

MAY/JUNE

2022

WINDSOR LOCKS HIGH SCHOOL COUNSELING COMMENTARIES



**Windsor Locks High School
Counseling Staff Members**

IMPORTANT EVENTS AND DATES

- * May 2 - 18th – Advanced Placement Exams
- * May 5th – Deadline for Late Registration for the June 4th SATs at WLHS
- * May 6th - Junior/Senior Prom – 6 – 10pm
- * May 17th – NGSS Testing for Gr. 11
- * May 26th – Field Trip to UConn – Grs. 10 & 11
- * May 30th – Memorial Day/No School
- * June 1st – Dollars for Scholars Awards Evening – 6pm
- * June 3rd – STEP UP DAY/Senior Outing & Book Awards
- * June 4th - SAT Testing @ WLHS 7:30am – 1pm
- * June 13th – Graduation! Football Field 5:00pm

Important Events in the School Counseling Department

**May 2 - May 18 – students in Grade 10, 11, and 12 will be taking
Advanced Placement testing at Windsor Locks High School**

Deciding to take an AP course lets colleges and universities know that you have what it takes to succeed in an undergraduate environment. When admissions officers see “AP” on your transcript, they know that what you experienced in a particular class has prepared you well for the challenges of college. Taking AP is a sign that you are up for the most rigorous classes your high school has to offer.

By taking an AP course and scoring successfully on the related AP Exam, you can save on college expenses: most colleges and universities nationwide offer college credit, advanced placement, or both, for qualifying AP Exam scores. These credits can allow students to save college tuition, study abroad, or secure a second major. AP can transform what once seemed unattainable into something within reach. (<https://apstudent.collegeboard.org/exploreap/the-rewards>)

The exam schedule is as follows:

May 2nd – AP Research Paper due

May 3rd - Psychology – 12pm

May 4th – English Literature & Composition - 8am, Computer Science A – 12pm

May 5th – Human Geography 8 am, Seminar – 12pm

May 6th – US History – 8am, Studio Art – Portfolios due

May 9th – Calculus AB – 8am, Computer Science Principles – 12pm

May 10th – English Language & Composition – 8am

May 11th – Biology - 12pm

May 12th – Physic – 12pm

May 18th – Statistics – 8am

WINDSOR LOCKS HIGH SCHOOL

**58 South Elm Street
Windsor Locks, CT 06096
860-292-5032 office • 860-292-5039 fax
www.wlps.org/WLHS/**

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Important Information for all Students

As we approach the end of the school year and final assignments/assessments, if you are struggling with a particular course make sure to touch base with your teacher, school counselor, peers and parents who can assist you. Make plans to sign up for Flex Sessions, form study groups and ask for counseling assistance if you are feeling anxious and overwhelmed –

In order to go onto the next grade level you must have the following:

**6 credits to be Gr. 10
12 credits to be Gr. 11
18 credits to be Gr. 12
25 credits to GRADUATE**

If anyone is under this credit status, you will remain under the current grade level you are at and may very well need to repeat the courses failed. Please see your counselor to see if you are eligible to take summer school at Enfield HS.

WE ARE HERE TO HELP YOU!

IMPORTANT EVENTS CONTINUED



The Early College Experience program, run through the University of Connecticut, is an opportunity for students to take UConn courses while still in high school. Windsor Locks High School offers **UConn ECE English 1007** which is listed as AP Literature & Composition/UConn ECE and **UConn ECE Biology 1107** which is listed as AP/UConn ECE Biology in our Program of Studies. It is open to recommended students in their sophomore and senior years for the 2022-2023 school year. These courses are taught by our own Windsor Locks High School teachers who have been certified as adjunct faculty of the University of Connecticut. UConn Early College Experience (ECE) is a concurrent enrollment program that allows motivated high school students to take UConn courses at their high schools for both high school and college credit. Every course taken through UConn ECE is equivalent to the same course at the University of Connecticut. Students are expected to maintain a "C" average and pass a university assessment to receive college credit.

Mrs. Ramirez, School Counseling Director will meet with students recommended for this course to give out information to register as a UConn student.

UConn/ECE REGISTRATION – OPENS on August 17, 2022 and ENDS on October 6, 2022



*A PROFESSIONAL LEARNING COMMUNITY
COMMITTED TO EXCELLENCE*



KEEP CALM
BECAUSE IT'S ALMOST
THE END OF THE SCHOOL YEAR

Attention Seniors:

** Just a reminder that if you received a letter of recommendation from a teacher, counselor, employer, family friend that you should show your appreciation by sending a personal thank you note to the individual who wrote on your behalf.

** Additionally, if you have committed to a college/university, please make sure to withdraw your other applications from other schools to which you applied and make sure to send a thank you for your acceptance into their institution.

****Please be mindful of senioritis! Now is the time that it creeps in and can distract from finishing the year strongly. College/Universities do not tolerate poor end of the year grades and it could jeopardize acceptance.**

8 WAYS TO SUPPORT MENTAL HEALTH AWARENESS MONTH

TALK ABOUT IT ON SOCIAL MEDIA
Let people know about Mental Health Awareness Month by spreading the word across your social channels.

CHECK UP ON OLD FRIENDS
All of us have that person in our lives who has gone through a rough patch lately. Reach out to them and check on how they're doing.

EDUCATE YOURSELF
Part of Mental Health Awareness month is improving your own knowledge of methods and techniques to keep yourself healthy and stress free.

TRY SOMETHING NEW
There are lot of ways to improve your own mental health. Use this month to try something new like meditation. The Larkr iOS app offers free guided meditation tracks for your convenience.

START A MOOD JOURNAL
Keeping a mood journal helps you identify your triggers and better prepare you for stressful situations. The Larkr iOS app features a free mood journal called "My Story" that makes the process fun and easy.

SHARE YOUR STORY
A lot of people still have a stigma about mental health. Sharing your story on Social Media or just with friends can help people feel more comfortable getting help themselves.

LEARN WHAT TO DO IN A CRISIS
Everyone experiences trauma occasionally and the effects on their mental health can be devastating. Learning what to do when a friend or family member is in desperate need of help can save their life.

DONATE (TIME OR MONEY)
Local charities that support mental health are always in need of financial support and man power. You can make a cash contribution or volunteer to work for suicide hotlines or other important efforts.

WINDSOR LOCKS HS COUNSELING DEPARTMENT

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“Education is the most powerful weapon which you can use to change the world”

Nelson Mandela

