

School Counseling NEWSLETTER



WHERE CAN YOU GET EXTRA HELP?



Have you taken advantage of all the opportunities for extra help? See the list below for what you can do & where to go!

- **0 period** - Teachers are available every Tuesday through Friday from 7:20-7:50.
- **NHS tutoring** - Tutors are in the library during every 0 period & Homeroom. Sign-up required for Homeroom tutoring. Visit the School Counseling Canvas course or click the button above to submit your tutor request.
- **Homework Hotline** - Call 1-877-ASK-ROSE for math & science help Sunday-Thursday from 7-10pm. Visit ASKROSE.ORG for more info.
- **Homeroom** - ask your teachers for a pass to get questions answered, review for tests/quizzes and get extra help.
- **Khan Academy** - Visit KhanAcademy.org for helpful instructional videos and personalized study practice.

PREPARING FOR FINAL EXAMS

Read the helpful tips on page two of this newsletter to learn how you can start getting ready for your finals today. National Honor Society members will provide tutoring during 0 period AND after school the week before finals. Check out the NHS final exam study session flyer for more details.

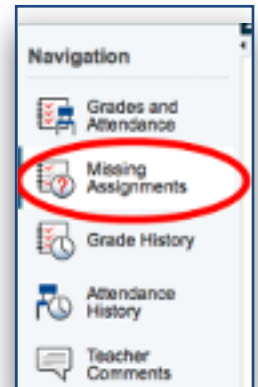
FINAL EXAMS ARE COMING!

AFTER SCHOOL STUDY TABLES

Do your grades need some improvement? Do you need a quiet space to get your work done before you go home or to practice? Come to Study Tables from 3:20-4:05 every Monday through Thursday. Study tables is open to all students and no sign-up is required. Attendance is taken each day and students are asked to bring enough to work on until 4:05.

DO YOU HAVE MISSING ASSIGNMENTS?

Log into your [PowerSchool](#) account via a browser (Safari, Chrome, Firefox) and look for the link on the left side of the page that says "Missing Assignments." If you have anything on your list make sure to get it turned in right away! Talk to your teachers if you have questions.



LOOKING AHEAD TO NEXT YEAR

Mark your calendars for June 21, when you will receive the first College Counseling To-Do List for 2017-18. Class of 2018, [please click here to complete the senior autobiography](#) by June 15. You may also sign up for a Summer College Planning meeting by [clicking here](#). Have any questions? Please contact Mrs. Nixon in the Guidance Office, email: PNixon@bishopchatard.org & phone: 251-1451 x2262.

A note from Ms. Ogle...



Dear students of Bishop Chatard,

I have been blessed & am forever grateful for the opportunity to have served as a School Counselor at this amazing school for the past five years. I wanted to let you know that this school year will be my last at BCHS as my life is taking me on a new journey to Illinois. I will miss you all very much & wanted to say thank you for being one of the countless reasons why I love my job & this school! It has been so wonderful getting to know all of you & I truly value the time we have spent together. What an amazing school & community we are all a part of! Thank you for letting me be a part of your life & I wish you the very best of luck in your future. Keep working hard & pushing yourself to achieve your goals. You are capable of doing so many great things in this world, so go out and do them! And so I leave you with one of my favorite quotes, **"Go confidently in the direction of your dreams! Live the life you've imagined."** -Henry David Thoreau

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Freshman, Sophomore & Junior Final Exam Schedule

Tuesday, May 23 - Period 1

Wednesday, May 24 - Periods 2 & 3

Thursday, May 25 - Periods 4 & 5

Friday, May 26 - Periods 6 & 7

FINAL EXAM STUDY TIPS

Tip #1: Get organized!

Gather all of your paper notes, worksheets, homework pages, etc. and organize them by class and then by date. Clean the loose papers out of your locker and backpack.

Tip #2: Plan your study time!

Make a study plan and determine exactly what you need to get done and when you will do it. Add study time to your daily planner and stick to the schedule. Don't wait until the night before an exam to begin studying.

Tip #3: Use your study guides!

Fill out all of your study guides completely. There is a reason your teacher gives you a study guide so make sure to know everything that is on it.

Tip #4: Attend study sessions!

Take advantage of any extra help being offered to you. It never hurts to hear the information again.

Tip #5: Study smart!

Use tricks like making acronyms or acrostics to help memorize information. Involve as many of your senses as possible when studying. Make flashcards, highlight your notes in different colors, draw pictures to help visualize information, record yourself reading notes and then listen to it.

Tip #6: Find a study space!

Get a comfortable, well-lit and quiet space that is free from distractions to study. Are you easily distracted by your phone? Turn your phone off and leave it in another room. You can use it again once you have finished studying.

Tip #7: Reduce test anxiety!

You can reduce your test anxiety by making sure you study enough to feel confident you know the material. Cramming increases test anxiety. Try to replace worried thinking with positive thoughts. Each night before the exam, review the material, and then get a good night's sleep. Take a deep breath to get relaxed before the test begins.

Tip #8: Start early & study often!

You can start studying today! Study a little bit each day and remember to take a short break after working for about 20-30 minutes. Get up and stretch, drink water, have a snack, etc. and then get right back to studying! Remember, you *really* know something if you can explain it in your own words.

Remember to do your best & good luck with your final exams!

Don't forget about organizing your iPad!

Make sure your important notes/files are backed up via iCloud and/or Google Drive. Title all of your notes & documents and keep them organized in folders.





NHS

**FINAL EXAM
STUDY SESSIONS**
May 15th – 19th
After school AND
0 period

NEED HELP STUDYING FOR FINALS?

WORK WITH NATIONAL HONOR SOCIETY TUTORS!

National Honor Society tutors will be holding final exam study sessions before & after school in TWO locations. After school: room 203 from 3:20-4:05pm on Mon. May 15th, Tues. May 16th, Wed. May 17th & Thurs. May 18th.

0 Period: CLC from 7:15-7:45am on Tues. May 16th, Wed. May 17th, Thurs. May 18th & Fri. May 19th. That's EIGHT opportunities to prepare for your finals!!!

No sign-up is necessary, just drop in! Bring your study guides and plenty of questions! Need supplies to get organized? Folders, pencils, notebooks etc. will be available to those who attend. I hope you take advantage of this great opportunity!

Please see Miss Ogle in the Guidance Office with any questions.



BISHOP CHATARD HIGH SCHOOL

A Faith Community. Learning. Leading. Serving.