



# 2018

## Guidance Newsletter

### WHO'S MY COUNSELOR?

**Senior Counselor**

Mrs. Dean

**Junior Counselor**

Mrs. Rolison

**Sophomore Counselors**

Mrs. Rolison (A-L)

Mrs. Randolph (M-Z)

**Freshmen Counselor**

Mrs. Randolph

## Patriot Pat on the Back

We have decided to begin spotlighting one student per grade level each month who demonstrates what it means to be a Patriot. We are looking to recognize students that exhibit acts of kindness, positive character, and leadership.

### Freshman Spotlight

Grant Briscoe was commended on being the first person that was welcoming to a student



new to our school this week. The new student bragged about how nice Grant has been to him and that Grant even invited the student to sit with him at lunch.

### Junior Spotlight

James (AJ) Ellison has been recognized by one of his teachers for being extremely



kindhearted and selfless. He gives to others without needing and recognition in return!

### Sophomore Spotlight

Alicia Celestine has shown Patriotism by being extremely helpful and nice to her



teachers and other students in her English class. She was recognized by her teacher!

### Senior Spotlight

Samuel Lord has been recognized by one of his teachers for reaching out to a transfer



student on a field trip and made her feel welcomed. Sam invited her to eat with him and other classmates and talked to her on the bus.



### Dates to Remember

#### March

17<sup>th</sup> – Attendance Recovery

26<sup>th</sup> -30<sup>th</sup> – Spring Break

#### April

7<sup>th</sup> - Attendance Recovery

21<sup>st</sup> - Attendance Recovery

### 2018-2019 Registration

Pre-Registration forms for the 18-19 school year were recently completed. We are diligently working to input them. Once all class requests and recommendations have been processed, a copy will be sent home with each student. Students should review their tentative schedules with their parents. Students will be instructed to make any necessary changes to their schedules on this form; a parent signature is required before submission.

# End of Course Testing

## Mindfulness

As the school year progresses and you work to tackle the many items of your to-do list, it is likely that you will feel stressed and overwhelmed at times. A great way to manage your stress and anxiety is to practice being present and mindful. Mindfulness is the practice of centering yourself to the present moment, being aware of your physical surroundings and sensations, and noting when and where your mind wanders during those times. Mindfulness practice is growing in popularity for stress management, as it is a great way to slow down and reflect on the present moment. Whether it's following a guided meditation, practicing deep breathing, or simply sitting in a quiet room with your eyes closed and centering yourself, mindfulness is a great way to alleviate stress and anxiety. Mindful.org outlines five basic elements of mindfulness practice that serve as great guidelines for regular mindfulness practitioners as well as those new to the

practice. Their suggestions are as follows: designate a specific time during the day to be mindful; pay attention to the present moment; allow judgments that arise in your mind to disappear; remind yourself to return to the present moment when distractions arise; forgive your mind when it wanders. Next time you're feeling overwhelmed with academic, extracurricular, or life stressors, give mindfulness a try!

## End of Course Classes

End of course testing will begin in late April and continue through the first part of May. Students at the high school level will take an EOC in the following ten courses:

### English Language Arts

Ninth Grade Literature  
American Literature and Composition

### Mathematics

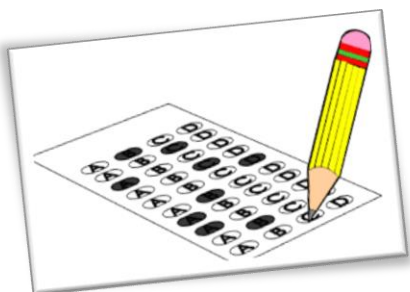
Algebra I  
Geometry

### Science

Biology  
Physical Science

### Social Studies

United States History  
Economics



# Testing Anxiety

Test anxiety is a form of performance anxiety. If your child went to class, completed their homework, and studies feeling confident about the material, the act of taking the test is the hardest part of the equation.

**What Causes Test Anxiety:** Although there are many different reason a student can have test anxiety, the main causes are: *fear of failure, lack of preparation, and/or poor test history.*

**What do the symptoms look like:** Each person is different, but some symptoms may include: headache, nausea, rapid heartbeat, light-headedness, feelings of anger, fear, helplessness and disappointment, difficulty concentrating, thinking negatively and comparing oneself to others.

## How do I manage test anxiety?

- Give yourself enough time to study. Don't wait for the last minute to cram.
- Find a study space and organize it. Make sure you have enough space for your study materials, have enough light, a comfortable space, and has no distractions including your phone.
- Use flow charts and diagrams. Visual aids can be very helpful when revising. A good challenge for you – write down everything you already know then highlight where the gaps lie.
- Practice on old exams. One of the most effective ways to prepare for exams is to practice taking past versions.
- Explain your answers to others. This will help you get it clear in your head and highlight the areas you need more work.
- Organize study groups with friends. Get together with friends for a study session. You may have questions they have answers to and vice versa. Make sure to stay focused.
- Take regular breaks. While you might think it's best to study for as many hours possible, it can be counterproductive. Studies have shown that for long-term retention of knowledge, taking regular breaks helps. Everyone is different, so develop a study routine that works for you.



### Georgia Military College

Georgia Military College recognizes the need to provide academically talented high school students with opportunities for acceleration of their formal academic programs. This recognition has led to the development of the dual enrollment program in which the student, while continuing his/her enrollment in high school as sophomore, junior or senior, enrolls in courses for college credit. Minimum admission standards for the dual enrollment program are listed in the following sections.



### Columbus Technical College

If you're a high school freshman, sophomore, junior or senior that's interested in getting a big head start on a rewarding, hands-on, technically-savvy career and you go to school in Chattahoochee, Harris, Muscogee, Quitman, Stewart or Talbot county, then this Dual Enrollment option is for you. **Earn a complete technical certification while still in high school!** Students must successfully meet Columbus Technical College admissions requirements and have permission from their parents. Here is a list of the participating programs:

Automotive Technology

Certified Nurse Aide

Carpentry

Certified Life & Health Insurance Specialist

Certified Manufacturing Specialist

Customer Service Specialist

Cosmetology

Criminal Justice Certificate

Childhood Development Specialist

Emergency Medical Responder

General Education Core Classes (English, College Algebra, etc.)

Welding

# Are you interested in Dual Enrollment?



### Columbus State University

English, math, social sciences, sciences, and languages up to 15 credit hours per semester, are covered under the Dual Enrollment program. Any additional credit hours and/or courses not covered under Dual Enrollment must be paid for out of pocket. Should you change your CSU class schedule after the Add/Drop dates, you are held responsible for full payment (refer to the CSU Academic Calendar for Fee Payment Deadlines). All required textbooks for Dual Enrollment approved courses will be provided to the student at no cost; please refer to the CSU Bookstore Agreement form provided by your CSU Academic Advisor for further information.

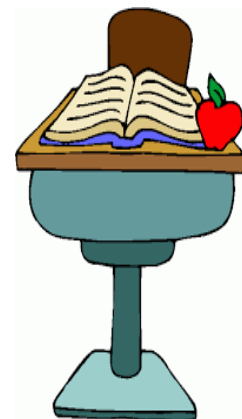
### Dual Enrollment Procedures

- Meet with your high school Dual Enrollment Coordinator (Mrs. Dean) to discuss the guidelines and responsibilities of the program. All students and a parent must meet with Mrs. Dean or they will not be able to participate in Dual Enrollment. The meetings will be held from March 1, 2018-May 31, 2018. No meetings will take place after May 31, 2018. If you do not have a meeting you cannot enroll as a Dual Enrollment student for the 2018-2019 school year.

"Focus on your goals, don't look in any direction but ahead"

-Author Unknown

- During this meeting you will sign the required documentation and Northside will approve your potential classes.
- Apply to the college of choice through GAFutures.org.
- When you log into your account go to the college planning tab, find the college, and click apply. You will then be routed to that school's website to apply.
- Request Northside to send your transcript to the college for which you are applying (can be requested in the guidance office).
- Send ACT or SAT test scores to the college for which you are applying.





For the 8th year, the Junior League of Columbus (JLC) will host Project Prom, an annual event that provides prom dresses and accessories to local junior and senior high school girls at no cost. In addition to receiving the dress of their dreams, attendees and their parents will also sit through "Be Smart and Guard Your Heart" training, a program provided by Right From the Start. It teaches participants to make better decisions when it comes to dating friends

FREE PROM DRESSES AND ACCESSORIES!  
LEARN TO "BE SMART AND GUARD YOUR HEART"

# Project Prom 2018



MARCH 10, 2018  
DOORS OPEN 9 A.M. - 1 P.M.  
BRING YOUR JUNIOR OR SENIOR HIGH  
SCHOOL ID  
THE LIBERTY THEATRE  
821 8TH AVE, 31901  
CONTACT [ECHOLSMONICA@GMAIL.COM](mailto:ECHOLSMONICA@GMAIL.COM)  
WITH QUESTIONS