BHS School Counselor

WINTER NEWSLETTER 2025-26

CLICK ON THE BLUE LINKS IN THIS NEWSLETTER FOR ADDITIONAL INFORMATION!!

Contact the BHS School Counseling Department at 607-762-8211

☑ ACADEMIC TIPS

- Attend Classes Everyday
- Participate in Class, Do Homework, Study
- Check your grades on SchoolTool or Parent Portal
- Get Involved and Have Fun

Need extra help? Talk with your teachers or school counselor

How Can I Check Grades?

- Students can see their grades and more in SchoolTool.
- Click the link for details: SchoolTool Tutorial- Grades & Attendance

*if you have trouble signing into schooltool, try signing in with 'okta' on the sign in page

- Parents & Guardians can also create an account in Parent Portal to view student info: Sign up for Parent Portal

SENIORS

Attending College in Fall 2026?
Now is the time to submit college & FAFSA applications! See your school counselor for assistance!

Planning to work full-time or join the military after high school?
See your school counselor for next steps!

$$ MONEY FOR COLLEGE $$

FAFSA (Free Application for Federal Aid):

The FAFSA is now open and can assist you in accessing money for college. The application is found at the following website: FAFSA Website

There are multiple ways to get help in filling out this form: Online FAFSA Completion Workshops thru SUNY

UAspire workshops on FAFSA and related topics: Financial Aid Online Events

In Person: Christine McKnight: mcknight@binghamton.edu
Counselor for Educational Talent Search
By Appointment at BHS in the College and Career Center

Scholarships:
Scholarships | Binghamton High School

Find Scholarships for College and Trade School | Fastweb

JUNIORS

College entrance exams: Juniors should sign up now to take college entrance exams held in May and June. Students may be eligible for a fee waiver and should see their school counselor with any questions:

SAT Registration

ACT Registration

College and Career Search:
Juniors should continue to explore career and college opportunities through the School Counseling Office and the College and Career Office. Now is also an excellent time to update or create your resume!

Empire Girl's State

- 11th grade girls from across the state are selected to attend a week-long immersive program, learning about leadership, patriotism and how the state government works.
- Interested students should see their school counselor by Jan 16th to be considered. Students must academically rank in the top ⅓ of their class.
- Program dates: June 30-July 6th @SUNY Brockport

Leadership Opportunity

Resources

BHS RESOURCES:
Contact your School Counselor to learn about our updated **food bank** and **many other resources** at BHS
607-762-8211

Community Resources:
Mental Health Resources

First Call for Help:
Call: 211 to get connected with resources in the community including, food, clothing counseling and more

January Regents Exams

Who Needs to Take a Regents Exam in January?

- Students taking an 11th grade English class
- Students who have been told by their school counselor (they will have a course listed with the word 'January' on their schedules in SchoolTool)

January 2026 Regents Examination Schedule BHS

Student should take additional time outside of class to prepare for their exams.

Check here for additional review opportunities:
Review Sessions for Jan 2026 Regents Exams

Read more

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COLLEGE & CAREER EXPLORATION

CAREER EXPLORATION SITES:
Career One Stop
Career Zone
AgExplorer- Agricultural Careers

JOB SEARCH SITE:
NYS Job Bank

COLLEGE SEARCH SITES:
College Board College Search
Niche College Search

- Working papers
- College Visits
- Broome-Tioga Workforce
- FAFSA Help
- Career Exploration and Resume Writing

College & Career Center

SOPHOMORES

BOCES Career & Technical Education Program Visit:

10th graders who are interested in learning more about career related programs at BOCES, should speak with their school counselor after Winter Recess

Click link: CTE 2-year program descriptions

Field trip: February 24th from 11:30am- 1:50pm

Permission slips are due January 30th to the School Counseling Office

Clubs and Althletics

Info on Athletics:
Binghamton CSD Athletics

Info on Clubs:
Check out club schedules during Patriot Period!

GET INVOLVED!!!

Read more

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Upcoming Events!

JANUARY 15th @ 12 PM : New Visions Presentations @ BHS. See your School Counselor for details. New Visions Program description

FEBRUARY 24th: BOCES Career & Technical Visits for 10th Graders, Sign up with School Counselor by 1/30
CTE 2-year program descriptions

March 3rd BOCES CTE Recruitment Night 5-6:30 pm

FEB-APRIL: Scheduling for upcoming school year

SAT and ACT Dates-Spring 2026:
FEB 14: ACT Exam (Register by 1/9)
MARCH 14: SAT Exam (REGISTER BY 2/27)
APRIL 11: ACT Exam (REGISTER BY 3/6)
MAY 2: SAT Exam (REGISTER BY 4/17)
JUNE 6: SAT Exam (REGISTER BY 5/22)
JUNE 13: ACT Exam (REGISTER BY 5/8)

Work Works!

Consistent Effort Pays Off!

ATTENDANCE MATTERS!!

Did you know...

Students who miss 2 or more days of school each month are 18% less likely to graduate.

SCHOOL COUNSELING DEPARTMENT CONTACT INFO

School Counselors:

- **A to Bo, ENL** -- Derek Gouldin (762-8256)
- **Br to D** -- Glenn Whittington (762-8228)
- **E to I** -- Tara Lange (762-8361)
- **J to Mil** -- Caitlyn Farrell (762-6060)
- **Mim to Ph, P-Tech** -- Ashlee Power (762-8177)
- **Pi to Sp** -- Andrea Kramarczyk (762-8264)
- **Sq to Z** -- Matthew Roberts (762-8265)
- **PATS Program, PALS Program** -- John Matyas (762-8227)

Michele Gregor Dept. Chair--(762-6009)???
Kim DeRito, Senior Clerk -- (762-8211)
Kati White, Typist -- (762-8211)

Read more

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