

# COUNSELOR'S CORNER

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## Odem Jr. High School

### Sixth Six Weeks

The last six weeks is fast approaching. The six weeks will begin on April 10. Report Cards for the 5th six weeks will be distributed on April 13. Students need to pass their classes for the year. Students who fail two or more core classes are in jeopardy of being held back.

### Pre-scheduling April 24 and 26

Students will begin pre-scheduling for the 2017-18 school year April 24 and 26. Students will receive information about classes available. Eighth grade students will have the opportunity to learn about the different pathways available in high school. It is imperative students continue to work diligently in their classes. The last day of class for students with good attendance, good grades, and have passed STAAR will be May 19. All other students will continue coming to class.

### Opportunities

Craft Training Center was on campus March 24 to discuss summer school opportunities with 8th graders. The president, Dr. Sandroussi took time to discuss the opportunities at Craft, and how it can benefit our students. Applications for the summer program are available in the front office. For more information contact the counselor or look online at <http://www.ctccb.org/>

Del Mar is offering a Pre Engineering summer school for upcoming 7th graders who meet criteria. A Parent Meeting was held in March. Parents had the opportunity to ask questions and begin the application.

Report Cards April 13

Easter Break April 14-17

Media Presentation- April 20 morning

Pre-scheduling for incoming 6th graders- April 24

Pre-scheduling for 7th and 8th graders- April 26

STAAR Testing May 8 -11

### STAAR Testing

Odem Junior High began the first round of STAAR tests at the end of March. Seventh grade took the Writing test on Tuesday, March 28, 2017. Eighth graders took the Math test. Eighth graders also took the Reading test on Wednesday, March 29, 2017. Students worked hard throughout the two days. Results for the 1st round of eighth grade testing are expected the week of April 17th. If any 8th grader didn't pass the math or reading portion of the test, they will be able to retest on **May 8 and 9**. Tutorial classes will be created for remediation.

Benchmark testing for 6th grade math and reading, 7th grade math and reading, 8th grade science and social studies, and Algebra I will take place on April 4 and 5th. Students need to take the benchmark seriously. Tutorial lists are compiled based on the benchmark results. Algebra I will benchmark on Thursday.

### Test Anxiety

Humans have this amazing natural ability called the 'fight or flight' mechanism, a defense system that's hard-wired into our genetic code. If you've ever tried to avoid being hit by a car, threatened or attacked by someone or in some way suddenly frightened or put into danger, you've experienced fight or flight.

Your brain triggers a flood of adrenaline and testosterone throughout your system. Suddenly, you are faster and stronger and able to react physically even before you can stop and think about what you're doing. If driving, you slam on the brakes. If someone sneaks up and scares you, your whole body jumps. The fight or flight response mechanism is an effective defense against sudden danger.

For students, however, fight or flight poses a couple of problems. First, in addition to triggering muscle systems, it slows down the parts of our brain that thinks and analyze. This is great if you're being attacked by a bear, not so great if you're taking a test and need to think carefully about everything. Second, the brain reacts to all anxiety causing still causing Stimuli the same way. So if you are choosing between two answers your Anxiety is going to make thinking more difficult.

Remember that the test doesn't create the anxiety, you do. You need to take deep breathes, skim the test, and don't get stuck on a problem. Your teachers have prepared you for this exam. You need to think positive and do the best you can. Take breaks throughout the test and answer the questions you know first.

April 2017  
 Odem Jr. High School  
 Committed to Excellence

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Benchmark 6th Math 7th Math 8th Science	5 Benchmark 6th Reading 7th Reading 8th Social Studies	6 Algebra I Benchmark	7 School Holiday Teacher In-service	8
9	10 6th Six Weeks begins	11	12	13 Report Cards are distributed	14 School Holiday	15
16	17 School Holiday Weather Day	18	19	20 Morning Presentation Social Media/Sexting  Robert Luna 6th grade 7th grade 8th grade	21	22
23	24 Pre-Scheduling for Incoming 6th graders in the H.S. library—5:30	25	26 Pre-Scheduling for Incoming 7th and 8th graders  Cafetorium – 5:30	27	28	29