



SAT SPECIAL EDITION



The following pages contain a portion of the North Haven High School News and Views.

If you'd like to view the entire newsletter,
please visit <http://northhavenhigh.ct.nhh.schoolinsites.com/>
and click on the News and Views link under highlights.

Please email our faculty with any comments or questions via our
Staff directory at

<http://northhavenhigh.ct.nhh.schoolinsites.com/?PageName='Teachers'>

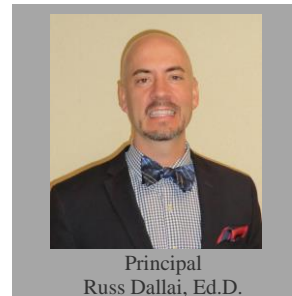


PRINCIPAL'S MESSAGE

The SAT is now the official Connecticut high school assessment, replacing the Smarter Balanced Assessment (SBAC) for juniors. Over 80% of NHHS juniors already take the SAT, which now serves two roles: official state assessment and college admissions factor. What follows is an overview of the new SAT, the state test date of March 2, 2016, and links to additional resources.

Schedule for SAT Day – 3/2/16 – STARTING AT 7:30

The SAT will be administered on Wednesday, March 2, 2016:



Principal
Russ Dallai, Ed.D.

Freshman, sophomores, and seniors will have a regular school day with one exception: math classes are canceled for the day (math teachers are administering SATs). Students will go to the cafeteria instead of math classes.

Juniors will be in their test rooms from 7:30 AM until about 11:45 AM filling out pre-test information, taking the test, and taking well-deserved breaks. After that, juniors will go to lunch and then block 4. As the SAT is a state-required test, any student absent during the test is required to make it up on April 27th, 2016. In the event of school cancellation or delay on March 2nd, all juniors will take the test on April 27, 2016.

Reduced Standardized Testing for Students

State and federal laws require that all high school students take a state-approved assessment in English language arts/literacy and math. With Connecticut's adoption of the SAT instead of the SBAC, juniors will spend less time in standardized testing and take a test with other value to them.

Cost

The Connecticut School-Day SAT State Assessment is FREE to students.

The New SAT

The SAT has been redesigned by the College Board. The test that juniors will take in March is new; the old test is no longer offered. The new SAT is described as focusing more on skills and knowledge needed for college and career success. More information is available through the links at the end of this letter.

The Connecticut Version of the SAT

The Connecticut School-Day SAT State Assessment does not include the essay portion. Most colleges do not require the essay for admissions purposes. Students wishing to take the essay will have to register for a separate administration of the SAT at their own expense. Students choosing to do so are still required to take the Connecticut School-Day SAT State Assessment.

Student Assembly

There will be a junior class assembly on Thursday, February 25th – 9:05 to 9:20 or so. The purpose of the assembly is to provide students with information about the administration of the SAT and to answer any questions they may have.

If we can help you with anything, please be in touch with our guidance department or administration.

Sincerely,

A handwritten signature in blue ink that reads "Russ Dallai".

Russell J. Dallai, Ed.D.

Principal



HELPING OUR STUDENTS TO BE PREPARED

Here are a few school and outside strategies North Haven High School has developed to help students succeed on the SAT:

- Our curriculum includes the knowledge and skills students need for the SAT. Our teachers continue to engage in professional development and curriculum writing to improve student opportunities.
- Math, ELA and social studies teachers have all had test preparation training.
- Test content is embedded in the curriculum and instruction in ELA and Math classes.
- Sophomores and juniors take the PSAT (practice SAT) at NHHS, which gives them experience and a chance to grow, while providing our teachers with useful information.
- Free SAT practice tests, sample questions, and video tutorials are available through Khan Academy, a nonprofit educational company partnered with the SAT: www.satpractice.org.
- NHHS provides an optional SAT preparation course for \$150.00. It is held once a week for four weeks in the evening.

RESOURCES

The following are links to key SAT information and support sites:

- [CT's Introductory Letter for Parents](#)
- [Gov. Malloy Letter about Reduced Standardized Testing](#)
- [Comm. of Ed. Letter Regarding New CT SAT for Grade 11](#)
- [College Board Website Regarding SAT and College Readiness](#)
- [Create Your Student College Board Account](#)
- [Khan Academy SAT Practice and Information Site](#)





SCHOOL COUNSELING

Following up on the PSAT/SAT

Sophomore and Junior students received their PSAT scores a few weeks ago along with information about creating College Board and Khan Academy accounts. Students are encouraged to [set up an online SAT/College Board account](#) to access their scores reports, which detail student performance, strengths, and growth areas. Students can access practice tests on the College Board site and link their PSAT results to receive individualized practice from Khan Academy. By linking their College Board accounts to their Khan Academy accounts, students receive a personalized practice plan based on their PSAT results.

How Do I Access My Online PSAT/NMSQT® Scores and Reports?

1. Log in to an existing College Board account or create a new one at studentscores.collegeboard.org
2. Select PSAT/NMSQT Scores *Or*
3. Use “Missing Scores” to locate scores

What steps will I follow to link my College Board account to Khan Academy®?

Step 1: Log in or create a Khan Academy Account satpractice.org

Step 2: When prompted; agree to link your Khan Academy and College Board account.

You will then be directed to collegeboard.org.

Step 3: Sign in or create a College Board Account

Step 4: When prompted; hit “Send” to authorize the account linking

Step 5: Start practicing on Official SAT practice on Khan Academy!

How can I Link my College Board and Khan Academy® Accounts?

1. After successfully logging in to your College Board account, you will be asked to authorize the account linking.
2. After clicking “Send,” you will be redirected to SAT practice on the Khan Academy site.
3. You can remove the link at any time, by clicking on “Revoke” which is found in College Board account settings.

Option to Cancel Scores for College Purposes

Students may cancel their SAT scores for college purposes, though not for state testing purposes. To do so, a student must complete the Request to Cancel Test Scores Form on test day or mail it within three business days after the test. Please contact your child’s counselor with any questions.



MATHEMATICS

The mathematics sections of the SAT will assess a student's fluency, conceptual understanding, and ability to apply concepts and skills to a real world scenario. The emphasis will be on four areas: Heart of Algebra, Problem Solving and Data Analysis, Passport to Advanced Math, and Additional Topics in Math. This assessment is aligned to the Connecticut Core Standards and is connected to the mathematics curriculum.

The mathematics portion has two sections: non-calculator and calculator. The non-calculator section is 25 minutes and consists of 20 questions. The calculator section is 55 minutes and consists of 38 questions. Students should use a scientific or graphing calculator that they are familiar with. Graphing calculators will be available in all of the testing rooms during the school day administration of the SAT on March 2 however students who own a graphing calculator and use it on a regular basis are encouraged to bring it. It is important to note that if students decide to take the SAT again at a later date they will have to bring their own calculator. Testing centers do not provide calculators. Students should talk with their math teacher if they plan to take the SAT again and will need to borrow a graphing calculator for the day.

The calculator and non-calculator sections of the mathematics SAT include multiple choice and grid-in questions. The SAT has four answer choices for multiple choice questions and there is no guessing penalty. This means that even if students are not sure of the answer they should bubble in or grid in their best guess.

In addition to a total math score of 200-800, students will receive a subscore (1-15) for three of the four focus areas: Heart of Algebra, Problem Solving and Data Analysis, and Passport to Advanced Math. The Heart of Algebra accounts for 33% of the math test. Questions focus on analyzing and fluently solving linear equations and systems of linear equations; creating linear equations and inequalities to represent relationships between quantities and to solve problems; and understanding and using the relationship between linear equations and inequalities and their graphs to solve problems. 29% of the math questions on the SAT are focused on Problem Solving and Data Analysis. This includes creating and analyzing relationships using ratios, proportional relationships, percentages, and units; representing and analyzing quantitative data; and finding and applying probabilities in context. Passport to Advanced Math accounts for 28% of the math test and includes identifying and creating equivalent algebraic expressions; creating, analyzing, and fluently solving quadratic and other nonlinear equations; and creating, using, and graphing exponential, quadratic, and other nonlinear functions. Questions within Additional Topics in Math will contribute to the total math test score but do not contribute to a separate subscore. Additional Topics in Math represents 10% of the math test. Questions will be related to solving problems related to area and volume; applying definitions and theorems related to lines, angles, triangles, and circles; and working with right triangles, the unit circle, and trigonometric functions.

If students have any questions about the SAT they should talk with their math teacher.



ENGLISH DEPARTMENT

All Things SAT

In early Fall, the English teachers spent a half day with Alan Bernstein our local College Board representative, who briefed English and Social Studies teachers from all over the area on best practices in the classroom for enhancing student performance on the reading and writing tests. This PD was very informative and helped us determine, from many possible paths, the best way forward. Following this, the group then spent a full professional development day planning their preparation for the rest of the year. Three of us then went to the State for a full day “Train the Trainer” workshop to further our understandings in order to assist our colleagues.

All grades have committed to regular preparation with the junior teachers tracking student progress for data. While the bulk of the 11th grade work will center on reading fiction and nonfiction, the 9th grade will focus on the Writing and Language test, and the 10th will work on elements in both tests.

Now that the State has replaced the 11th grade Smarter Balanced Test with the new SAT, we look forward to our March 2nd test date. Although this is an official state test, it is also our juniors first official SAT, and students will be able to use these scores for their college admissions, if they wish.

Features of the New Test

- Aligned to the CT Core Standards
- No guessing penalty
- Four answer choices instead of five
- Score of 1600 instead of 2400. The essay is now a 50-minute separate option
- Additional sub-scores
- New test is three hours
- New organization of content and question types

Evidence-Based Reading and Writing

- Reading (65 minutes) - always features one literary passage, one or two history/social studies passages, and one or two contemporary science passages
- Focus on academic vocabulary
- Analytical reading will often ask students to identify text to support an analysis with text from the passage (command of evidence).
- Writing and Language test (35 minutes) asks students to edit diction, syntax, grammar and usage in four given passages.



SOCIAL STUDIES DEPARTMENT

TEST-TAKING STRATEGIES FOR READING

Here are some helpful test-taking strategies you can use:

1. Always read the questions first. This will help you to focus your attention and direct you to the parts of the reading passage that are most important for you to understand.

2. Make sure you understand exactly what each question is asking. STOP and take a moment to think about what you will need to look for in the reading passage. Sometimes it helps to put the question in your own words or circle key words in the passage, such as *not, least, cause, effect, first, last*, etc.

Believe it or not, this is one of the most important strategies for a test taker to learn. If you just read the questions without really thinking about them or taking a moment to circle the most important words in the questions, you will probably forget what the questions are asking before you even finish reading the passage. (This happens to so many of us.)

3. Do not leave any answers blank!

4. Guess on any of the ones that you do not know. Choose what you think is the best answer by eliminating the choices that do not seem correct.

(You can put a tiny pencil mark next to the numbers that you guessed at on your answer sheet and go back to them after you have finished. At the end of the test, you can erase any of these stray pencil marks on your answer sheet before you turn in your paper.)

5. Remember that the test asks you to choose the best answer for each question, so it is important to read all your answer choices and then eliminate the ones that do not seem correct or to best answer the question.

(If you are pretty sure that neither letter A nor B is the best answer, then at least you have narrowed down your choices to the 2 remaining two letters: C and D. Now, you have a fifty percent chance of choosing the most correct answer.)

6. Never choose an answer that is not supported by something in the selection or your own background knowledge.

Using your background or prior knowledge is crucial to your deciding which answer choices make the most sense.

7. If the answer you choose is in the reading passage, make sure that it answers what the question asks. This could be a trick – a choice that has information from the passage but does not answer what is being asked.

So many times, students think that they are choosing the correct answer just because they read this same sentence in the reading passage. Just because it's in the passage does not mean that it is the correct answer to question *you* are trying to answer. Many reading tests do this to prevent students from just *skimming* the passages for the answer and not really reading carefully.



8. *Skimming* means to glance quickly at a reading passage to get a sense of the topics and important ideas. It should never be used a substitute for careful reading of the passage.

However, it can be an important strategy, which you can use throughout the test.

Here's an example: A test question asks about the setting of a story. Once you have read the passage all the way through, go back and skip through the paragraphs that discuss other ideas or events. Skim the paragraphs until you find the ones that discuss the time and the place, which together would make up the setting. Now, read this part of the passage carefully.

9. Don't expect to always know the answers to most questions after only one reading.

Most test takers expect to read the passage once and then be able to answer the questions. However, very few of us know all of the answers after reading the passage only one time. Good test takers learn how to go back into the passage again and again to find specific information. This is one of the most important strategies for a reading test – **knowing what information you need and rereading until you find it.**

(Don't forget to use your skimming skills here.)

10. If the question says *According to the passage...* or *Presented in the passage...*, make sure that the answer you choose is based on information you read in the passage.

This can also be a trick for students who think they can get by without doing the necessary reading.

11. Never choose an answer that contains any wrong information. If any part of an answer choice is wrong, do not choose this answer.

12. Understand that part of an incorrect answer is often correct, but may not be complete enough to be the best answer.

You want to make sure that you always choose the most complete and correct answer, especially when you are working on main idea questions.

13. Be aware that the answer to a question is often stated in words that are a little bit different from the exact words used in the reading passage.

(This is to test your comprehension, not just word recognition skills. If this were all that's expected of you as a student, you could pass this test in elementary or middle school.) Here's an example: A passage about the Civil War discusses the *casualties* of war, but the answer choice uses the word *fatalities*. By choosing the answer choice that contains the word *fatalities*, a good test taker is also demonstrating understanding or reading comprehension.

14. For main idea questions, always reread the first and last sentences. Also, *skim* through the reading passage to see how many times each of the answer choices is discussed.

Here's an example: You are trying to decide whether the main idea is about soccer or football, so you *skim* through the passage and learn that soccer is mentioned four times. (Be sure to include the pronouns in your count.) However, the writer only mentions football two times. You can be pretty confident that the main idea is about soccer.

15. Don't confuse a supporting detail with the main idea. Remember that a supporting detail just explains or gives more information about the topic.



TIPS ON HOW TO STAY FOCUSED DURING THE SAT FROM THE LIBRARY MEDIA CENTER

Staying sharp and focused during the SAT can make quite a big difference in your score. A clear and concentrated mind is less prone to making mistakes than a distracted one. Check out these tips to maximize your performance on test day!

1. **Change the way you're sitting**

If you sit with good posture, you'll feel more confident, more relaxed, and ultimately, more focused. Lean back and avoid hunched backs and tightly crossed arms. Loosen up! Not only will you feel more confident, but your body won't feel so stiff.

2. **Set Time Limits**

Each section has a start and end time. To help with time management, note the times and make an approximate guess as to what the halfway mark will be and put a little dot next to that question to serve as a mini time check during the section. This technique is very helpful in keeping you focused and on track.

3. **Interact with the Test**

Try to **actively interact** with the test. When you're reading, annotate. Draw diagrams to help you comprehend difficult questions. Move your lips when you read long passages (or read it in a funny voice in your head). Underline important details. If you're actively engaging with the exam, it's very hard (or perhaps impossible) to lose focus.

4. **Guess**

It sounds weird, but it actually holds considerable validity. After you read a question, guess *before* you look at the answer choices. A lot of times, reading answer choices can be strangely worded and lead you to pick the wrong answer. Don't get confused! Answer the question mentally, and then pick the closest answer choice.

5. **Relax**

It's normal to feel anxiety before the SAT. Just sit, close your eyes, *breathe*, and remember that it's really just a test. If you don't know the answer to a question during the exam, just move on. Draw a small erasable mark on your scantron so you can return to it later. Stress only makes it harder to focus. Keep yourself from negative thoughts, and stay calm!

6. **Converse with people during the break!**

Talk! It sounds strange, but talking with other people—before the test and during the break—is a very good way to relax and keep things in perspective. It's a great way to know that you are not alone, and ultimately, it'll help you stay calmer and more focused.

7. **Stretch**

Stretching can do wonders for your concentration! It's hard to focus when your muscles are cramping. Before the test, during the break, and after you complete each section, make sure to stretch if you're feeling a bit uncomfortable.

8. **Don't think about the others!**

DON'T look at the students around you! It's tempting to see where everyone else is at on the test, but it'll only waste time, increase your level of stress, and make you lose focus. It isn't a race! Take your time and pace yourself. If you're going to finish early, check your work.



PREPARING PHYSICALLY AND MENTALLY FOR THE SATS FROM THE PHYSICAL EDUCATION DEPARTMENT

- ✓ Students want to make sure they have a good day on the day of the SATs. In order to be in the Test Zone, you need to start preparing a few days in advance.
- ✓ You want to stay healthy. Be sure to get to bed at a reasonable time, or maybe even a little earlier than usual. Make sure you are eating foods that make your body feel good and healthy.
- ✓ Try to get any homework due the day of the test done two days before March 2nd or at least early in the evening on March 1st.
- ✓ Be sure to spend time the night before the test just relaxing. Don't try to study or review too much. If you feel the need to review, limit the time to about a half hour so you'll be fresh in the morning.
- ✓ The day of the test be sure to eat a good breakfast and wear comfortable clothes.
- ✓ Snacks and water will be provided during your breaks, but you might want to gather a few snacks to bring with you to eat during test breaks.
- ✓ Do a few stretches before going in to your testing room, you'll be sitting for a while!
- ✓ Before and during the test take a few long, deep breathes- focus your mind and relax your muscles. Continue taking deep breathes if you feel anxiety creeping up on any given part of the test.



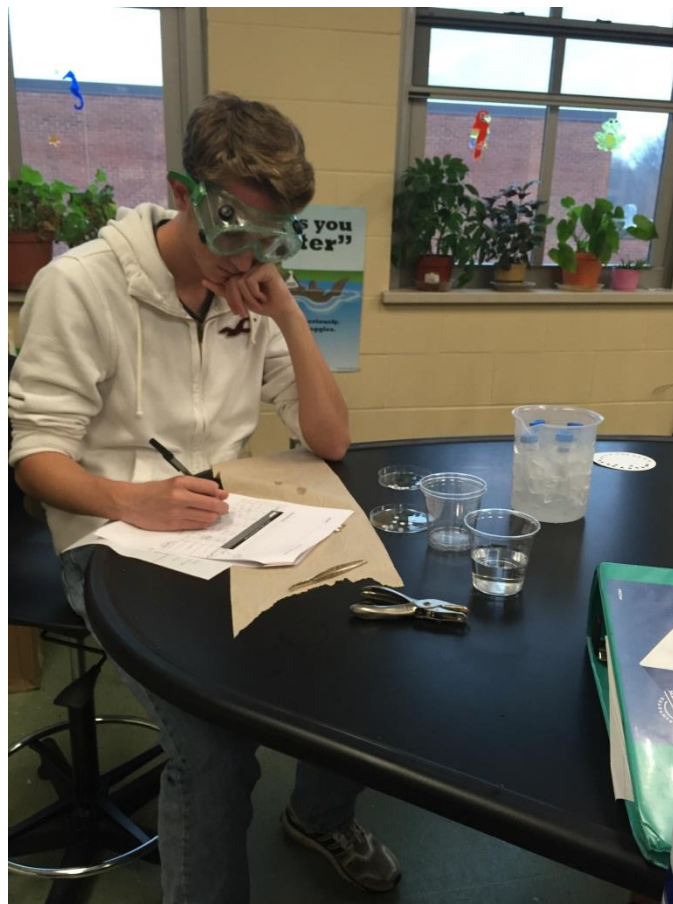


SCIENCE DEPARTMENT

While no specific scientific knowledge is necessary for the SAT assessment, you have probably worked hard to reinforce the necessary analytical skills in your science classes.

Specifically, understanding and inferring information from:

- graphs
- charts
- table
- research summaries



Make it your best effort.



TOP TEN SAT TIPS FROM THE NATIONAL HONOR SOCIETY

1. "Take a diagnostic test to see the sections you most need to work on."
2. "Practice with a watch and use the same watch on test day."
3. "Practice two sections every night instead of one entire test."
4. "Read more literary books to help with your reading section and increase your vocabulary and your ability to identify a word's meaning in the context of a sentence."
5. "Don't freak out: the math questions are designed to be tricky at first but are inherently simple so calm down, take a deep breath, and focus on each individual part of the problem."
6. "Don't study all night before the test because sleep is very important. If you eat a healthy breakfast beforehand and to make sure you get at least 8 hours of sleep, you will be focused and awake!"
7. "Bring an extra calculator and batteries in case it dies."
8. "Take it more than once."
9. "Don't spend too much time on one question, remember it is better to outright guess, you won't lose points for incorrect answers. Time management is key."
10. "Try the ACT by taking a practice test to see if it's a better fit for your test-taking style!"





AFTER THE SATS ARE OVER... WHAT BETTER WAY TO RELAX?

The North Haven High School

presents

The Addams Family Musical

Everyone's favorite mysterious and kooky family is coming to the Patricia K. Brozek Theatre. The play is a new musical comedy with music and lyrics by Andrew Lippa and book by Marshall Brickman and Rick Elice based on the characters created by Charles Addams. Students have been hard at work since December building sets, learning lines, and rehearsing for the big opening and all are welcome to attend!

Performances are Thursday March 3rd at 6:30 pm, Friday March 4th at 7:00pm and Saturday March 5th at 7:00 pm in the Patricia K. Brozek Theatre. Tickets are now on sale and may be purchased in the Main Office between 9:00am and 1:00pm on weekdays or at the box office half an hour before each performance. Tickets are \$15 each and all seating is reserved. It is recommended to buy your tickets early to get the best seats and before they sell out!

