

Stress-Free

Port
PRIDE

Test Prep

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The Port Report Guidance Newsletter

April 2019

Junior Information Night

On April 11th @ 6:00pm there will be an information night held for juniors and their parents. The school counselors will be discussing important information about the necessary steps your child has to take in their senior year of high school. The counselors will also be going over the process of applying to colleges and some information on financial aid. This is a great chance to ask any questions that you might have for your child regarding their next steps. We hope to see you all there!

Regents Review

On **Monday April 25th** Regents review will begin and Power Hour will be ending. This is an amazing opportunity for the students to prepare for any of their upcoming Regents exams. Also, if a student has any questions about a specific topic they can bring this to the review. The review will be held **Mondays-Thursdays 2:25-3:25**. Each day there will be different subjects, the schedule is as follows:

- Monday → English
- Tuesday → Math
- Wednesday → Science
- Thursday → Social Studies

Upcoming Events

April 12-22: Spring Break

April 30th@6:30 pm-8:30pm: College Fair at SUNY Orange hosted by Orange County Counselors Association

- Over 140 colleges will be in attendance

May 4th@7:30am: SAT at PJHS (please bring registration, ID, calculator, and pencil)

June 3rd: Global Regents exam

June 13th, 14th, & 17th: Local finals

June 18th-25th: Regents exams



DID YOU KNOW?

- Exercising can reduce stress levels.
- Taking a minute to relax (deep breathing) can increase your ability to focus and concentrate.

YOU ARE
SO CLOSE
TO THE
VICTORY,
DON'T YOU
DARE GIVE
UP NOW.

Test Taking Tips

Studying Tips

- It is important to start studying as soon as possible! You may easily become overwhelmed if you wait until the last minute to study.
 - You should organize your notebook, and keep track of the material that you found difficult.
- You should NOT have a last-minute cram session. Studying the night before might cause you to be groggy, sleep deprived, and not completely focused when it is time to take the test.
 - It is IMPOSSIBLE to absorb all of that information in a cram session.
- Make studying fun
 - Use flashcards to remember terms and important dates, but don't put too much information on each card.
 - Make connections on the concept your studying, through drawing pictures or come up with a crazy story to help you remember the material.
- Separate the information into parts.
 - You can do this through rewriting your notes or highlighting the headings of important parts.

Right Before the Test

- You should be getting as close to 8 hours of sleep as possible.
- Students who eat a good breakfast before a test repeatedly do better than those who do not have a nutritious breakfast.
 - This means having a high protein breakfast, and eating fruits and veggies.

Stress Relief Techniques

- Get into the zone before class, doing anything that will relax your breathing.
 - This can be meditating, listening to classical music, or listening to a background noise (rain, water, wind, fire crackling).
- Show up to the test early. If you're running around to make it to the test on time this will cause even more stress. Giving yourself time allows you to settle in and take a couple of deep breaths before the test.
- Anytime you feel overwhelmed while taking the test you should take a minute to breathe. Deep breathing sends oxygen to the brain and also relaxes you.



Teacher Shout-out

Mrs. Long & Mrs. Gordon are receiving a shout-out for their hard work in directing *Seussical*. We appreciate all of your hard work.

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"You've got to get up every morning with determination if you're going to go to bed with satisfaction." – George Lorimer