



MOBILE APP FROM COMMON APP

Common App is excited to announce the launch of a new mobile application – **Common App for mobile**. Aspiring college students can now search for Common App member colleges, request outside of school recommendations, write essays, and submit their applications through the mobile app. The **Mobile App from Common App** is free.



LIVE COLLEGE-GUIDANCE FORUMS

Nationally recognized experts offer insights on essential topics surrounding college application and admissions through free programming. All [past episodes](#) were recorded and can be viewed at your convenience. Downloadable toolkits accompany each episode. Join the experts for advice on all things admissions, from financial aid to first generation students.



DEADLINE FOR ACCOMMODATIONS REQUESTS

January 15, 2021, is the deadline for SSD coordinators to submit requests for accommodations for students with disabilities and, when required, complete documentation for the 2021 AP Exams. If requests are submitted after this date, there's no guarantee accommodations will be approved or appropriate exam materials will be shipped in time for the exam. If your student already

receives accommodations for school-based assessments and you are interested in having them receive the same for College Board exams, please contact Mrs. Fitzpatrick (jfitzpatrick@bbrsd.org) to discuss the process for obtaining them for AP Exams or SATs.



MENTAL HEALTH CONVERSATIONS & SUPPORT

Minding Your Mind's primary objective is to provide mental health education to adolescents, teens, and young adults, and the adults in their lives. Their goal is to end the stigma and destructive behaviors often associated with mental health issues. Minding Your Mind's programs move away from crisis-based response to prevention through education. Meet their speakers, read testimonials, and learn more about the programs they offer at their website: www.mindingyourmind.org

Community Conversations is a monthly forum for building connections. On the last Wednesday of every month, Minding Your Mind Clinical Director Sheila Gillin, LCSW, hosts a community conversation. Participants will login via Zoom to hear Sheila provide background information on a timely topic impacting our lives today, then interact with her and others in their peer group to ask questions and discuss. To join the Community Connections mailing list, please [click here](#).



AN EARLY TASTE OF COLLEGE

Students interested in experiencing college level coursework, while still in high school, have lots of opportunities to do so. From QCC and UMA Amherst, to NYU, Smith, Tufts, USC and many more, universities offer students ways to explore and challenge themselves through online programs throughout the year. It's not too early to begin applying to these programs for both Spring and Summer of 2021. Learn from college professors and explore a potential major.



TAKE A BREAK!

As we all know, this fall has been a school year like no other. I hope that everyone takes time over the break to move away from the screens and towards one another (safely, of course). Connect with those you love and reach out to support one another. We can still be productive, without the pressure of due dates and deadlines. Take time to care for others and ourselves. Play games, enjoy the snow, tell stories, read a book, do a craft, start a hobby, volunteer, exercise, practice mindfulness, meditate, try yoga, play music, dance - the options are endless. Be sure to rest and rejuvenate so that you return ready to face whatever 2021 holds in store. Best wishes to all for a peaceful holiday season. Stay safe. Stay healthy. Be well. Take care.

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