



BHES Update

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Website: www.bhes.us

E-Mail: Info@BHES.us

President's Message



Plainfield

14953 S. Van Dyke Rd.
Plainfield, IL 60544

Phone Number
(815) 609-1544
Fax Number
(815) 609-1670

Bucktown/ Wickerpark

1448 N. Milwaukee Ave.
Suite 201
Chicago, IL 60622

Phone Number
(773) 486-4617
Fax Number
(773) 486-4936

New Lenox

1890 Silver Cross Blvd.
Suite 315
New Lenox, IL 60451

Phone Number
(815) 717-8694
Fax Number
(815) 717-8696



At the end of November, after a little over two years, Dr. Syed Rahim will be leaving BHES to pursue other professional endeavors. During his time with BHES, patients and staff have enjoyed working with him and have benefited from his expertise. Everybody at BHES would like to thank him for his service and we wish him the best for his future.



BHES would like to welcome its newest Psychologist to the practice: Luke E. Fairless, Psy.D. He will be working out of both the

New Lenox and Plainfield offices and he will be conducting psychological examinations and psychotherapy. He is in the process of being credentialed to be in-network with the insurance companies we accept. Once he completes that process, he will start providing services for BHES. Please welcome him to the practice.



In December 2013, Jenny Lass will have been a part of BHES for 5 years. We want to show our appreciation for her excellent work ethic, dedication, reliability and positive attitude. Her involvement with BHES has helped the practice grow and maintain a high level of customer service. She also is very helpful in designing most of the signs for the waiting room and many other administrative tasks. Please thank her for her many positive contributions to BHES.

Applying to College

The main part of education is not the acquisition of facts, but learning how to make facts live.

-Oliver Holmes

Applying to college is a big project that requires planning and preparation. Here are some suggestions on how to succeed in this project:

1. **When to Start:** Students should try developing a list of colleges and universities during the summer between their junior and senior year of high school.
2. **How to Start:** Find out what each college requires for the application. Visit the websites of each college you're interested in. Organize yourself using folders for the various colleges.



3. **How Many Colleges:** Try to choose between five to eight colleges. One or two of the colleges could be "stretch" schools where admission is questionable.
4. **What about the Application:** Some colleges have online applications or use a Common application which can be used to apply to multiple universities. Check to see if the school accepts the Common application and if there are additional documents that also need to be submitted.
5. **What about the ACT or SAT:** Check with each college to see if they require the ACT or SAT test for admission. Students may want to re-take either or both tests their

senior year to improve their scores. All colleges take the best scores on either standardize test. Most students improve their test scores by re-taking the tests.



6. **What about Teacher Recommendations:** Most colleges require students to submit two or more teacher recommendations with their application. Students should ask a teacher early in the fall of their senior year for a recommendation letter. Ideally, the teacher will be in the field of their chosen major and familiar with the student's academic and extra curricular performance. Students should ask the teacher in-person for the recommendation; avoid asking through email.
7. **When to Visit Colleges:** Students should visit colleges their junior and senior years. During the junior year, students should try to narrow down their choices and travel to the colleges to aide in the decision process. During their senior year, they should visit the colleges that they have been admitted to and narrow down the final choices.



ACT Test

In Illinois, all juniors took the ACT test in late April, 2013. As with last year, students were not given the writing portion of the ACT test in school. Students who are applying to colleges that require the writing section of the test will have to take it to be admitted to those colleges. Students can take the ACT test multiple times and colleges will consider the student’s highest scores across all tests taken.



BHES’ ACT Preparation (Small Group or Individual Study)

- Small Group courses meet twice a week for four weeks (for a total of 20 classroom hours)
- Small Group courses are limited to 12 students
- Small Group tuition is \$500 **50% Discount if registered by November 7, 2013**
- If you register three or more students at the same time, each registrant receives an additional **\$25.00 Discount**
- Individual ACT Study tuition is \$600 (for a total of 20 one-on-one hours)
- For additional information, check out our ACT page on our website at www.bhes.us

Plainfield Course

Class	Day	Time	Start Date
2013W-01	Tuesday-Thursday	6:30-9:00 pm	Thursday, Nov 14th

Chicago and New Lenox Courses

For information on Small Group ACT courses at our Chicago and/or New Lenox offices or Individual ACT Study at any of our offices, contact Liz Brucker at bhes-liz@sbcglobal.net.

BHES' Parenting Skills Seminar Series Presents



A Parent's Tool Kit: Parenting with Intention

**Presented by Gwen Ginski, M.Ed.,
L.C.S.W.**

- ◆ **Do your children refuse to listen to you?**
- ◆ **Do your children throw temper tantrums, whine or cry when you tell them “No”?**
- ◆ **Do your children have Attention-Deficit/Hyperactivity Disorder or another behavioral disorder which make parenting more difficult?**



Learn behaviorally-based parenting tools aimed at improving your children's willingness to pick up after themselves, go to bed on-time, complete their school work and accept “No” for an answer.

- ◆ **Date:** **Saturday, October 19 or
Saturday, November 16**
- ◆ **Location:** **BHES Plainfield**
- ◆ **Time:** **9:00am to 11:00am**

- ◆ **Cost:**
Prior to the seminar- \$20.00 for individuals;\$35.00 for couples
Day of the seminar- \$30.00 for individuals ;\$50.00 for couples

- ◆ **To Register:** **Call 815-609-1544; payment can be taken over the phone or made by mail.**

Don't delay, space is limited!!!

Surviving On Overload

“There are some things I can't control, & that's just the way it is.”

Susane Colasanti

The current world can be a very stressful and overwhelming place. Demands on our time and energy from work and family,

as well as our financial commitments often seem impossible to meet.

Heightened stress usually leads to less sleep, poor eating, decreased concentration and memory, increased illness, worse mood, increased pessimism, and many other negative side-effects.



In order to successfully meet the demands of our busy lives, it is important we utilize our mental energy wisely and that we do what we can to keep our world under control and rewarding. The following steps should help you better navigate the world around you and feel less overwhelmed.

Utilizing your energy wisely: Take a moment and think about the stressors in your life. Now, identify how much control you have over those stressors. Do you have the ability to directly change or impact them? Are they in the past, future or present? Do you find yourself dwelling over situations you cannot change or spending time focused on avoiding scary events in the future? If you answered “Yes” to the last two questions, you’re not alone.

Unless you have magical powers, you neither have the ability to undo or re-do the past or the ability to know exactly



what the future holds. Thus, if you’re spending your limited

mental energy contemplating either scenario, you’re likely not utilizing your energy wisely. Do your best to focus your

Depression Awareness Month

October is Depression Awareness Month. This is a good time to assess how you or a loved one is feeling. Some signs that you or a loved one may be depressed are: ongoing depressed or sad mood; sense of hopelessness or pessimism; increased need for sleep and/or disrupted sleep; significant weight loss or gain; decreased energy and motivation; increased bouts of crying; disinterest in usually enjoyable activities; thoughts of death and/or suicide; decreased concentration and a sense of worthlessness. If you believe you are depressed, seek help and talk to loved ones.



Surviving On Overload Cont.

mental energy on what is happening in the present. If you have something difficult in your future, make a plan and work each day towards completing it. If you're upset by something in the past, shift your focus to what you can do about the situation today. Worrying about the past or future usually just makes your life seem more overwhelming.

Keeping your thoughts helpful: How aware are you of your thoughts? What impact do your thoughts have on your mood? Would you believe that simply changing the focus of your thoughts usually has a significant impact on how you are feeling? It is very important you pay close attention to what and how you are thinking and to be able to identify when your thoughts lead to unhelpful feelings (i.e., angry, anxious, depressed). Since only you can control



what you think about and what you tell yourself, you contribute the most to how you feel. So, when you're feeling overwhelmed and focusing on unhelpful thoughts, tell yourself to stop thinking about it and re-focus your thoughts in a way that is likely to improve your mood.

Finding time for a break: With all of life's demands, it can seem impossible to slow down and take time to enjoy life a little. However, an always-on-the-go lifestyle usually results in burnout, decreased work performance, strained relationships, and an overall sense of displeasure. It is important to make time each week to do some of the things you enjoy and to spend time with those important to you. There is no right way to spend your down time, but if you can't remember the last time you were able to relax or the last time you took a vacation, that's a sign you're overdue and likely overloaded.



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www.bhes.us

Just click on the like button on BHES' website

