

COUNSELING NEWSLETTER

Spring 2016

COLLEGE PREPARATION JUNIOR AND SENIOR CHECK LISTS

Juniors (Class of 2017)

- ◇ Attend the **Spring College Fair** at the University of Portland—April 24, 2016
- ◇ If you plan to attend a **military academy** or **enlist**, speak with a recruiter.
- ◇ Attend the **Financial Planning and Beyond** event—March 30th, 6pm, CHS, North Commons.
- ◇ Register for Spring **SAT/ACT tests** at www.collegeboard.com and www.act.org.
- ◇ Spring Break and Summer Break are great times to **visit college campuses** to narrow down the list of colleges which you are interested.
- ◇ **Register with the NCAA** if you are considering athletic participation at a Division I, Division II or NAIA college.
- ◇ **Review college application materials** to determine if essays and recommendations are required.

Seniors (Class of 2016)

- ◇ **Upcoming Senior Project Dates:**
~ **15 hours** due: Mar 31.
~ **Final project/hours** due: April 28
~ **Senior Boards** Scheduled for May 31, June 1, June 2
- ◇ May 1 is the deadline to **notify colleges of your decision** to attend or to not attend a particular school you have applied to.
- ◇ Please notify CHS of your **after high school plans**: <http://tinyurl.com/pzd9cgc>
- ◇ Please notify CHS of any **scholarships or awards** you have earned: <http://tinyurl.com/pjj2zrr>
- ◇ **Pay all fines** owed to be cleared to participate in CHS commencement.
- ◇ **Running Start students** completing classes needed for graduation Spring Quarter: see your counselor in June for paperwork needed to be cleared for graduation.

Counselors: Caseload/Contact Information

Sherry Keene Grades 9-11, Last names A–E FSA Program, Senior Project	Ext. 78416
Elizabeth Rollman Grades 9-11, Last names E–Hr, Running Start, 11th grade: A–L	Ext. 78461
Josh Gibson Grades 9–11, Last names Hs–Mi, IAA Program	Ext. 78370
Jodi Miller Grades 9–11, Last names Mj–Ri, Running Start, 11th grade: M–Z, Senior Project	Ext. 75723
Jim McConnell Grades 9–11, Last names Rj–Z Skills Center	Ext. 78429
Donna Cooper Seniors, Last names A–M Running Start Seniors: A–M	Ext. 78359
Leontina Liebe Seniors, Last names N–Z Running Start Seniors: N–Z MST Program	Ext. 78215

Earn College Credit For Camas High School Classes

CORNERSTONE College in the High School is a program designed to help high school students earn college credit within the high school setting. Through this program students are eligible to earn college credit through Central Washington University just by taking and passing eligible classes at CHS. Students must also register through CWU and pay \$55/credit to have the college credits transcribed. These credits are transferable to most all public undergraduate programs.

CWU Courses offered at CHS for 2016-2017
(new courses will be added each year)

CHS Class	CWU Course Credit Eligibility
Pre-Calculus	Math 153 and Math 154
English 11	English 101
Beginning Ceramics	Art 265
Advanced Ceramics	Art 365
Military History	MSL 314
Physical Education	PE (varied courses)

For more information on **Cornerstone** please contact your child's counselor or Susan Asher, the administrator for this program.

FINALS AND AP TESTS ARE ON THE HORIZON

STRATEGIES FOR STUDYING

Attend Class Regularly: This is the most important part of doing well in school. When you miss school you miss key learning opportunities.

Listen and Take Notes: When you're in class make sure to listen carefully. If you don't understand something, ask a question; you won't be the only one with the same question. Your teacher may write important points on the board or give you a handout to highlight important facts. Copy it all down.

Review at Home: If you are assigned homework, DO IT! If your teacher asks you to read something, take notes on the important points. Review your notes from class and those from your reading to make sure you understand the concepts.

Study with Peers: Share what you have learned with other students- you will learn by teaching concepts to them, and in turn, you will be exposed to new ideas.

Plan Ahead: Write down assignments in a planner or calendar so you have a list of what is required, when it is due and how much time you have to gather necessary supplies and resources. Block out sections of time to do homework, projects and test prep. Think about what books or resources you will need at home and take them with you!

Avoid Distractions: Turn off the television, don't text or talk on the phone, and ask friends not to call or text you either. Set aside a special place to study and do homework. Reduce or stop potential distractions.

Prioritize Tasks: Decide what you will work on and do the difficult tasks first. Study for 50 minutes and then take a 10 minute break. Stretch, relax, have a high energy snack, and then return to your work. Allow longer "massed" time periods for or-

ganizing relationships and concepts, outlining and writing papers. Use shorter time periods for rote memorization, review and self-testing. If you get tired or bored, switch tasks/activity, subject or environment. Stop studying when you are no longer being productive.

Establish a Routine: Do homework at the same time daily, for example right after school or right after dinner, and plan for it in advance.

In the Classroom: Sit in front and away from students who might distract you. Stay after school if you need help from your teacher(s).

Your Health: Get regular exercise, at least 7-8 hours of sleep nightly, stay hydrated, and eat a balanced diet. Keep a healthy balance between school work, extracurricular activities, and family time.

Sources: OSPI- Navigation 101; Stanford University, Center for Teaching and Learning;

TEST TAKING TIPS

Testing yourself repeatedly before an exam teaches the brain to retrieve and apply knowledge from memory; this method is more effective than re-reading a textbook. If you are facing a test on the digestive system, practice explaining how it works from start to finish, rather than studying a list of its parts. Review the toughest material right before going to bed the night before the test. This makes it easier to recall the material later.

Taking pretests may feel like hard work but seeing steady increases in scores boosts one's confidence. Practice tests help with test-taking skills such as pacing and test format.

Sleep plays a role in test performance in two unexpected ways. It is recommended that you do not wake up earlier than usual to study; this could interfere with the rapid-eye-movement

Face your anxiety: An estimated

35% of students are so nervous before high-stakes tests that it impairs their performance, says Richard Driscoll, a Clinical Psychologist who has researched text anxiety. Writing down fears and anxieties before the test frees the working memory and can prevent distractions during the test. To combat self-doubts such as 'I'm bad in math', remind yourself of proven personal traits and strengths that can propel you to success. Practice in advance facing all the pressures you will face on exam day, such as an unfamiliar testing room. Before the test, envision yourself answering questions calmly and with confidence.

Eat breakfast the day of a big test. High-carb, high-fiber, slow-digesting foods like oatmeal are best based upon current research. However, what you eat a week in advance matters, too. When 16 college students were tested on attention and thinking speed, then fed a five-day

high-fat, low-carb diet heavy on meat, eggs, cheese and cream then retested, their performance declined while the students who ate a balanced diet that included fruit and vegetables held steady. According to Cameron Holloway, Senior Clinical Researcher at the University of Oxford, the brain requires a constant supply of energy and "has only a limited backup battery." The same can be said for **hydration**. When the body is not adequately hydrated, the brain's processing speed slows as well.

Turn off the noise: While many teens insist they study better while listening to music or texting their friends, research shows the opposite. Information reviewed amid distractions is less likely to be recalled later, says Nicole Dudukovic, Assistant Professor of Psychology at Trinity College.

Source: Wed, Oct. 26, 2011 edition of The Wall Street Journal

TIPS FOR SPECIFIC TYPES OF TESTS

Matching- all of the answers are present in this type of test; narrow down selections given by:

-marking only those answers of which you are absolutely sure on the first read through

-next, choose answers which seem to be reasonably safe; this should eliminate all but a very few responses, and even some of these will become more obvious as you reduce the number of alternatives.

Multiple Choice- look carefully for important clues:

-correct answers, except in extreme situations, tend to have qualifying terms such as "usually", "most of the

time", or "generally". Words like "always" and "never" are often used to make a response incorrect

Review your answers to make sure that you have neither accidentally marked or mismarked an answer. This is important to watch especially on a scoring sheet such as a "Scantron"

Reading Comprehension -Tests- begin by reading the questions, and then reading the passage.

-you will become aware of what the teacher sees as important

Essay Tests- a couple of ideas to get started:

-Rephrase the question in your own words to make sure you understand its meaning or intent. If it still seems unclear, reread the question until you are certain of what is being asked.

-Approach the question as if you were engaged in conversation about the topic. This helps you organize information in a logical and unified manner.

Don't wait—Make a Plan TODAY!



PERFORMING UNDER PRESSURE

Test anxiety can prevent a person from doing well on a test. To control the fear of performing less than your ability, you can take several steps:

- 1) Be prepared by creating a test taking routine.
- 2) Help your body by exercising, eating right and getting adequate sleep the week leading up to a test.
- 3) Use positive self-talk. Have confidence that you can succeed.
- 4) Get to class early and take a few minutes to relax.
- 5) Breathe deeply and slowly from your diaphragm and hold each breath for four counts.
- 6) Close your eyes and visualize yourself in a beautiful, peaceful place. Use all of your senses.
- 7) Beginning with your toes, tense all of the major muscles, hold, then release. Move up your body doing the same pattern with each major muscle group.
- 8) Read the test instructions carefully.

SCHOLARSHIP TIPS

Our CHS Career Center website is a great place to start your scholarship search! We list many local scholarships with small applicant pools.

<http://chs.camas.wednet.edu/career/>

Start early: Do research on what is required for each scholarship that you are applying to. Track all deadlines so that you will be prepared to apply for more than one at a time.

Spend time on your essays: This is your opportunity to set yourself apart from the competition. Be sure to ask someone to proof-read your final product.

No scholarship is too small: When you receive \$500 for a scholarship you spent 5 hours on, you just earned \$100 an hour. That's a great payout!

Letters of recommendation: Ask in

advance. Be sure to give the writer two to three weeks to enable them to write a quality letter.

Beware of scams: You should not have to pay money to earn or apply for scholarships. No one can guarantee that you will win a scholarship. Do not give out personal information such as your social security number, bank account or credit card number.