

# in **S**pire!

Monthly Counseling Newsletter  
Dawn Smith, School Counselor

St. Paul High School

February

## Professional's Lunch

Mr. Tokarsky and the HS/JH Advisory Board have been in the works of developing a **Professional's Lunch Program**. The goal of this program is to expose students in grades 9 through 12 to career options beyond high school. One of the most important decisions we make in our lifetime is which path to take upon high school graduation. In choosing a profession to pursue, it is important that students are aware of the responsibilities expected in their desired occupation. It is our goal to educate students on the vast opportunities they have available to

them upon graduation; along with aiding them in narrowing down possible professions in which they believe will best highlight the gifts that God has given them.

The **Professional's Lunch** will be held once a month over the high school lunch period and will give interested students an opportunity to learn from professionals in different fields.

Speakers will be contacted based on the results of an interest survey that students completed.

Our first Professional's Lunch will be held on Thursday February 23rd. We will

be welcoming Judge Jim Conway and Attorney at Law, Michael Jackson. Judge Conway and Mr. Jackson will discuss their roles in the legal field, the education and experience necessary to earn a law degree. Also, what a day is like in their profession and what students can be doing now to ready themselves for a career in the legal field.

If your child is interested in a profession within the legal arena encourage them to sign-up for the February 23rd Professional's Lunch.



During the week of January 3rd through January 6th we held our first College Knowledge Week. The purpose of this week was to draw student awareness to post-secondary options. During this week students in grades 9-12 had the opportunity to answer College Trivia Questions to win prizes.

We received items from 42 colleges in the state of Ohio to support this event. College Knowledge winners for the week were: Alex Schwab, Kyle Brake, Sheridan Conney, Zack Miller, Jacob Robles, Isaac Livengood, Jacob Good, Joe Hemenway, Brad Burns, Annabelle Fisher, Grant Dilger, Sam Pelham, Joe Livengood,

Madison Phillips, Erin Kramer, Sean Welch, Patrick Kaple, Kyle King, Hannah Arnold and Lexi Hipp.

To culminate the weeks activities, we invited back three St. Paul Alumni to talk with our current Juniors and Seniors about their college experiences. Our speakers were:

- ◆ Katie Spaar from the graduating class of 2007. Katie graduated from BGSU in 2010 with a degree in Applied Health Science and is newly employed with the Huron County Health Department.



- ◆ Morgan Mirtes from the graduating class of 2010. Morgan is currently a sophomore at Ashland University where she is majoring in Mathematics and Computer Science with a minor in Music.

- ◆ Hannah Livengood from the graduating class of 2010. Hannah currently is attending Ohio Northern University where she plays volleyball and is a member of the track team. She is majoring in nursing.

Thank you to each of these alumni for taking time to share their knowledge and experiences with our students.

93,155,607 - The estimated number of e-mails received by the Otterbein University's mail server per year

**BGSU Fun Fact:** The record for the most students in a residence hall closet was set by 11 freshmen students in 1979 in a 36 cubic foot closet on the fourth floor of Dunbar Hall.

## Students BEWARE!

Beware of your presence on the internet! Students are prime users of social networking and photo sharing sites. These sites let you keep in touch with friends and meet new ones. If you are involved in any of the social networking sites, stop for a moment and ask yourself:

"Would I be happy if a college admissions officer saw it?"

What you post online is there for everyone to see; including

admissions officers. YES, they are looking for student's social networking pages and they have denied admission to students based on what they have found on the web. Do you really want to take a chance that the school you are interested in is not going to check the web and see things you don't want them to see? Give your site the "Parent Test," if you don't want your parents to see it, then you don't want your admissions officer to see it either.

# Preparing For The OGT

The tenth grade students will be participating in the Ohio Graduation Test (OGT) beginning the week of March 12, 2012. The test results will provide specific information on the tenth grade students academic progress in reading, mathematics, writing, science and social studies.

Why is it important to encourage your son/daughter to do their best during this test?

- ◆ Passing all five sections of the OGT is an Ohio graduation requirement.
- ◆ The OGT is based on educational standards that measure how well “students are armed with the knowledge they need in this global economy to be successful in the work

force and higher education” (Ohio Department of Education).

- ◆ The results can help students prepare for future standardized tests, like the ACT and SAT.

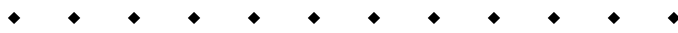
What can you do as a parent/guardian to support your son/daughter as they prepare for this test?

- ◆ Encourage your son/daughter to do



their best on the test. If you would like more information about the OGT please refer to the website: <http://ogt.success-ode.state-oh-us.info/studentsOGT.htm>

- ◆ Make sure your son/daughter is at school during March
- ◆ Maintain your family’s normal routine schedule at home during the testing. Students should get at least 8 hours of sleep.
- ◆ Provide your son/daughter with a healthy breakfast on testing days.



## Ohio Department of Education Answers Frequently Asked Questions About OGT’s

### What is the purpose of the

- ◆ Ensure that students who receive a high school diploma demonstrate at least high school levels of achievement;
- ◆ Measure the level of reading, writing, mathematics, science and social studies skills expected of students at the end of the 10th grade;
- ◆ Meet federal requirement for high school testing.

A Content Advisory Committee, made up of parents, educators and others, reviews all test questions. Another committee the Fairness Sensitivity Review Committee, has been trained to review questions to ensure that the questions are fair and do not promote or inquire as to an individual’s moral or social values or beliefs. Committee members represent a broad base of diverse backgrounds, organizations and school districts. Each of the committees review questions prior to field testing and again after field testing where data on the question performance are available. Questions must be accepted by both committees prior to the question appearing on any test for which a student is held accountable.

### How long will students have to

Students have up to two and one-half hours to take each of the tests.

### Who develops the OGT tests?

Ohio teachers and other educators, parents, representatives of the business community and other citizens are involved with Ohio Department of Education staff and its testing contractor in developing questions for the OGT. The law requiring Ohio Graduation Tests clearly states that parents, classroom teachers, other school personnel and administrators must be involved in developing the tests.

### Are the Ohio Graduation Tests strictly multiple-choice questions?

The OGT includes questions other than multiple-choice questions. Students have written responses to some questions.

### How many questions are on the OGT tests?

OGT tests have approximately 35 multiple-choice questions and up to eight constructed (written) response questions.

### What happens if students do not pass the tests the first time?

Students who do not pass one or more tests on their first attempt will retake the tests they need to pass during their junior and senior years. Ohio Graduation Tests are administered each fall and spring.



## College Game Plan Meeting

### Parents of Juniors:

If you were unable to attend the College Game Plan meeting last Wednesday, a folder of information will be sent home with your child. These folders will be given to students during their scheduled registration meetings with Mrs. Smith.

Please contact Mrs. Smith with any questions that you may have pertaining to materials within the folder.

# Successful Strategies for Test Anxiety

Written by Healthy Place.com

We all experience some level of anxiety before a test. A little nervousness can actually help motivate us to perform our best. Too much anxiety can become a problem if it interferes with your performance on tests. Some strategies for dealing with test anxiety:

- **Be prepared.** Study the material in advance; do not leave cramming for the day before your test.
- **Get plenty of sleep,** it is hard to function at your best when overtired.
- **Exercise** may increase your alertness and sharpen your mind.
- **Have a moderate breakfast,** fresh fruits and vegetables help reduce stress; avoid caffeine, sugar and junk foods.
- **Allow yourself plenty of time;** arrive at the test location early.
- **Choose a seat** where you will not be easily distracted.
- **Use abdominal breathing to help reduce anxiety.** Place one hand on your abdomen, right beneath your rib cage. Inhale through your nose and feel your abdomen fill like a balloon. Count to three on your inhalation and then slowly exhale counting to four, feeling your abdomen contracting with the exhalation.

## During the test take a few minutes to:

- **Review the entire test.** Read the directions carefully.
- **Work on the easiest portions of the test first.**
- **Pace yourself.** Do not rush through the test.
- **If you go blank,** skip the question and go on. Make sure to go back to the skipped items before turning your test in.
- **Multiple choice questions,** read all the options first, eliminate the most obvious.
- **Essay questions,** make a short outline. Begin and end with a summary sentence.
- **Take short breaks,** tense and relax your muscles throughout your body.
- **Pause,** do a few abdominal breaths, say your affirmation.
- **Stay in the present moment.**

*There is no reward  
for being the first  
one done.*

*Use positive affirmations,  
say a phrase to help keep things in  
perspective. "I've done this before,  
I can do it again" or "I have all the  
knowledge I need to get this done."*

## After the test, reward yourself:

- Try not to dwell on your mistakes.
- Indulge in something relaxing for awhile.

# Sign up for the SAT and ACT

Juniors should be actively preparing for their post-secondary plans. If students are considering college, one step in this process is to sign up and take the SAT and/or the ACT. Please review the websites listed below for helpful information and valuable resources.

## SAT Test Dates

Test Date	Registration Deadline	Late Registration (Late Fee Required)
March 10, 2012	February 10, 2012	February 24, 2012
May 5 2012	April 6, 2012	April 20, 2012
June 2, 2012	May 8, 2012	May 22, 2012

SAT regular fee is \$47. Fee waivers are available to eligible families. If you believe you may be eligible for a fee waiver please see Mrs. Smith. To sign-up for the SAT go to the website:

[www.collegeboard.com](http://www.collegeboard.com)

## ACT Test Dates

St. Paul High School Code: 363880

Test Date	Registration Deadline	Late Registration (Late Fee Required)
April 14, 2012 (at St. Paul High School)	March 9, 2012	March 10-23, 2012
June 9, 2012	May 4, 2012	May 5-18, 2012

ACT regular fee (without writing) is \$34 and regular fee (with writing) is \$49.50. Fee waivers are available to eligible families. If you believe you may be eligible for a fee waiver please see Mrs. Smith. To sign-up for the ACT go to the website:

[www.actstudent.org](http://www.actstudent.org)

# SENIORS

- Please notify Mrs. Smith once you declare which college you will attend in the fall

As you receive scholarship offers from colleges, please provide this information to Mrs. Smith. We would like to begin tracking scholarships awarded to our students.

## Senior Year Success: Finish Strong!

Completing high school can sometimes feel like running a marathon. Students have full schedules and are busy studying for tests, preparing for college admission, and engaging in extra-curricular activities. Like a marathon, it is important that seniors finish strong by doing their best until graduation. College admission is often contingent on successful academic performance through the final semester!

The following suggestions can help students make the most out of their last semester of their high school

career:

1. Stay active and involved
2. Keep a calendar of their activities and deadlines
3. Challenge yourself—set high expectations and work to achieve them.

You won't have it to do over again.....So Do It RIGHT!



## February Focus

### SENIORS

- When you decide which school to attend, you need to notify that school by letter of your commitment. Submit the required deposit check.
- WHEN YOU DECLARE WHICH COLLEGE YOU WILL BE ATTENDING IN THE FALL, PLEASE NOTIFY MRS. SMITH.
- Complete your FAFSA
- DO NOT fall victim to senioritis!

### SOPHOMORES

- Once you receive your registration guide for next school year, carefully plan out your class selection
- Attempt the practice ACT test questions on [www.act.org](http://www.act.org).
- If you find yourself by a college campus, take a stroll and explore.
- Begin researching colleges online. Many colleges have virtual tours on the web. Begin an accordion filing system to track the colleges that are of interest.

### JUNIORS

- Begin an accordion filing system to manage your college search, testing and application data.

- Register at [www.act.org](http://www.act.org) for the ACT or Register at [www.collegeboard.com](http://www.collegeboard.com) for the SAT

**The ACT will be offered at St. Paul High School on Saturday, April 14th. Research shows that students testing in a familiar environment earn better scores.**

### FRESHMAN

- Continue to list your activities, awards, community service, and other unique educational experiences in your journal.
- Focus on your academics.
- Be involved!

Scholarship guides were available, in the office, for seniors to pick up at the end of January. In this guide, there are a total of 30 scholarships of which students may be eligible for. This information can also be found at:

<http://ncsdsmith.weebly.com/scholarships.html>

Please be responsible on allowing adequate time for deadlines to be met. **DO NOT** wait until the day the application is due to ask Mrs. Mesenburg or Mrs. Smith for items that need to accompany your application.

## Upcoming events

### FEBRUARY

- 13-17 Current Juniors meet with Mrs. Smith for 2012-2013 course selection
- 17 Interim
- 20 President's Day—NO SCHOOL
- 21-23 Current sophomores meet with Mrs. Smith for 2012-2013 course selection
- 22 Early Release 1:00 release for jr. high/high school
- 26 Winter Concert—grades 8-12

### MARCH

- 9-11 Spring Musical
- 12-16 OGT Testing for ALL sophomores
- 14-16 KAIROS for all seniors and 12 Juniors
- 23 End of 3rd Quarter
- 24 Academic Challenge match will be broadcast on WEWS Channel 5 at 7 pm
- 28 Bloodmobile

### APRIL

- 6-15 Easter Break
- 14 ACT held at St. Paul High School
- 19 Math Fair
- 24 Government Field Trip
- 28 Grand March and Prom

### MAY

- 10 High School Band Concert and Banquet
- 12 Spring Fling
- 14 Honors Banquet
- 18 Senior Breakfast (7:30 am), Mass (9 am) and Awards (10 am)
- 21 Choir and Guitar Concert
- 22-24 Senior Exams
- 25 EHOVE Senior Recognition 9:30 am
- 25 Senior Pictures (12:30 pm) and Graduation practice (1:15 pm)
- 27 Graduation (2 pm)
- 28 Memorial Day
- 29-31 Underclassmen exams