

Seton Guidance Newsletter

April 2017

Preparing for those finals!

Final exams begin on Wednesday, May 24...

It is not too soon to begin preparing for final exams! Students in all grades should begin by:

1. Gathering information about tests.
2. Organize, supplement, and complete notes.
3. Go over old tests, quizzes and ascertain weak areas.
4. Attend study sessions.
5. Complete your study guides and do not just read someone else's.
6. PLAN which days to study for which exam.
7. PRIORITIZE which subject(s) require more study time.
8. BEGIN NOW to memorize vocabulary, question/answer materials, lists, etc.

What about test anxiety?

There is no doubt about it. Exam time can cause test anxiety. Some anxiety is natural and helps keep us mentally and physically alert, but too much may cause physical distress, emotional upset and concentration difficulties.

How can you cope with test anxiety?

You can tame test anxiety by dealing with the causes. There are things you can do before the test, during the test, and after the test.

Causes and Cures:

I.

Cause: *You are unfamiliar with the test.*

Cure: *Learn about the test.*



To be prepared is half the victory.

Miguel de Cervantes



• • •

Contact Information:

Mrs. Sheila O'Herron
Guidance Counselor
soherron@setonschool.net
703-368-9555

Mrs. Charlotte Guyant
Guidance Assistant
cguyant@setonschool.net

Mrs. Tina McIntyre
Registrar/Transcripts
tmcintyre@setonschool.net
703-368-3220

SETON SCHOOL CODE:
471350

SAT NATIONAL TEST SCHEDULE 2017

May 6, 2017

June 3, 2017

Register at www.collegeboard.org

ACT NATIONAL TEST SCHEDULE 2017

April 8, 2017

June 10, 2017

Register at www.act.org

It sounds obvious enough, but many people who have test anxiety deal with it by avoidance. They hope that if they avoid confronting what is worrying them, it will go away. Of course, it does not go away, so the first thing you can do to deal with your anxiety is to try and find out basic facts about the test.

- How many questions are on the test
- What format the questions are in (i.e., multiple choice, short answer, etc.)
- How much time you have to take the test
- What topics are covered on the test

II.

Cause: You feel you have not mastered the subject being tested.

Cure: Make an organized study schedule and stick to it.

Remember that studying means more than just reading or highlighting words in a textbook. For a test, you should have a good understanding of important terms and concepts. You should be able to define them in your own words and be able to explain why they are important. Look for ideas that are similar and ask yourself

whether you can explain differences.

Stay organized by creating a study plan that outlines what you are going to work on. When you have accomplished each study task you have planned, cross it off your schedule so you experience a sense of accomplishment.

III.

Cause: You have negative thoughts.

Cure: Counter them with positive thoughts and actions.

Negative thoughts can throw you off your study schedule, and they can also distract you or make you freeze up during the test. Do you ever find yourself troubled with thoughts like these?

- I always do poorly on tests.
- I'm going to flunk this test.
- If I do not pass this test, I am a failure.
- Everyone else is so much smarter than I am.

The time to deal with negative thoughts is now, before the test. Take out a piece of paper and write your negative thoughts in a column. Then, for each one, write a positive thought that argues against it.

For example:

I do poorly on tests. ----- I've got a better study plan for this test than I ever had before.

If I do not pass this test, I am a failure. ----- I am going to pass, but if I don't, I can bounce back.

One particular kind of negative thinking that affects more people than you might realize is perfectionism. Do you find yourself procrastinating when you should be studying for a test? It may be because you've set an unrealistic goal for yourself. It may be that you are waiting until the last minute to study so that you can give yourself an excuse for not doing well. Here are some examples of perfectionist thoughts and the realistic thoughts that argue against them:

There's an impossible amount of things to learn for this test! ----- I don't need to know the answer to every question, but I will try to know as many as I can.

My knowledge of one of the topics is really shaky. ----- I don't need to know every topic. Also, if I start now, I can learn more about the topics in which I know I'm weak.



IV.

Cause: You believe certain myths about tests.

Cure: Learn the truth about tests.

Studying with friends can be very helpful, but sometimes friends can also be the source of a lot of false information about tests. Don't pay attention to wild rumors about tests.

V.

Cause: Your body shows signs of anxiety.

Cure: Take care of your body, and your mind will benefit.

If you start to see physical signs of test anxiety, you may need to take better care of your body.

-Eat well and exercise. Be especially careful that you do not disrupt your regular eating and exercise schedule to study for a test. Continuing your activities as usual will help you maintain your emotional and physical well-being.

-Studies have shown that lack of sleep can contribute to memory loss and lack of concentration. Lack of sleep could also catch up with you at just the wrong time – when you are

taking the test – so always be sure to get enough sleep.

-Continue to socialize with friends and family, and take study breaks regularly. Your emotional health is as important as your physical health for minimizing anxiety, so make sure you take time for some social interaction.

-Surround yourself with positive people who support your studying

VI.

Cause: You allow the test environment to get on your nerves.

Cure: Tune out distractions.

There are many factors that can cause distraction in a classroom environment. Another test taker may have a cough or the sniffles, or the room may be crowded, or the temperature may be warmer or cooler than you like. You cannot control everything that will happen there, but you can help minimize the distractions you might encounter by training yourself to focus. Mentally repeating a word or prayer (such as “St. Thomas Aquinas, pray for me.”) is one strategy to help you focus. Also, try using this strategy while studying for a test, and it will help you by the time you take the actual test.

Final Words:

There are three things you need to succeed to help battle test anxiety: **preparation, organization, and practice.**

Preparation: Your preparation for a test should include learning what the test covers and studying areas you do not know very well. It should also include using strategies for reducing test anxiety as part of your studying.

Organization: Staying organized includes creating a clear, targeted study plan for the weeks leading up to the test and sticking to that study plan.

Practice: Practice includes, well, practicing for the test. The more you are accustomed to sitting for a period of time, answering questions from previous tests and quizzes, and pacing yourself, the more comfortable you will feel when you actually sit down to take the test.

Test anxiety feeds on the unknown; the more you know about the test, and the more you know about your own anxieties and how to conquer them, the less test anxiety can control you!

https://www.ets.org/s/praxis/pdf/reducing_test_anxiety.pdf



Classic Learning Test (CLT)

Holy Family Academy in Manassas is offering CLT (Classic Learning Test) Testing on Saturday, May 20. To register, visit www.cltexam.com/register. The CLT is an alternative college entrance exam which evaluates students' reading, writing, and math skills while also requiring analysis of selections from classic works. For a list of colleges that accept the CLT for college admission, visit www.cltexam.com/colleges.

SAT Math Review Session

A comprehensive 2½ hour class, focusing solely on the math portion of the SAT, will take place on Sat., April 29, from 9:00 to 11:30 a.m. at Manassas Baptist Church. Cost is \$30. The class will benefit students who struggle with math and want to improve their scores. For more information, contact Matt Fisher at manassastutoring@gmail.com.



Tuition Assistance Grant (TAG) Program

FREE tuition assistance for all full-time Virginia residents attending Virginia private schools is available through the state's TAG program. That means \$3,200 toward your college experience, per year – a total of \$12,800 over four years that does NOT need to be paid back; is NOT based on need; and does NOT require a financial statement. Explore your college options by visiting vaprivatecolleges.org.

Triple-Impact Competitor Scholarship for High School Junior Student-Athletes

At least 62 scholarships ranging between \$1000 and \$2000. Any junior (Class of 2018) playing for a high school team or in club sports may apply at www.positivecoach.org/scholarships. Deadline is May 31, 2017.



Reminder!

2017-18 Course Scheduling is now over. If you have not turned in your form to Mrs. McIntyre, please do so as soon as possible. Parents, do not forget to sign the form!

Academy Day

Saturday, May 6

10:00 a.m. to 1:00 p.m.

21000 Education Court,

Ashburn, VA

All High School and Junior High School students and parents are invited to attend. Meet with U.S. Military Academy, U.S. Naval Academy, U.S. Air Force Academy, U.S. Merchant Marine Academy, and U.S. Coast Guard Academy, plus Virginia Military Institute, The Citadel, VA Tech Corps of Cadets, and the R.O.T.C.



Hispanic College Institute

The Hispanic College Institute, hosted by Virginia Tech on July 31 through August 3, provides practical college application and financial aid information. It also offers students the opportunity to engage with successful Hispanic leaders and role models who will help inform them about career and educational opportunities. Apply online at admissions.vt.edu/hci by May 7.

****Next Issue – Using Summertime wisely.**