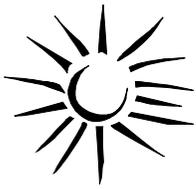


# The Counseling Connection

June, 2018

*A Publication of the Counseling Department at Monson High School*



## Summer School Registration Begins

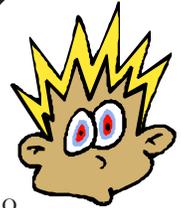
It is now time for students to begin registering for Summer School. Since Monson High School does not provide its own program, students wishing to earn credit in summer school must take courses in surrounding communities. Programs are offered at Pathfinder, Westfield High School and Chicopee Comprehensive High School, just to name a few. Programs will cost between \$150 and \$200 and will run from 4-6 weeks beginning the last week of June or first week of July. Some courses are available online while others require students to attend the program in person. Westfield offers a night program from 6:00-9:00 PM for 10 nights while the other options are in the mornings.

Students **MUST** have a letter from his/her school counselor authorizing him/her to attend a class. Students can take no more than two classes and the grade from the class will be averaged with the grade from the course taken during the school year. If the average grade is not a 60 or higher, then the student does NOT receive credit for the summer school class. An entry for the summer school class will also appear on the student's transcript.

Please direct questions to the appropriate counselor.

## Are Your Kids Overscheduled?

Children today are busier than ever. Recent studies show that children are likely to spend twice as much time in structured activities or sports than they did 15 years ago. Such a busy and hectic schedule often leads to boredom and a lack of imagination. When children have no free time, they don't have time for creative and imaginative play. When they are so accustomed to being scheduled and having everything figured out for them, they lose attention very quickly and often get bored.



Researchers feel that our culture supports the notion of numerous scheduled activities because of several reasons, the most important being the fact such activities are considered safe. Gone are the days when parents could let their kids play outside with their neighborhood friends without worry. Additionally, psychologists feel that well intentioned parents, who want their children to have opportunities perhaps not available when they were younger, are partially to blame. Parents also want to expose their children to a variety of activities, but psychologists argue that the end result is often not the desired one. Structured activities can also give working parents a break - someone else is caring for the kids if even for an hour. The competitive nature of our society also contributes to the trend of getting children into organized activities. News reports about parents verbally and physically abusing coaches and referees illustrate this point.

Overscheduled children are not the only ones affected by this overload. The entire family suffers. Parents who are stressed out trying to maintain the schedule and the daily grind may find themselves short tempered or unapproachable. Younger siblings who are expected to attend the practices or games of their older brother or sister's activities may also become resentful. Quality family time is nonexistent or severely limited. This translates into fewer family meals together, fewer family vacations and less spontaneous activities.

Organized activities in moderation are very appropriate. Parents should talk to their child about making choices. Encourage them to explore interests in more informal ways. An interest in art does not require art lessons. Parents can use the time that would have been devoted to the structured activity for either a spontaneous activity (i.e.: visiting a children's museum) or family time (i.e.: drawing pictures together).

Children certainly benefit from structured activities. The key here is to find a balance between the structured and unstructured activities. This will lead to more pleasure and fun for both child and parent.

# College

## **O** Placement Report Available

**r** Students and community members will once again be able to view copies of the Monson High School Placement Report. The report will show statistics from the Class of 2018, in particular, at which schools our students were accepted. The information is anonymous and will aid future students in determining if they meet the admission criteria at a particular institution.

To view a copy, stop by the Counseling Office in August.

## **C** Common Application Can Be Started Now

The Common Application is open and ready for you to start completing your application. There are currently over 700 institutions which are part of the program and makes it easier since you only have to complete basic information one time regardless of the number of schools to which a student applies. Some institutions may also require supplemental information which would be listed on the Common App website.

For more information about the Common Application, stop by the Counseling Office or go online to [www.commonapp.org](http://www.commonapp.org).

## **F**ee Waivers Available

A limited number of SAT and ACT fee waivers are available for students who demonstrate financial need. Stop by the Counseling Office and speak to your counselor if you feel that you are eligible. By using a fee waiver for the SAT's, individuals may also be eligible to waive application fees at participating colleges.

## **The College Visit..Summer Style**

The college visit is perhaps the most important aspect of the college search. Some

studies indicate that the college visit is the most important factor in determining where a student will attend college.

Visiting a college can be as simple as driving through campus or as formal as visiting for a weekend. Summer provides a great opportunity to conduct a college visit, however, one must remember that since most students are not on campus during the summer, that the campus may look markedly different than during the school year.

Many a family vacation is planned around a college visit. It is highly suggested that an appointment for a general information session and a tour is made in advance for two reasons. One is that some schools will have limited opportunities for official visits during the summer. If you arrive at 10:15 and the only tour of the day left at 10:00, you may be out of luck. Secondly, by making an appointment, you are assured that the Admissions Office knows that you have visited and gotten official information. However, if you don't have an appointment, a drive or walk through of the campus is better than nothing.

Visiting during the summer is often more relaxing for both families and the admissions staff. Summer mode usually allows for more indepth and interesting conversations. It also allows students a chance to visit many colleges without missing school or other school activities.



## IMPORTANT DATES

June 2 .....	SAT Administration
June 6 & 7 .....	MCAS Biology
June 9 .....	ACT Test Administration
June 18 .....	Underclass Awards Program
June 19 .....	Alternating Day Final Exams
June 20 .....	Final Exams Block 1 & 4
June 21 .....	Final Exams Block 2 & 3
June 22 .....	Last Day of School
Aug. 21 .....	New Student barbeque
Aug. 22 .....	Mandatory Athletic Meeting
Aug. 29 .....	First Day of School

## **2018-19 Scheduling Is Moving Forward**

Mr. Bardwell and Mrs. Sorel continue to meet with students to discuss course requests for the 2018-19 school year. A combination of factors have made the scheduling process more challenging this year than in some. This means the master schedule for next year has not been finalized yet. Therefore the schedules for students with conflicts will not be resolved until late June or over the summer.

Parents and students who have a concern or a question about the schedule for next year are encouraged to contact their respective counselor by June 22. Email is typically the easiest way to contact the counselors. The exact work schedule for the counseling staff during the summer will be published in the August edition of *The Counseling Connection*.

## **Staff Directory**

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