

BCHS School Counseling

NEWSLETTER

4 Things YOU can do to be ready for finals!

1. **Start preparing NOW** Look over your notes, organize your papers, make flashcards or Quizlets.
2. **Utilize your study guides** Don't just fill them out; it's easier to memorize if you experience with more than one of your senses. Remember to "See it, Hear it, Say it."
3. **Form a study group** Use a timer to set specific amounts of time to study and then socialize. Set clear boundaries so time isn't wasted.
4. **Attend review sessions with your teachers** Teachers are your greatest resource! Show up to review session prepared and attentive.

HOBY Leadership Conference 2019.

We are able to send one student to the Hugh O'Brian Youth Leadership Conference. This year it's June 6th-9th at the University of Indianapolis. If you're interested in attending, please reach out to Mrs. Helfrich or Ms. Welch for more details

Center for Leadership Development

wants OUR STUDENTS to be a part of their next great group of programs! CLD has classes for minority students in:

- Character Development
- Educational Excellence
- Leadership Effectiveness
- Career Achievement
- SAT/ACT Prep.

Spring classes are forming now: www.cldinc.org.

Resources in the building!

1

NHS TUTORS

Go directly to room 305 any day we have homeroom. NHS tutors are available to help with any subject! You don't even need a pass!!

2

STUDY TABLES

Mondays-Thursdays from 3:15-4:30 in room 205 - available as a quiet place for you to work independently.

3

MATH HELP

During homeroom in room 201 and Mondays-Thursdays there are math teachers available in the library until 4:30.

When should you take the SAT and ACT?

These tests are for 2nd semester juniors. You'll get your PSAT results back soon, and your paper score report will be delivered and discussed in January in our next classroom visit. Juniors can use results to prepare for a March and/or May SAT, both offered at BCHS.

There will be a BCHS prep class beginning in January. Watch the Blueprint for details.

RELAX...

It's important to have good mental health, especially during the stressful end of the semester. When your mind becomes overwhelmed with everything you have to do, take a few moments to stop and breathe:



1. Close your eyes, get comfortable.
2. Breathe in to your stomach - deep breaths - slowly in - slowly out.
3. Feel your breath, picture your breath...you can even think of it as having a color.
4. Picture your incoming breaths as positive and cleansing, and your outgoing breaths as releasing all the negatives, all the anxiety, tension, stress, out of your body.
5. Take at least 5 - 10 of these cleansing breaths, focusing only on your breath.
6. Open your eyes, and calmly start the task at hand.

Do this while studying, before bed, before an exam, between exams, or even during an exam if you start to feel anxious.

See your counselor for more ways to relax and be confident during finals.