

SCHOOL COUNSELING

NEWSLETTER

Important Dates:

December 16th: 2nd Quarter Progress Report Period Ends

December 26th-January 2nd: Winter Holiday Break

January 11th: Grade 8 Orientation 6:30pm at HHS

January 23rd: Winter 2 Sports Try-outs

January 27th: 2nd Quarter Marking Period Ends

February 13th: Last day for 8th graders to request any changes to 9th grade course electives

February 20th-24th: Mid-Winter Break

March 3rd: 3rd Quarter Progress Report Period Ends

Counseling Office Contacts:

Kitty R. Klein

District Director of Guidance and Testing, K-12
kklein@hufsd.edu
(631)673-2101

Sarah Burgos

Bilingual caseload and last names A-E
sburgos@hufsd.edu
(631) 673-2022

Denise Caiazzo

Last names F-Z
dcaiazzo@hufsd.edu
(631) 673-2022

STUDY TIPS & TRICKS FOR MIDDLE SCHOOLERS

How did you learn how to ride your bike? Someone probably gave you a few lessons and then you practiced a lot. You can learn how to study in much the same way. No one is born knowing how to study. You need to learn a few study skills and then practice them.

SIX STEPS TO SMARTER STUDYING:

1. Pay Attention: Good Studying Starts in Class

Here's a riddle for you: Did you know that before you even begin studying, you've already started? Huh? Here's what we mean. When you pay attention in class and take good notes, you are starting the process of learning and studying. Do you have trouble paying attention in class? Are you sitting next to a loud person? Is it hard to see the board? Make sure you're sitting in a good seat that lets you pay attention. Tell your teacher or parents about any problems that are preventing you from paying attention and taking good notes.

2. Good Notes = Easier Studying

Not sure how to take notes? Start by writing down facts that your teacher mentions or writes on the board during class. Try your best to use good handwriting so you can read your notes later. It's also a good idea to keep your notes, quizzes, and papers organized by subject.

3. Plan Ahead and You'll Be Glad You Did

Get a calendar and write down your test and assignment due dates. You can then plan how much to do after school each day, and how much time to spend on each topic.

4. Break It Up!

When there's a lot to study, it can help to break things into chunks. Don't worry if you can't remember something on the first try. That's where practice comes in. The more days you spend reviewing something, the more likely it is to stick in your brain.

5. Lose the Confusion - Ask for Help

You can't study effectively if you don't understand the material. Be sure to ask your teacher for help if you're confused about something.

6. Sleep Tight!

So the test is tomorrow and you've followed your study plan - but suddenly you can't remember anything, not even 2+2! Don't panic. Your brain needs time to digest all the information you've given it. Try to get a good night's sleep and you'll be surprised by what comes back to you in the morning.

{article from Kidshealth.org}

CAREER SPOTLIGHT

Photographer

Also called: Commercial Photographer, Photographer, Photojournalist, Portrait Photographer.

What they do:

Photograph people, landscapes, merchandise, or other subjects, using digital or film cameras and equipment. May develop negatives or use computer software to produce finished images and prints. Includes scientific photographers, aerial photographers, and photojournalists.

On the job, you would:

Use traditional or digital cameras, along with a variety of equipment such as tripods, filters, and flash attachments. Determine desired images and picture composition, selecting and adjusting subjects, equipment, and lighting to achieve desired effects. Adjust apertures, shutter speeds, and camera focus based on a combination of factors such as lighting, field depth, subject motion, film type, and film speed.

PERSONALITY: People interested in this work like activities that include creating, designing, and making your own rules. For this job you need to be dependable, attentive to detail, cooperative, adaptable/flexible, have self-control, and integrity.

KNOWLEDGE NEEDED:

- Photography Skills
- Business Skills
- Technology Skills
- Communication Skills
- Training program or Bachelor's Degree

SALARY: approximately \$31,000-\$71,000/year on average.

<http://www.mynextmove.org/profile/summary/27-4021.00>

PLANNING FOR HIGH SCHOOL

Finley 8th graders are already beginning to plan for ninth grade at Huntington High School. Both students and their parents have been meeting with school counselors to review course selections and devise short and long term goals. Families who haven't yet scheduled their meeting should contact the guidance office as soon as possible.

Please feel free to review the *2017-2018 High School Curriculum Guide to obtain information on class descriptions, course level weightings, and community service.* Instructions on how to access the guide are below:



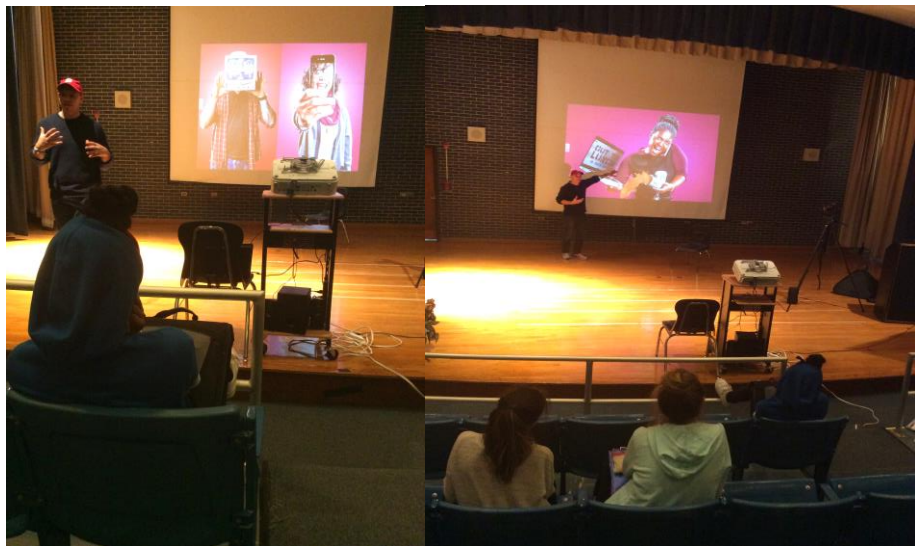
ONLINE ACCESS

WWW.HUFSD.EDU



1. Click on the 'Main Navigation' (upper left hand corner)
2. Then click on *Huntington High School*
3. Scroll down to the middle of the page and click on 'Forms and Files'
4. Click on the link, 'Huntington High School Curriculum Guide 2017-2018'

Finley's Fall Career Café was held on Wednesday, November 23rd. Our key speaker was a professional photographer and graphic artist.



Speaking points included a career in the art industry, such as a typical day as a photographer or creative professional, and what skills students can start developing now to help them in their future. The presentation also highlighted the importance of middle school and high school courses, and how students can begin their journey. Forty-three students attended the career café over two periods.

Students interested in participating in future career café's should stop by guidance and sign up with their counselor!