

Counseling News

Fall 2021 Issue V

Welcome Back to Campus!!!

The counseling department wants to take the time to acknowledge how resilient our students and families have been during this coronavirus pandemic. We also want to acknowledge how accommodating and supportive our Birmingham teachers, support staff, and administrators have been throughout these unprecedented times. Our Birmingham community has been tested in many ways that we can not even imagine and we are stronger for it! We are excited by the possibilities that this new school year brings along with the hope of a new chapter. We have all grown, adapted, and are forever changed and it is up to us to make this a year that we don't forget. **Let's make every moment count and relish in the joy that Birmingham's doors are open and filled with students, and staff happy to be back in person!**



NEW members to the counseling team!!!

We want to welcome our new **9th Grade Counselor, Mrs. Perez** who has been with us at Birmingham and knows our students and community very well and we are lucky to have her on our team! Next, we want to welcome our new **11th Grade Counselor, Ms. Galvez** whose experience and energy are already making their mark with our Patriots! Last but not least we want to give a warm welcome to our new **A-G Attendance Counselor, Ms. Rocha**, who is no stranger to the Valley and our students' needs. Her enthusiasm and experience have already had her busy supporting students and families. We are so happy to welcome these 3 wonderful and experienced ladies to our counseling team who have hit the ground running!!!



Anxiety and coping with coronavirus

Here is an article to gain some tools to help your student if your student is suffering from anxiety. This article provides some check-ins you can do as well as how to help them stay calm.
<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>



Benefits of having a job in high school

We have a lot of seniors working this year and wanted to offer an article that speaks to the benefits of having a job while in high school.
<https://www.google.com/amp/s/www.fastweb.com/student-life/articles/the-benefits-of-being-employed-in-high-school.amp>



Helping your student be successful in high school

The following article helps give you a guide on what you can do as a parent to help your student have a great school year.
<https://www.verywellfamily.com/how-to-help-your-teen-succeed-in-school-4087561>

GRADE LEVEL COUNSELOR UPDATES

9th Grade

Our 9th grade counselors **Mrs. Brown, (A-F)**, **Mrs. Perez (G-N)**, and **Mrs. Palacios (O-Z)** will be doing graduation and A-G requirement group presentations for students on **September 20th and 21st**. The 9th grade counseling team will also begin meeting with students individually to discuss their **4 year plan** for high school and to encourage them to start thinking about their futures. One of the best ways to help your student is for parents to monitor student progress through the Aeries Parent Portal. This is how you can see if your student has any missing assignments. ***If you do not have an Aeries account, please contact the Parent Center at 818-758-5281 and they can help you create an account.*** Please look out for the 6-week progress report, which will be mailed out on September 24.



10th Grade

Our 10th grade counselors **Mrs. Gazarian (A-F)**, **Dr. Harwin (G-N)**, and **Mrs. Mutia (O-Z)** are hard at work preparing Grad Checks for their students. What does that mean? They are summoning all students to discuss their credits, A-G, and Grad Status Report. Grad Checks will be mailed home at the end of this month.



The 10th grade counselors will also be seeing their students and scheduling parent conferences for those students at-risk of not being "On-Track" for graduation requirements. This intervention will begin at the end of September.

We want our students and their families to know we are here for them! Please reach out if you need academic, emotional, or social support. We look forward to getting to know all of you in person and look forward to a FABULOUS year!

11th Grade

Welcome back Juniors! Your counselors **Mrs. Scherrer (A-F)**, **Ms. Galvez (G-N)** and **Mrs. Mowry (O-Z)** are so happy to see your faces on campus. It makes us smile! Your junior counselors are working on **Junior grad checks** and **getting prepared to meet the students in their classroom**. We will discuss their status for graduation and A-G requirements. WE have been doing many sports changes as well and looking forward to cheering on the teams this year.



12th Grade

The 12th grade counselors **Mrs. Hinojosa-Riusech (A-L)** and **Mrs. Fuentes Martinez (M-Z)** are busy checking that our seniors are on track for graduation and college eligibility. Our seniors are off to a great start! Many completed summer school classes that really put them in a good place for senior

year and their future! We are meeting with students and creating a **GRAD Plan** with those that still have several classes to make up and there is no wiggle room for D's or F's. We are also working on Grad Checks, and reviewing CSU (College) Eligibility for our seniors.



Congrats to ALL our seniors who have started their **College/ Career Seminar Class** that is being offered 4th or 9th period and are working with our fabulous **college counselors Ms. Quinonez (A-L)** and **Ms. Lopez**, and our fantastic **career counselor Mrs. Zook** to either make a plan for their next step after high school or apply to colleges! Check out the events coming up that our College Counselors are having to help your student and family through the college process. **These are like GOLD!** Mark them on your calendar and attend.

In addition, our **Independent Study History and English** after-school classes began this week and run from 3:45 PM- 4:45 PM to make up D's or F's! We are thrilled that we have some amazing teachers working with our seniors. Big shout out to **Mr. Wydra (English)**, **Mr. Kusaka (English)**, **Ms. Weisenberg (History)**, and **Dr. Chaccatori (History)**.

Seniors this is your time to shine and we are so proud and excited with what this year holds in store for you!!

Class of 2022 **Steps to Requesting Letters of Recommendation**

We are so excited for the Class of 2022 and what this college application season has in store for our patriots! **It is very important that our seniors follow the steps to request a letter of recommendation from teachers and counselors.** This letter of recommendation can make the difference between an acceptance and a rejection and therefore it is important that students follow the outlined steps!

STEPS TO REQUESTING LETTERS OF RECOMMENDATION

BIRMINGHAM COMMUNITY
CHARTER HIGH SCHOOL

 [bcchs.college](https://www.instagram.com/bcchs.college)



STEP 1: Complete your Brag Sheet & Resume on Naviance

Teachers and counselors will be able to use the information on your Brag Sheet and Resume to better represent you in the letter of recommendation (LOR). Check out this quick tutorial on how to access your Brag Sheet and Resume on Naviance: bit.ly/tutnavi1

STEP 2: ASK your teachers or counselors if they are willing to write you a LOR

Depending on the colleges on your list, you **may only need 2 to 3 teachers and 1 counselor** to write you a letter of recommendation (LOR). Those LORs are sent to ALL the colleges on your list. **Which means you DO NOT need a different teacher/counselor for each college you apply to.** Some colleges require that the LOR come from a teacher in a specific subject area, so be sure you read the college requirements thoroughly.

Select a teacher/counselor that knows you best and can speak about your accomplishments and academic potential.

Please do NOT ask for more LORs than what you need. We must be respectful of your teachers' & counselors' time. Especially because they may also be writing LORs for other students.

Please ask your teachers or counselors 2 weeks to 1 month before the LORs are due to the college. Last minute requests may be denied or a general LOR will be sent. *See Letters of Recommendation REQUEST deadlines.*

STEP 3: Provide the following information to teachers/counselors who will write your LOR:

- Brag Sheet & Resume - Inform teachers/counselors that they can access both documents through their teacher/counselor Naviance account
- HOW they should submit the LOR - This depends on HOW you formally request the LOR (see STEP 4)
- Deadlines by which they must submit the LOR



STEP 4: Formally request letters of recommendation using the correct platform.

- **Private/out-of-state colleges:** Use Naviance to request LOR. Here is a link to a quick video tutorial: bit.ly/requestlor
- **University of California (UC):** IF required, you will be able to request LORs through the UC application. There will be section in the application that will ask for your recommender's name and email. They will be emailed a link to complete the letter of recommendation.
- **Cal State University (CSU):** IF required, you will be able to request LORs through the CSU application. It will be in the "Programs Materials" section. It will ask for your recommender's name and email. They will be emailed a link to complete the letter of recommendation.
- **CSU Educational Opportunity Program (EOP):** You will be able to request LORs in the "Supporting Information" section of the CSU application. It will ask for your recommender's name and email. They will be emailed a link to complete the letter of recommendation

STEP 5: Send teachers/counselors a THANK YOU card or email after LORs have been submitted.

Letters of Recommendation REQUEST deadlines

Below are deadlines **by which you should ASK your teachers/counselors about letters of recommendation AND formally request a LOR.** Asking for a LOR after these deadlines can result in a denial of your request or a general LOR being sent to the colleges. Please adhere by the deadlines to give teachers and counselors plenty of time to write you a stellar LOR.

Applying Early Action/Early Decision Deadline to Request LOR:

OCTOBER 1

Applying Regular Admissions (including for UC and CSU if required) Deadline to Request LOR:

OCTOBER 31

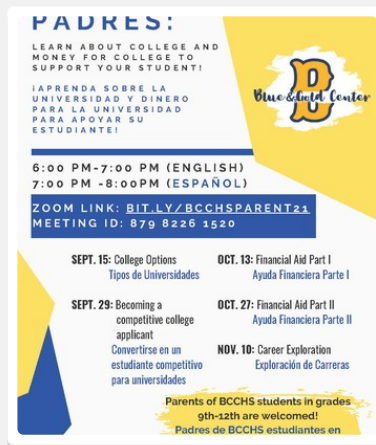
Applying to CSU EOP Deadline to Request LOR:

NOVEMBER 12



12th College Apps **OPENING DAY** 10/9/2021

Our College Counselors and staff will be available to help students work on UC/CSU, private college, and financial aid applications. The **DEADLINE to register is September 29th**. Please **RSVP at** <https://bit.ly/bcchsappday>.



9th- 12th Parent Seminar/ Seminario de Padres

Our College Counselors will be providing **5 workshops** to learn about college and money for college to support your student!
Sept. 15: College Options
Sept. 29: Becoming a Competitive College Applicant
Oct. 13: Financial Aid Part I
Oct. 27: Financial Aid Part II
Nov. 10: Career Exploration



NAVIANCE - BCCHS tool for Career and College Exploration

Naviance is a **FREE** tool available to all our **9th-12th grade students** to begin their journey to **explore careers and colleges!** Seniors will be using Naviance for most college transcript requests and or letter of recommendation requests.

6 Week Progress Reports Mailed Out

When

Friday, Sep. 24th, 3:30pm

Where

From Birmingham

Senior Contracts Coming Home Soon!

When

Monday, Sep. 20th, 3:30pm

Where

Your student will have it

More information

DUE back Signed October 1st!



BCCHS
Counselors
SUPPORTING STUDENTS

CONTACT US

Please check out our **school counselor homepage** for updated information and resources!

Website

https://www.birminghamcharter.com/apps/pages/index.jsp?uREC_ID=168016&type=d&pREC_ID=345429

Instagram handle is **@bcchs.counseling**



Birmingham Community High ...



(818) 758-5200



[birminghamcharter.com/apps/...](https://www.birminghamcharter.com/apps/pages/index.jsp?uREC_ID=168016&type=d&pREC_ID=345429)