

High School Counseling Newsletter

Grades 10-12

March 2016



Developmental Research School
at the University of Florida



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"Where in the world is Mrs. Larimer?"

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Featured Topic: It's Testing Season!

Students will begin testing for Florida State Assessments, End of Course Exams, and Advanced Placement Exams. It's normal and expected for students to experience heightened stress and/or anxiety around this time of year. Review the following tips with your child to prepare them for testing season!

Visit the Testing webpage at www.testinginformation.pkyonge.ufl.edu for online resources to prepare for specific tests.

Before the Test

- * Be prepared– Complete a demo/tutorial online; take a practice test to become familiar with the layout and tools available.
- * Know what you are being tested on. Look on the website or talk to a teacher about what to expect on the test.
- * Practice relaxation techniques– Focus on breathing, positive self-talk, muscle relaxation, visualizing yourself taking the test and doing well, smile– you'll feel happier immediately!
- * Get a good night's sleep and eat breakfast
- * Dress comfortably– wear layers; bring a sweater, wear long pants, wear socks. Be prepared for any temperature.
- * Show up early for the test so you can take your time, not rush
- * Bring something to fidget with (particularly for students with ADHD)- something small and not distracting. Examples could be gum, hard candy, a marble, a ribbon to rub, a stress ball, etc.

During the Test

- * Use the tools and resources available to you. If you can take notes during the test, take notes.
- * Maintain a positive attitude– this is not the only test that makes it or breaks it. You will have other opportunities if needed.
- * If you don't know an answer, skip it if possible. Focusing on one question for too long will waste time and increase anxiety.
- * Concentrate on your test only. Testing is not a race. Take your time to maximize your score.
- * Take breaks! If you are zoning out or feeling anxious, take a break to walk around or close your eyes. Make sure you don't take too long, but just enough to reenergize.
- * Chew gum or hard candy; gum can give you a quick brain boost and can improve your working memory.

Summer Opportunities

View summer opportunities [HERE](#). Summer programs are great additions to your resume and these meaningful experiences help inspire you and guide you towards a career interest.

Academic Resources

Planning for next year

Parent involvement in student course selection is an important piece of the process. Your insight and support helps your child be realistic and honest regarding their time and their intentions about taking a specific course. Please use the following resources to have conversations about selecting courses for next school year.

The following resources are also available on our Academic Advisement webpage at www.academicadvisement.pkyonge.ufl.edu

- [Student Handbook & Course Description Guide](#)
- [High School Academic Planning Sheet](#)
- [Is AP right for you? Take this quiz and find out!](#)
- [Is Online Learning right for you? Take this quiz and find out!](#)
- [Dual Enrollment Student Handbook](#)
- [AP Credit Policy Search](#)
- [Florida Shines & MyCareer Shines](#)

College Planning

College Application Timelines! Get out your calendars and starting planning!

- [College Checklist](#)
- [College Planning Lists for Students and Parents](#)

SAT & ACT dates are available in the school planners, online, and in I-106.

TIP! Register early so you don't forget. If you have free/reduced lunch, you are eligible for a fee waiver.

Our School Testing Code is 100-555

- **Upcoming SAT Dates & Deadlines**
 - May 7th (new SAT) Deadline April 8
 - June 4th (new SAT) Deadline May 5
- **Upcoming ACT Dates & Deadlines**
 - April 9th Deadline March 4
 - June 11th Deadline May 6

MyCareerShines is Florida's NEW free college exploration website for all students. Create your account to access assessments to learn more about your interest and skills and how they relate to career options. Then compare career possibilities and plan next steps to reaching your career goals! Go to MyCareerShines at www.mycareershines.org to create an account and get started!

Where in the world is Mrs. Larimer?

Here are some highlights from the past month:

- **Junior Conferences**- I have been meeting with 20 families per week to discuss senior year and college planning
- **Academic Advisement Presentations** to 9th and 10th grade
- **Quarter 3 Check in** with Juniors in Mr. Lemstrom's class
- **Santa Fe College Just for Juniors Field Trip** to learn about programs and reasons why students should attend Santa Fe. Why you ask? Because they are #1!

Staying Informed

When you know more, you do more! Here are some ways to stay informed about school related information and opportunities:

- Make sure your email address is up to date in Skyward so you receive updates via Skyward Message Center.
- Visit the **P.K. website** regularly for school-wide announcements and daily announcements (on the left column you'll see Daily Announcements)
www.pkyonge.ufl.edu
- Check the **High School Counseling homepage** regularly for announcements and scholarship opportunities.
- Follow our Twitter account **@KeepCalmPKY**

Thank you for allowing me to be a part of your child's life. I appreciate my job every day. Please do not hesitate to contact me with any questions or concerns regarding your child's educational or personal well-being at school.

Don't forget to stay informed by using the resources available at the P.K. Yonge School Counseling website: <http://highschoolcounseling.pkyonge.ufl.edu/>

Mrs. Larimer

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10-12 Learning Community

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