

# 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](http://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](http://KhanAcademy.org) for helpful instructional videos and personalized study practice.

## Q4 GRADES & PREPARING FOR FINAL EXAMS

*Did you know...* As of the Q4 midterm on April 21st there were only TWENTY ONE school days left before final exams! The time to bring your grades up and begin preparing for final exams is NOW! Read the helpful tips on page two of this newsletter to learn how you can start getting ready for your finals today.

## 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.

## COLLEGE & CAREER EXPLORATION TOOLS

[BigFuture](http://BigFuture) is a website developed by The CollegeBoard for students to begin their college planning process. Students can make a college plan in five simple steps. Students are encouraged to begin making a plan now and to visit the site often! It's never too soon to start exploring college options.

[Indiana Career Explorer](http://IndianaCareerExplorer) is another tool to help students explore decisions about their future. After creating a free account, students will complete a career interest inventory that will provide suggested career areas to explore.

Click the Canvas button at the top of the newsletter to view more college & career search tools posted in the School Counseling Canvas course.

## DO YOU HAVE MISSING ASSIGNMENTS?

Log into your [PowerSchool](http://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.

## What are you doing this summer?

There are many different programs students can get involved with over the summer. Check out all the opportunities posted on our School Counseling website by visiting: <http://counseling.bishopchatard.org/tag/summer/>

New opportunities are still being added, so check often! Some of the application deadlines are quickly approaching, so don't delay!

FINAL  
EXAMS ARE  
COMING!

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# School Counseling

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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.

### **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.

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

