

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:

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

exercise!

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)

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

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

Journaling:

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

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"

exercise!

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

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



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

PARENT/TEACHER CONFERENCES:

MARCH 11, 2020: 5PM-8PM

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

REGISTER ONLINE AT [RSU18.ORG](https://rsu18.org)

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