

# GUIDANCE NEWSLETTER

DECEMBER/JANUARY

## Counselor Assignments

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## Upcoming Events:

Dec 4-15 AIR testing (just 11<sup>th</sup> & 12<sup>th</sup> grade)

Dec 6<sup>th</sup>: Junior class field trip to WSU

Dec 6<sup>th</sup>: JH Family Winter Festival & Band Concert at 7pm

Dec 7<sup>th</sup>: Senior class field trip to Playhouse in the Park

Dec 13<sup>th</sup>: Candlelight Concert at 7pm

Dec 18<sup>th</sup>: Exams

Dec 19<sup>th</sup> & 20<sup>th</sup>: Exams with an early dismissal at noon

Dec. 20th: End of Quarter 2

Dec. 21st-Jan. 2<sup>nd</sup>: Winter Break

Jan 9<sup>th</sup>: Scarlet Oaks counselor meeting  
8am juniors, 8:30 seniors

Jan 10<sup>th</sup>: Extended Advisory (TA) –  
Time Management/Study Habits  
Activity

Jan 11<sup>th</sup>: Scarlet Oaks presentation to  
sophomores in the auditorium

Jan 12<sup>th</sup>: 2<sup>nd</sup> Quarter Award  
Recognition at 8:30am

Jan 15<sup>th</sup>: **MLK Day No School**

Jan 19<sup>th</sup>: Sophomore class field trip to  
Scarlet Oaks

## Test Anxiety:

Test anxiety is a form of performance anxiety. If your child went to class, completed their homework, and studies feeling confident about the material, the act of taking the test is the hardest part of the equation.

**What Causes Test Anxiety?:** Although there are many different reason a student can have test anxiety, the main causes are: *fear of failure, lack of preparation, and/or poor test history.*

**What do the symptoms look like?:** Each person is different, but some symptoms may include: headache, nausea, rapid heartbeat, light-headedness, feelings of anger, fear, helplessness and disappointment, difficulty concentrating, thinking negatively and comparing oneself to others.

### **How do I manage test anxiety?:**

- Prepare with effective study habits
- Reduce anxiety about taking tests
  - Take care of yourself with healthy eating and get enough sleep (6-8 hrs) before a test.
  - Take practice exams. People are less likely to be anxious about something if it's familiar.
  - Come prepared. Arrive early and bring all materials needed.
  - Make an effort to relax periodically during the test.
  - Engage in positive self-talk.
- Effective Test-Taking Strategies
  - Listen/read carefully over the directions
  - Perform a 'brain dump.' At the start of the test, write down key information you're afraid you will forget.
  - Preview the test and budget your time
  - Multiple-choice. Don't get sidetracked looking for patterns of answers.
  - Essay questions. Underline key terms like compare, contrast, discuss, and summarize so you're clear on the direction of the essay
  - When in doubt...guess
  - Skip the difficult questions until last
  - Use leftover time to check answers.

## ACT and SAT Information

CEEB Code: 364527

Register Online:

ACT: [www.actstudent.org/start](http://www.actstudent.org/start)

### Test Dates:

Dec. 10<sup>th</sup>

Feb 11<sup>th</sup>

Apr 8<sup>th</sup>

June 10<sup>th</sup>

### Registration Deadline:

Nov. 4<sup>th</sup>

Jan. 13<sup>th</sup>

Mar 3<sup>rd</sup>

May 5<sup>th</sup>

### SAT:

<https://sat.collegeboard.org/register>

### Test Dates:

Dec. 3<sup>rd</sup>

Jan 21<sup>st</sup>

Mar 11<sup>th</sup>

May 6<sup>th</sup>

### Registration Deadline:

Nov. 3<sup>rd</sup>

Dec. 21<sup>st</sup>

Feb 10<sup>th</sup>

Jun 3<sup>rd</sup>

### Senior TO DO list for

#### Dec/Jan:

\_\_\_ Take ACT!

\_\_\_ Finish applying to at least 2 or

3 colleges you're interested in

\_\_\_ Visit Colleges/Universities

\_\_\_ Finalize essays for

applications

\_\_\_ Look for scholarships &

apply

### Junior TO DO list for

#### Dec/Jan:

\_\_\_ Research Colleges/Universities and programs

\_\_\_ Attend the WSU field trip

\_\_\_ Maintain/Improve GPA

\_\_\_ Get involved! (volunteer, join a team, get a job, etc.)

\_\_\_ Use Naviance to investigate college and/or career options

### Effective Study Habits

- Create a quiet, neat study area
- Study from good notes
- Use bits of unexpected free time to study
- Create a study schedule to avoid "time-drains"
- Take advantage of your peak energy levels
- Create a study group
- Teach content as a 'learning check'
- Recite information aloud
- Pose difficult questions
- Review previously learned material
- Avoid cram sessions
- Reward yourself.

#### Reference:

Wright, Jim. *Managing Test Anxiety: Ideas for Students*.  
Interventionalcentral.org,  
[www.hagerstowncc.edu/sites/default/files/documents/11-test-anxiety-tips.pdf](http://www.hagerstowncc.edu/sites/default/files/documents/11-test-anxiety-tips.pdf).

### Memorize content. Tips to help:

- *Read and review using SQ3R (1. Survey the Chapter, 2. Create Questions based on each chapter heading, 3. Read through the chapter, 4. Recite the questions, 5. Review your answers)*
- *Create flashcards*
- *Create acronyms such as ROY G BIV - colors of the rainbow*
- *Create acrostics - a sentence made up of words whose initial letters are memory cues*

Visualization tricks: We often think in pictures, using our 'mind's eye' to help memorize information as mental images.

- Chaining. First, think of an object to represent each word or term you need to memorize. Next, construct a mental 'chain' that connects the objects in a short sequence.
- Familiar places. Select a location you're familiar with (your home or bedroom.) Then think of an object to represent each word or term you need to memorize. Finally, mentally 'place' the objects at various places in the location.