

# Counselors' Corner

## CONQUERING TEST ANXIETY

According to the Anxiety and Depression Association of American, anxiety disorders currently affect one in eight children.

Test anxiety can manifest in a variety of ways including, but not limited to: headaches, shortness of breath, crying, or lack of concentration. It can affect students physically, emotionally, behaviorally and mentally and doesn't discriminate.

Here are some strategies you can try to alleviate test anxiety:

### Belly Breathing:

Breathe slowly all the way into your belly so that it puffs out. This is how we used to breathe when we were babies, hence, "sleeping like a baby" (restful, calm, relaxed)

### Journaling:

Involves using both hemispheres of the brain, which helps you clarify your thoughts and feelings, gaining valuable self-knowledge.

### Deep breathing:

Slows heart rate, lowers blood pressure, increases oxygen intake, which have a calming effect.

### Counting:

How many things in a different shades of a particular color can you see around the room?

Count backwards by 7, starting at 100

### Grounding:

5-4-3-2-1

Think of 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and one thing you can taste

### Positive self-talk:

Helps challenge self-sabotaging and negative thoughts. Find an affirmation you believe and stick to it. Use thought-stopping to tell yourself "this isn't true"

### Feeling anxious?

There's an app for that:

- Breathe2Relax
- Calm
- Happify
- Mindshift
- What's Up?
- Relax Melodies
- Virtual Hope Box
- Take a Break
- Tactical Breather
- Headspace
- De-stress me

# **MANDATORY TEST DATES 2020**

**SAT SCIENCE AUGMENTATION:**

**APRIL 2, 2020**

**SCHOOL DAY SAT FOR ALL JUNIORS:  
TUESDAY APRIL 14TH, 2020**

*(STUDENTS WILL BE REGISTERED BY MHS)*

**"LETS GET READY"**

**SAT PREP AT COLBY COLLEGE EACH FALL & SPRING:**

**REGISTER AT: [WWW.LETSGETREADY.ORG](http://WWW.LETSGETREADY.ORG)**

**AP Testing Dates:**

**May 4th- May 15th, 2020**

**AP Exam Fees Due: March 6th, 2020**

**\$94 per exam**

Checks and money should be submitted to guidance prior **March 6th, 2020**.  
thank you!

Students who qualify for free/reduced lunch may pay the reduced rate of  
\$53/exam

Please contact Kathy Pettengill or Kara Sprague with any questions about  
payments.

## LOCAL SCHOLARSHIP FORM

**DUE: APRIL 10TH, 2020**

**STUDENTS MUST COMPLETE:  
APPLICATION, FAFSA, AND ESSAY**

AVAILABLE IN GUIDANCE



## PARENT/TEACHER CONFERENCES:

**MARCH 11, 2020: 5PM-8PM**

**MARCH 12, 2020: 3PM-6:30PM**

**REGISTER ONLINE AT [RSU18.ORG](http://RSU18.ORG)**

### March

**March 11th & 12th:**  
Parent/Teacher Conferences

**March 27th:** Q3 Ends

### April

**April 4th:** MEA/SAT Science

**April 14th:** School Day SAT

**April 17th-26th:** April  
Vacation

### May

**May 4th-15th:** AP Testing

**May 19th:** Early Release

**May 25th:** No School

**May 27th-June 1:** Senior  
Finals

**Looking for Scholarship Information?**

**please click below:**

**<https://sites.google.com/a/rsu18.org/mhs-guidance/Scholarships>**

## AP Testing Schedule and Locations

### Central Office Exams

41 Heath St.  
Oakland, ME

(please note room location for each exam)

Date	Exam	Time
Monday May 4th, 2020	United States Govt. & Politics (VHS)	8am, Sm. boardroom
Friday May 8th, 2020	United States History	8am, Sm. Boardroom
Monday, May 11, 2020	Biology	8am; Lg. Boardroom & 2nd Floor
Wednesday, May 13, 2020	English Language & Comp (VHS)	8am; Small Boardroom
Wednesday, May 20th, 2020	Statistics (Late Exam)	8am; Small Boardroom

Central Office bus departure times are 7:30 am for 8am exams and 11:30 am for 12pm exam times.

**\*Students will need to make arrangements for PM test pick up from Central Office. No return transportation provided.\***

### KVCC Exams

92 Western Ave.  
Fairfield, ME

*\*Students will need to be at the high school at 7:15am to get the bus to KVCC\**

*\*KVCC bus departure time is 11:15am for 12pm exams.\**

	Exam	Time
Tuesday May 5th, 2020	Calculus AB & BC	8am; Lunder 133
Wednesday May 6th, 2020	English Lit & Comp European History	8am; King 122 12pm; King 122
Friday May 8th, 2020	United States History Computer Science A	8am; King 112 12pm; King 112
Monday May 11th, 2020	Biology	8am; King 245
Tuesday May 12th, 2020	Psychology	12pm; King 112
Friday May 15th, 2020	Statistics	12pm; King 112