

# GUIDANCE NEWS

Wheeler High School

October 2016

## Upcoming Testing Dates!

SAT TESTING                      OCT 1      NOV 5      DEC 3  
(Registration deadlines)      SEPT 1      OCT 7      NOV 3

PSAT TESTING DATE      OCT 19 (taken during school day)

ACT TESTNG                      OCT 22                      DEC 10  
(Registration deadlines) SEPT 17-30 (late fee) NOV 4 or NOV 5-18 (late fee)

**Reserve your spot at either:  
sat.org or www.actstudent.org**



## FAFSA News!

New this year! The FAFSA application will be accepted as early as  
OCT. 1

Visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov) to start your application

Items you may need are :

- Social Security Number
- Bank account statements
- Drivers license (if any)
- Parents tax records
- Mortgage and investment records (if any)

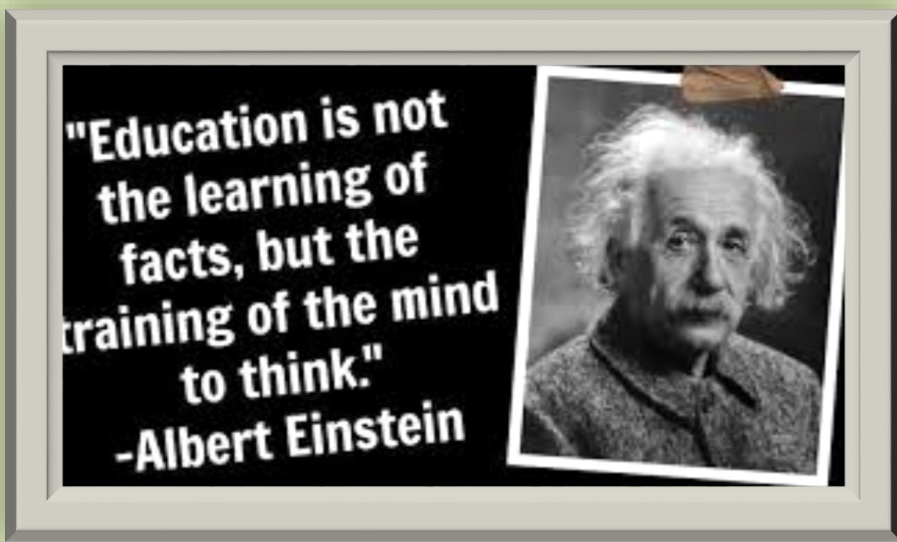
## SENIORS!

Get your college applications in ASAP! The earlier the better!

Be sure to use : [www.commonapp.org](http://www.commonapp.org) and fill out an extra curricular activity sheet with your counselor to help speed this process along!

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## Do you have test anxiety?

### WHAT IS IT?

Students “blank” or “freeze” on tests. High test anxiety reduces working memory, confuses reasoning, increases mistakes, and lowers test scores. Students with high anxiety perform around 12 percentile points below their low anxiety peers (about half of a letter grade below).

### WHY IT MATTERS?

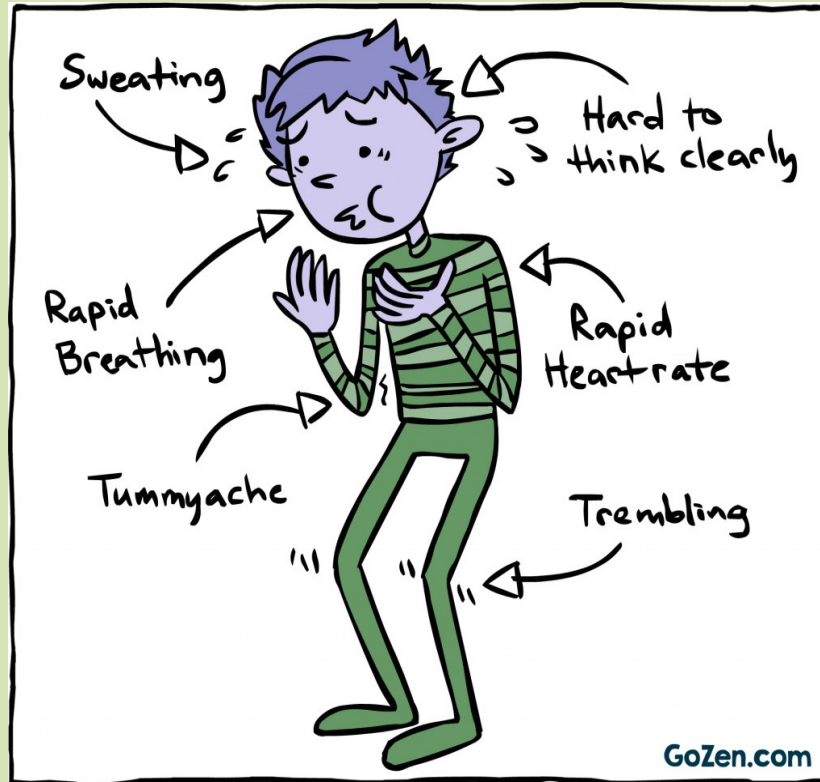
The majority of students report being more stressed by tests and by schoolwork than by anything else in their lives. About 16-20% of students have high test anxiety, making this the most prevalent scholastic impairment in our schools today. Another 18% are troubled by moderately-high test anxiety.

### WHAT CAN I DO ABOUT IT?

1. Unload on paper! Before a test, use a blank piece of paper to write down what you are feeling. Get it all out of your system, then crumble the paper and throw it away, as if you are throwing away your anxiety.



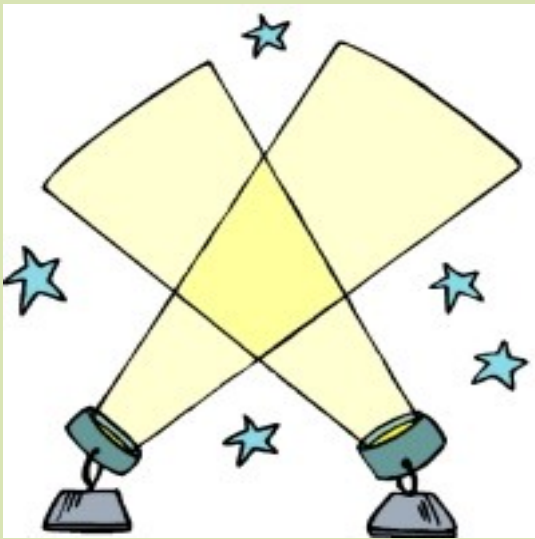
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## Test Anxiety Continued...

2. Engage in muscle relaxation. Close your eyes and relax your body. Start with the top of your head, breathe deeply and naturally and move down through your body relaxing each body part (face, neck, shoulders, fingers tips, down to the tips of your toes.)
3. Address the "What-if" questions. A lot of times anxiety we feel is a build-up from negative "what-if" thoughts. What if I fail, what if I can't remember anything, or what if I run out of time? Try writing a what-if question that is positive and can help you take the big deal out of the situation and begin to see things in a different way. Examples of these kinds of questions are, "What if I can remember more than I think I can?"  
"What if I can feel calmer than I think I can?"

Thank you to Valerie Strauss from the Washington Post and the ASCA School Counselor for some of these suggestions.



## Career Spotlight for October: TEACHERS

K-12 Teacher

Average Salary: \$49,151

Education Training: Bachelor's Degree

Major Industry: Education and Training

Related Occupations:

Postsecondary Teacher, HSE Teacher, School Administrator, Self-Enrichment Education Teacher; Special Education Teacher

2012 Employment: 65,417

2022 Projections: 72,210

Annual Growth: 10.38%



**Contact Us: The Guidance Department is here to help!**