in the graduation ceremony, a student must have completed all requirements, earned a valid MME score, and earned 27½ credits.



Senior Meetings: Counselors gave presentations to seniors on graduation requirements, post secondary options, college applications, college visits, sending transcripts, and scholarship information. Following the group presentation students had the opportunity to talk with their own

counselor's individually if needed and can always make an appointment to discuss post secondary options further.

Letters of recommendation: Choose adults who know you well. You can ask teachers, counselors, or administrators but, offer them your personal resume so that they can know all the things that you outside of school, they may not be aware of. But also consider other people who can write about your talents and abilities, like coaches, employers, and community leaders. Some schools require more than one letter of recommendation from counselors or teachers in particular subjects. Carefully read the instructions on the application before choosing someone to write the recommendation. Don't ask family members to write your letters; their comments won't be as credible to an admissions counselor.

Give your counselor and teachers the courtesy of time. Your recommenders need time to think about and prepare the letter. Extend the same consideration (time, access to information) you would want if given a writing assignment that accounts for most of your grade in a class.

Top tips: Be organized, be professional and start early when requesting your college application letter of recommendation.

Senior Meeting

Attention Senior Parents: Seniors were given their **RED** Education Development Plan file (EDP) that has information about career cruising, a resource sheet, Michigan e-transcripts request information, and an unofficial copy of their transcript.

Seniors please take the RED FILE home and share it with a parent or guardian and parents if they did not give it to you please ask them where it is.

VOTER REGISTRATION

Don't forget as of your 18th birthday you are eligible to vote. You must register to vote by signing up at the Township Hall on Jackman Road.

Scholarship Information

Be sure to check the scholarship link on the BHS website, and/or the bulletin board in **A hall** by the counseling office. It is updated frequently. Make sure you are looking at deadlines to submit the applications.

Senior Guide

Are you looking for great information about senior year? If so go to the following link on the Bedford High School website and see the senior guide for all kinds of great information to help GUIDE you through your senior year and beyond!

<http://www.bedford.k12.mi.us/~shs/pdf/senior-graduation-guide.pdf>

Junior News

PSAT
Saturday, October 15, 2011
7:45 am – 11:30 am
BHS Cafeteria
Pre-registration required

This month we will be advertising for the upcoming PSAT, which stands for the Preliminary SAT. Registration will take place in the guidance office after Junior registration. Sophomores can register after October 8th. A check made payable to Bedford High School for \$30.00 is needed at the time of registration. The PSAT will be administered on Saturday, October 15th. This exam is only offered once a year and is good preparation for future SAT administrations.

Juniors you can Sign up now for the ACT/Michigan Merit Exam Preparation for Students **NO CHARGE at Monroe County Intermediate School District Professional Development Center - 1101 S. Raisinville Road, Monroe Saturday, November 5th, 2011 8:45 a.m. to 12:30 p.m.**

[Another ACT/MME Prep Class will be offered on February 4, 2012.]

The *Prep Class workshop* will help you prepare to successfully take the test by:

- Showing you exactly what the format of the test is and the kinds of questions to expect
- Teaching you specific strategies for dealing with each section of the test including persuasive writing strategies
- Practicing science and math questions through the use of mini-tests and on-line in our Computer Lab
- Giving you ideas about the necessity for pacing yourself

TO REGISTER, CONTACT:

Rachel Krueger

Phone: 734.242.5799, ext. 1330

E-mail:

rachel.krueger@monroeisd.us

Please provide the following

information at the time of

registration:

STUDENT'S NAME, GRADE,

SCHOOL, PHONE NUMBER

and E-MAIL ADDRESS

Sophomore News

THE PLAN

Wednesday, November 16 2011

All sophomores will take the PLAN

More information will be provided in the future.

The plan will administered Wednesday, November 16, 2011. This test will be administered to all sophomores during the school day. It is the practice ACT test. There is no charge for this test. The PLAN test is a "pre-ACT" test, **PLAN** is a powerful predictor of success on the ACT. At the same time, many schools recognize the importance of PLAN testing for all students, as it focuses attention on both career preparation and improving academic achievement. Contact Mr. Majewski with any questions.

Freshman News

Important testing dates!

The 9th grade MEAP social studies test will be administered to all 9th Graders on October 19th See Mrs. Michalak with questions.

What is a Transcript?

This is a student's official high school record that starts at the beginning of the ninth grade year and will include four main areas:

- 1. All courses taken, which includes both required and elective classes**
- 2. Grades earned in each course**
- 3. Credits earned in each course**
- 4. Progress towards meeting graduation requirements**

Inspirational Quotes

"There is nothing better than the encouragement of a good friend."

-Katherine Butler Hathaway (1890-1942); Author

"Be the change you want to see in the world."

-Mohandas K.Gandhi

