



# News You Can Use

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## Reminder

January 1, 2012

Fill out FAFSA form  
on-line at  
[www.fafsa.ed.gov](http://www.fafsa.ed.gov).

## 2012-2013 Course Scheduling

Scheduling for next year will begin in February!! Parents, if you are interested in meeting with your child's counselor to discuss classes, please feel free to contact the School Counseling Office at 954-2620. Check out the curriculum guide online for any information regarding specific courses.

## Four Reasons to Take Challenging Courses

- ◆ Colleges look at the high school courses you've taken and want to see that you weren't coasting through.
- ◆ Tough courses give you the knowledge and skills you need to do college work.
- ◆ Students who take challenging courses score higher on the ACT & SAT. You'll be less likely to need remedial courses in college, and you may be able to finish college sooner.
- ◆ You will have more options for college and a career.



## Scholarship Information: Check the Scholarship Board



### Golub Foundation Scholarship Awards:

Eight different awards are available to students for \$2,000 per year. There is a 1,000-word essay that needs to accompany the application. This scholarship is due by March 15, 2012. Please visit [www.pricechopper.com](http://www.pricechopper.com) for an application.

### Price Chopper Associates Scholarship Program

This scholarship is for students employed by Price Chopper. With this scholarship, you need to have a minimum of a C, be a part time associate, and have been rated at least a 3 on the performance evaluation. This scholarship is due by June 1, 2012. Visit [www.pricechopper.com](http://www.pricechopper.com) for an application.

### Century Club Louise Bell Scholarship

This scholarship is given to a graduating high school senior who is planning to attend an accredited college

or university. This scholarship is due by March 15, 2012. Applications are available in the Guidance Office or at [www.centuryclubofamsterdam.org](http://www.centuryclubofamsterdam.org).

### Frances Bailey Scholarship

This scholarship is sponsored by the New York Federation of Women's Clubs and will award \$500 to a graduating high school senior who has been accepted to an accredited college in NYS. This scholarship is due by February 15, 2012. Applications are available in the Guidance office or online at [www.centuryclubofamsterdam.org](http://www.centuryclubofamsterdam.org).

### Phi Beta Kappa

This award is given to two high school graduates from the region planning to enter college in the fall of 2012. The application is due by March 5, 2012.

## DEPRESSIVE DISORDERS: EFFECTS ON LEARNING AND BEHAVIOR

The number of children and adolescents suffering from depression has increased over the past few decades. Listed below are some indicators or signs of depression to look for in your child. If you notice any of these signs or symptoms with your child, please contact your child's school building counselor or social worker with your concerns.

### SIGNS OF DEPRESSION

- ◆ Feelings of hopelessness
- ◆ Sad or irritable mood
- ◆ Withdrawal from others
- ◆ Self-injurious behavior
- ◆ Low self-esteem
- ◆ Feelings of worthlessness
- ◆ Suicidal thoughts
- ◆ Very angry most of the time and crying a lot or overreacting to things
- ◆ Anxious or worried often
- ◆ Showing declining performance in school
- ◆ Losing interest in things once enjoyed
- ◆ Inability to sit still or focus attention
- ◆ Worries about being harmed, hurting others, hurting himself/herself

### AFFECTS DEPRESSION MAY HAVE ON LEARNING

- ◆ **Attention:** Attention can be disrupted by discomfort and physical symptoms such as headaches or stomachaches.
- ◆ **Concentration:** Concentration is difficult to maintain for extended periods of time and is affected by fatigue or intrusive thoughts related to guilt, hopelessness, or suicide.
- ◆ **Self-appraisal/expectations:** Lack of enjoyment, feelings of low self-worth, expectations of failure, sensitivity to feedback, and negative thoughts about the future impede motivation and effort.
- ◆ **Rehearsal:** Deficits in attention, concentration, and motivation may make it difficult to retain and retrieve information for the purpose of rehearsal.
- ◆ **Mastery:** Cognitive and emotional impairments may interfere with the mastery of material.
- ◆ **Behavior:** Excessive absences, sleepiness or restlessness during class, slow responding or no participation, overall avoidance of social interaction or typical activities of peers, crying or expressions of excessive guilt and sadness.

### TEST DATES

#### **SAT Dates ([www.collegeboard.com](http://www.collegeboard.com))**

<u>Test Date</u>	<u>Deadline</u>
March 10, 2012	February 10th
May 5, 2012	April 6th
June 2, 2012	May 8th

#### **ACT Dates ([www.act.org](http://www.act.org))**

<u>Test Date</u>	<u>Deadline</u>
April 14, 2012	March 9th
June 9, 2012	May 4 <sup>th</sup>

\*\*BPHS is NOT a testing site. Most of our students take the College Admission Exams at Gloversville High, Amsterdam High, or Johnstown High. Register online at the above websites. Juniors and Sophomores should consider taking the College Admission Prep course offered for 1/2 credit.

### **The Children's Law Project**

The Children's Law Project of the Legal Aid Society of Northeastern New York, Inc. provides free civil (not criminal) legal services to low-income children with disabilities in Fulton, Montgomery, and Saratoga counties. They can help with a range of legal issues, including denial of benefits such as SSI or public assistance, school discipline issues, special education issues, and other civil legal problems. The Project has open intake throughout the day, but the best times to call are 11:00—12:00 and 1:00 - 5:00. For more information or to determine if you qualify for these services, please call the Legal Aid Society office nearest you: *Saratoga Springs*: (518) 587-5188, *Amsterdam* (518) 842-9466, *Albany* (518) 462-6765.