

June 2022

APHS COUNSELING CENTER NEWSLETTER



IN THIS NEWSLETTER YOU WILL FIND:

- Test Taking Strategies
- Resources for Students and Parents
- Contact Information for the HS Counseling Center



We made it! Here we are...it's June...and we are finishing up a busy school year. After a 2 year absence, the NYS Regents exams will be administered this year, starting in just a few short days. Your teachers have worked hard to prepare you well and provide the information and practice you will need to be successful on these exams.

*Tips on
Acing that
test*

For many of you, this will be your first time taking a NYS Regents exam and you may be feeling a little nervous about what to expect and how to be at your best on exam day. This is where we, at the Counseling Center, can help. Preparation for exams is not just about memorization and knowing the subject material. Although that's a part of it, we know that there are things you can do leading up to exam day that will help improve your performance and decrease your anxiety. We have put together some helpful tips and resources for students and families so that exam week will go smoothly for all.

An Exam Checklist

Before a test:

- Organize the material to be studied
- Find out as many details as you can beforehand from your teacher about test content and format, to limit surprises on test days
- Study in steps:
 - Go over class notes/study guides/practice tests
 - Discuss highlighted/key points with a classmate or your teacher prior to the test
 - Do practice problems, if applicable. The more you practice the easier it will be on test day
- Spend time with people who are encouraging and take studying seriously. The attitudes of those around you can impact you
- Exercise (even if just a short walk)
- Get a good night's sleep
- Eat a healthy meal and drink water to stay hydrated...both help with clear thinking
- Come prepared and be organized. Bring pencils, pens, calculator (any related supplies needed)
- Arrive a few minutes early for your test, if possible

IF YOU FIND YOURSELF GETTING ANXIOUS DURING THE TEST:

- Expect some anxiety.
 - It's an energy that arises when you want to do your best and can be useful, if managed.
- Relax, YOU are in control. Close your eyes and take some slow, deep breaths.
- Don't fixate on fear.
 - Pause and think about the next step only.
 - Remember, STEP-BY-STEP.
- Important: When other students begin handing in their tests, don't worry. There is NO advantage to finishing a test quickly and it is NOT an indicator of how well a student will score on a test.

During the test:

- Read the directions carefully.
 - Circling or underlining significant words in the instructions can be helpful.
- Remember to breathe. Take a breath and refocus if you feel overwhelmed.

After the test:

- Congratulate yourself. You did it!
- Review what worked and hold onto those strategies. It does not matter how small the items are (it could be studying at a particular time of day, using a certain pencil during tests, or having a drink of water before you begin)- anything that worked can be used as a building block to improve your test taking practices for the future.
- List what did not work and think of replacement items/activities until you find the combination of steps that work for you.
- Communicate with your teachers...They want you to succeed!

Resources for Parents and Students

Here are some test taking resources for Parents and Students:

Managing Test Anxiety For Students:

<https://www.princetonreview.com/college-advice/test-anxiety>

Test taking tips for students and parents:

https://campussuite-storage.s3.amazonaws.com/prod/1558774/0fe95a24-a31d-11e9-aabe-12253009c2da/1981395/481ec52c-d4a1-11e9-a12d-0a9380ced118/file/test_taking_tips_for_parents.pdf

Help your child beat test anxiety:

<https://childmind.org/article/tips-for-beating-test-anxiety/>

Please feel free to contact the Counseling Center
We are here to support you

<https://averillpark.k12.ny.us/services/counseling-center-main>