

GUIDANCE NEWSLETTER

OCTOBER/NOVEMBER

Counselor Assignments

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Upcoming Events:

Oct 10th: Prom Committee/Junior Class Officer Meeting 7:40am Guidance Office

Oct 11th: PSAT begins at 8:15am

Oct 11th: Mental Health Awareness Presentations

Oct 11th: OU Rep Visit

Oct 13th: End of the 1st Quarter

Oct 16th: No School

Oct 20th: FAFSA Workshop day

Oct 24th: NKU Rep Visit

Oct 30th – Nov 3rd: Fall In To Spirit: Dress down for .50¢ per day or \$2 on Monday for the week. (Mon-Pajama Day Tues-Halloween themed Day Wed-Decade Day Thurs- Sports Day Fri-Class Color Day)

Nov 3rd: Girls Volleyball Tournament vs.Staff (\$1 to play, \$2 to watch)

Nov 1st: Counselor visit to Scarlet Oaks

Nov. 9th: 8th grade field trip - North Explore with Community Connections at NKU

Nov 10th: Veterans Day – NO SCHOOL

Nov. 17th: 8th grade Scarlet Oaks field trip

Nov 21st: Hoops for the Holidays

Nov 22rd – 24th: Thanksgiving Break

NAVIANCE:

We are happy to re-introduce a great program to our 7th-12th grade students called Naviance!

What is Naviance?: Naviance is a “comprehensive K-12 college and career readiness platform that enables self-discovery, career exploration, academic planning, and college preparation for millions of students across all ages and around the globe.

How will Naviance help my student?: Students will have access to their own personalized account that will allow them to explore their interests and strengths, investigate different careers and colleges, create goals and complete tasks assigned by their counselor, get involved in the planning and advising process, and stay up to date with meetings and events, scholarship opportunities, and access to other resources for college and career information.

How does my student access his or her account?: On Friday Oct. 28th your student was given an access code to create his or her personal account. They should have used their personal email address and created their own username and password. Your child will be able to add your e-mail address allowing the counselors and teachers to contact you via e-mail. If your e-mail is added, you will receive an access code of your own in the mail allowing you to create your own parent account.

ACT Information

CEEB Code: 364527

Register Online:

ACT: www.actstudent.org/start

Test Dates:

Dec. 9th

Feb 10th

Apr 14th

June 9th

July 14th

Registration Deadline:

Nov. 3rd

Jan. 12th

Mar 9th

May 4th

June 15th

Mental Illness Awareness Week

Every year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends, or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread. – NAMI

As a school we have decided to educate and explore different mental illnesses. If you walk into our building you will see posters exploring different mental illnesses. On Oct 11th we will be having two outside resources come in to present to our students.

Senior TO DO list for Nov/Dec:

- ___ Take ACT ___ Apply to at least 2 or 3 colleges you are interested in ___ Visit Colleges/Universities
- ___ Finish essays for applications ___ Look for scholarships
- ___ Ask for letters of rec. for applications or scholarships requiring them

Junior TO DO list for Nov/Dec:

- ___ Research Colleges/Universities and programs
- ___ Attend College Rep Visits at school
- ___ Maintain/Improve GPA
- ___ Get involved! (volunteer, join a team, get a job, etc.)
- ___ Use Naviance to investigate college and/or career options

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?:

- Give yourself enough time to study. Don't wait for the last minute to cram.
- Find a study space and organize it. Make sure you have enough space for your study materials, have enough light, a comfortable space, and has no distractions including your phone.
- Use flow charts and diagrams. Visual aids can be very helpful when revising. A good challenge for you – write down everything you already know then highlight where the gaps lie.
- Practice on old exams. One of the most effective ways to prepare for exams is to practice taking past versions.
- Explain your answers to others. This will help you get it clear in your head and highlight the areas you need more work.
- Organize study groups with friends. Get together with friends for a study session. You may have questions they have answers to and vice versa. Make sure to stay focused.
- Take regular breaks. While you might think it's best to study for as many hours possible, it can be counterproductive. Studies have shown that for long-term retention of knowledge, taking regular breaks helps. Everyone is different, so develop a study routine that works for you.
- Snack on brain food. What you eat can really impact your energy levels and focus. Some nutritious foods that keep your body and brain well-fuelled and shown to aid concentration and memory include; fish, nuts, seeds, yogurt, and blueberries.
- Plan your exam day. Make sure you have everything ready well in advance to the exam.
- Drink plenty of water. Being well hydrated is essential for your brain to work at its best.