

SCHOOL COUNSELING

NEWSLETTER

Important Dates:

March 28th – 31st: NYS ELA Assessments

March 31st: 3rd Quarter marking Period Ends

April 7th: 3rd Quarter Report Cards posted

May 1st - 5th: NYS Math Assessments

May 12th: 4th Quarter Progress Report Period Ends

May 22nd: Honor Society Induction; 4th Quarter Progress Reports Posted

May 30th - June 2nd: 8th Grade NYS Science Performance Exam

June 14th – 21st: Final Exams

June 21st: Moving Up Ceremony, 7 p.m. @HHS

July 13th - August 15th: Summer School held at South Huntington

August 4th – 15th: Summer School Regents Review Classes

August 16th – 17th: Regents Exams

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TEST-TAKING TIPS FOR MIDDLE SCHOOLERS

These common sense approaches can help reduce anxiety and improve test performance.

Tests are a fact of life for kids in school. Tests help teachers gauge progress, measure skills, and determine grades. They can also be pointers to areas where kids need extra help. The good news is that there are some common sense approaches to studying and test taking that can reduce anxiety and improve test performance. You can help your child learn test-taking strategies they'll use throughout their entire education.

Before the Test

Preparation is the key to success. Before each test your child should ask the teacher – and write down – what material the test will cover and what types of questions to expect. They can then focus their studies and practice answering questions in the same format. Encourage them to adopt these other good study habits:

- Avoid cramming! Instead, study a little every day.
- Review the material more than one time.
- Answer practice questions in textbooks.
- Have your child teach the subject to you or to a study partner.
- Ensure he/she gets a good night's sleep and has a healthy breakfast before the test.

On the Day of the Test

No matter what the subject or test format, coach your child to:

- Listen closely to verbal directions and read carefully any instructions on the test itself.
- Ask the teacher to explain any instructions they don't understand.
- Scan the entire test for the types of questions and use this information to pace themselves.
- Jot down memory aids, formulas, or important facts in the margins.
- Answer the questions they know first and come back to the harder ones later, remembering to mark unanswered questions so they're easy to find.

~Article from Great Schools.org

Career Spotlight

Recreation Worker

Also Called: Activities Assistant, Activities Director, Recreation Assistant, Recreation Supervisor

What they do:

Conduct recreation activities with groups in public, private, or volunteer agencies or recreation facilities. Organize and promote activities, such as arts and crafts, sports, games, music, dramatics, social recreation, camping, and hobbies, taking into account the needs and interests of individual members.

On the job, you would:

Enforce rules and regulations of recreational facilities to maintain discipline and ensure safety. Manage the daily operations of recreational facilities. Administer first aid according to prescribed procedures and notify emergency medical personnel when necessary.

Abilities:

People interested in this career should have good communication skills, both verbal and listening. Problem solving and social skills are important to be successful in this career as well.

Personality:

People interested in this work like activities that include helping people, teaching, and talking. For this job you need to be dependable, cooperative, have concern for others, integrity and exhibit self-control.

Crossover Careers:

Athletic Trainer, Fitness Trainer, Recreation Therapist, Rehabilitation Counselors

www.mynextmove.org

Working Papers: Getting You Closer to the Paycheck

Balancing school and work can be difficult. Below you will find information that will make it easy for you to find out where to go for working papers, safety and health on the job, and filling out job applications and resumes while giving you the time to focus on your studies.

Why do I need working Papers?

Working papers serve as your official employment certificate. Working papers were established to make sure businesses do not work you too many hours while you are in school and in the summer as well.

How Old Do I Have to Be to Get Working Papers? You will need working papers if you are under 18 years old. Working papers are divided into two age groups (14-15 and 16-17). If you are 14 and 15 years old, you are issued these working papers because you are not allowed to work in a factory. Your working papers are blue.

Where Do I Get My Working Papers and What Do I Need to Get Them?

- Go to the guidance office and ask for a working papers application.
- Fill out the application and have your parent or guardian sign the application.
- When you have filled out the working papers application and had your parent or guardian sign it, you will need to bring it back to the guidance office.
- Obtain proof of age, such as your birth certificate, a state-issued photo ID, or passport.
- You will also need to have had a doctor's exam within the last 12 months saying you are physically fit. A physical given at a school for sports will count for your physical exam. If you are not sure where you can get a physical, ask the guidance office or call your doctor.

Working Papers Tips - Below is helpful information once you have your working papers and are on the job.

- When you turn 16, you will need to go from your 14-15 year old working papers (blue) and get your 16-17 year old working papers (green). Go to your guidance office of your high school to update your working papers and obtain further information.
- Before you start work at a new job, you must give your employer the blue, green or peach employment certificate. Employers are not allowed to accept photocopies of your working papers. If you lose your working papers, you will have to go back to your school and ask for a duplicate (copy) to be issued to you.
- At the end of a job, the employer must give your working papers back to you. You can use them on your next job (if you are still the right age for the certificate). If the employer does not return your working papers, you can ask the school to issue you a duplicate (copy).

www.labor.ny.gov/youth/14-to-17

Look for our Summer Newsletter which will include: Resume and cover letter tips, how to apply for a job and additional information you may need to obtain a job.