



Wildcat Counseling Connection

December 2018

Laughter is the sun that drives winter from the human face.

~Victor Hugo

Freshmen

It will soon be time to start studying for midterms. Midterms are worth 20% of your overall grade for the semester. These will likely cover all of the material that you have learned since the beginning of the year in each class. That can sometimes be a bit overwhelming!

It is important to start studying early, rather than the night before the exam. Some suggestions to help you prepare:

1. Create flashcards, a Quzlet, or Kahoot game to help memorize facts
2. Read through old notes
3. Study former reviews
4. If your teacher provides you with a review...DO IT!
5. Ask your teacher to give you pointers.
6. Get a good night sleep the night before your exam.

9th Grade Google Class Code:
p1ks8y

Remind 101: Text
@keystone22 to 81010
Twitter: @KeystoneCouns

Sophomores

It's time to think about JVS programs! Mr. Keller, Director of Recruitment at the JVS, will be in Ms. Gillam's English classes on Monday, December 10th. He will share all of the wonderful opportunities that the JVS offers for junior and senior year. All sophomores can choose to attend our field trip to the JVS on Thursday, January 24th. You will select two programs to shadow, and then it's time to apply! You can learn more about the programs here: <https://www.lcjvs.com/high-school>

We will also have a College Credit Plus meeting for any student considering a college class for the first time next year. This meeting will take place at KHS on Thursday, January 31st.

Scheduling for junior year happens quickly after break, so please begin to think about your pathway as an upperclassman. See me if you have any questions! Your results from the Naviance Career Cluster Finder can help you narrow down some electives.

Google Class Code: 2324ym

Remind 101: Text
@2e82e3 to 81010

Twitter: @KeystoneCouns

Juniors

As we have completed your career assessments, start thinking about what your next steps might be. Begin researching colleges, or alternative education options. If you are struggling with what to do next, make sure you make time to stop down and see me.

College visits may be limited over winter break, but plan to visit at least two colleges before the end of this school year. If you are thinking about the military, it may be good to begin seeking out a recruiter that can explain your options.

Also, the ACT will be here before you know it. We will be administering the ACT on Feb 20. Put in a bit of prep work to maximize your potential score. Take a practice ACT over winter break!

Google Class Code: w1h5kh

Remind 101: Text
@ke2020 to 81010

Twitter: @KeystoneCouns

Seniors

Have you completed your FAFSA yet? It is extremely important that you AND a parent/guardian completes this information. If you need assistance, you have options! Mrs. Branzel is here on Tuesday mornings working with our seniors on financial aid. In addition, LCCC's Financial Aid office can help anyone with the FAFSA, regardless of where you're going to college. Call them at (440) 366-4045 to see how they can assist you!

Please remember that transcript requests take 5-10 business days to process. Do not wait until the last minute to submit your requests in Naviance! Letters of recommendation take even longer, as you need to give your teachers adequate time to prepare. Your completed Brag Sheet within the About Me section of Naviance will be very helpful to them.

On Thursday, December 13th, we will have a very important senior class meeting. At this meeting, several alumni from the Class of 2018 will return to discuss their first semester of college experience. In addition, we will distribute the local scholarship applications! This is a great way to win money towards tuition next year!

Finally, if you are a senior boy and you have turned 18, please register with the Selective Service at sss.gov. More info was placed in the Senior Google Classroom.

If you haven't already joined the Remind 101 and Google Classroom for the Class of 2019, do so now:

Google Class Code: 4rckvb

Remind 101: Text @d928e7d3 to 81010

Twitter: @KeystoneCouns

IMPORTANT DATES FROM THE COUNSELING DEPARTMENT:



Semester GPA Predictor/Calculator: <https://gpacalculator.net/semester-grade-calculator/>

DECEMBER

- 12/3-12/7: End-of-Course exam re-takes for juniors and seniors
- 12/10 JVS Sophomore recruitment assembly
- Thursday, 12/13: Alumni college panel and local scholarship applications distributed to seniors
- 12/17-12/19 Mid-terms
- 12/20-1/1 Winter Break

JANUARY

- 1/2 School Resumes
- 1/11 End of Quarter 2 and Semester 1
- 1/14 No School
- 1/21 No School for Martin Luther King Jr Day
- 1/24 Sophomore Career Day at JVS
- 1/31 CCP Info Night (Mandatory for new CCP Students)

FEBRUARY

- 2/20 Juniors take the ACT

What Can I Say To Myself?

Instead of...

- I'm not good at this.
- I'm awesome at this.
- I give up.
- This is too hard.
- I can't make this any better.
- I just can't do math.
- I made a mistake.
- She's so smart. I will never be that smart.
- It's good enough.
- Plan A didn't work.

Try thinking...

- What am I missing?
- I'm on the right track!
- I'll use some of the strategies we've learned.
- This may take some time and effort.
- I can always improve, so I'll keep trying.
- I'm going to train my brain in Math.
- Mistakes help me to learn better.
- I'm going to figure out how she does it so I can try it!
- Is it really my best work?
- Good thing the alphabet has 25 more letters!

10 Habits of Highly Effective Students

by *Becton Loveless*

The key to becoming an effective student is learning how to study smarter, not harder. This becomes more and more true as you advance in your education. An hour or two of studying a day is usually sufficient to make it through high school with satisfactory grades, but when college arrives, there aren't enough hours in the day to get all your studying in if you don't know how to study smarter.

While some students are able to breeze through school with minimal effort, this is the exception. The vast majority of successful students achieve their success by developing and applying effective study habits. The following are the top 10 study habits employed by highly successful students. So if you want to become a successful student, don't get discouraged, don't give up, just work to develop each of the study habits below and you'll see your grades go up, your knowledge increase, and your ability to learn and assimilate information improve.

1. Don't attempt to cram all your studying into one session.

Ever find yourself up late at night expending more energy trying to keep your eyelids open than you are studying? If so, it's time for a change. Successful students typically space their work out over shorter periods of time and rarely try to cram all of their studying into just one or two sessions. If you want to become a successful student then you need to learn to be consistent in your studies and to have regular, yet shorter, study periods.

2. Plan when you're going to study.

Successful students schedule specific times throughout the week when they are going to study -- and then they stick with their schedule. Students who study sporadically and whimsically typically do not perform as well as students who have a set study schedule. Even if you're all caught up with your studies, creating a weekly routine, where you set aside a period of time a few days a week, to review your courses will ensure you develop habits that will enable you to succeed in your education long term.

3. Study at the same time.

Not only is it important that you plan when you're going to study, it's important you create a consistent, daily study routine. When you study at the same time each day and each week, you're studying will become a regular part of your life. You'll be mentally and emotionally more prepared for each study session and each study session will become more productive. If you have to change your

schedule from time to time due to unexpected events, that's okay, but get back on your routine as soon as the event has passed.

4. Each study time should have a specific goal.

Simply studying without direction is not effective. You need to know exactly what you need to accomplish during each study session. Before you start studying, set a study session goal that supports your overall academic goal (i.e. memorize 30 vocabulary words in order to ace the vocabulary section on an upcoming Spanish test.)

5. Never procrastinate your planned study session.

It's very easy, and common, to put off your study session because of lack of interest in the subject, because you have other things you need to get done, or just because the assignment is hard. Successful students DO NOT procrastinate studying. If you procrastinate your study session, your studying will become much less effective and you may not get everything accomplished that you need to. Procrastination also leads to rushing, and rushing is the number one cause of errors.

6. Start with the most difficult subject first.

As your most difficult assignment or subject will require the most effort and mental energy, you should start with it first. Once you've completed the most difficult work, it will be much easier to complete the rest of your work. Believe it or not, starting with the most difficult subject will greatly improve the effectiveness of your study sessions, and your academic performance.

7. Always review your notes before starting an assignment.

Obviously, before you can review your notes you must first have notes to review. Always make sure to take good notes in class. Before you start each study session, and before you start a particular assignment, review your notes thoroughly to make sure you know how to complete the assignment correctly. Reviewing your notes before each study session will help you remember important subject matter learned during the day, and make sure your studying is targeted and effective.

8. Make sure you're not distracted while you're studying.

Everyone gets distracted by something. Maybe it's the TV. Or maybe it's your family. Or maybe it's just too quiet. Some people actually study better with a little background noise. When you're distracted while studying you (1) lose your train of thought and (2) are unable to focus -- both of which will lead to very ineffective studying. Before you start studying find a place where you won't be

disturbed or distracted. For some people this is a quiet cubical in the recesses of the library. For others is in a common area where there is a little background noise.

9. Use study groups effectively.

Ever heard the phrase "two heads are better than one?" Well this can be especially true when it comes to studying. Working in groups enables you to (1) get help from others when you're struggling to understand a concept, (2) complete assignments more quickly, and (3) teach others, whereby helping both the other students and yourself to internalize the subject matter. However, study groups can become very ineffective if they're not structured and if groups members come unprepared. Effective students use study groups effectively.

10. Review your notes, schoolwork and other class materials over the weekend.

Successful students review what they've learned during the week over the weekend. This way they're well prepared to continue learning new concepts that build upon previous coursework and knowledge acquired the previous week.

We're confident that if you'll develop the habits outlined above that you'll see a major improvement in your academic success.