

Northside High School

GUIDANCE NEWS YOU CAN USE

Dear Students,

A new school year offers you various parallel academic opportunities – setting the tone for your high school career, a chance to boost your overall GPA & class rank, or even successfully completing an Advanced Placement course to earn college credit. Last year was last year. This year is now. Take the steps necessary to star your year off right. **Learn from those who walked the path before you.** Talk to students who recently completed the course you are in. Ask about workload, topics addressed in classes, teachers and other important pieces of information that will help prepare you for the year. **Seek guidance.** Talking to your counselor, or perhaps a teacher or two, can answer some questions and concerns you might have. **Have some fun. In fact, plan for it.** Various studies show that engagement in school is important, yielding benefits to students, such as higher academic achievement and lower dropout rates. One way to be more engaged in school is to have something that you look forward to and motivates you to be there. Find something you enjoy and do it, whether it is a class that is interesting, a sport you love, or a club that fulfills your creative or volunteer spirit. It's a lot easier to get out of bed and get to class when you have something motivating that is waiting for you.

Sincerely,

Your High School Counselor

Interested in the US Air Force Academy

Come and meet with a Liaison Officer from the US Air Force Academy at the North Columbus Public Library this **Saturday, September 8th from 11 AM - 2 PM** to get answers to questions about the Academy. Contact Major Nick Philbrick for more information. Nicholas.Philbrick@yahoo.com. You can also visit www.AcademyAdmissions.com for more info.



Upcoming Events

September 6

Progress Reports

October 5

Homecoming Dance

October 10

PSAT Testing –Sophomores

ASVAB Testing- Juniors

ONSITE College Visits

The following colleges will be onsite during lunch to speak to students about admission and other great information.

September 5

Georgia Military College

September 7

Savannah College of Arts & Design

September 11

Oglethorpe University

September 20

Columbus State University

Time Management

High School students are some of the busiest people in the world. To get the most from all you do, you must be in control of your time since your success in high school depends on your use of it. While you have no control over when your classes are scheduled, you do have control of the rest of your time. Here are some important things to remember.

Time Management Tips

Establish a regular time and place for study. This will save you time in the long run because you will have "programmed" you mind that "this is the time and place that I study."

Use daylight hours to study whenever possible. For most people for every hour of study done in daylight hours, it will take them one and a half hours to do the same task at night.

Keep an agenda book and write down all class assignment. • Take breaks.

Don't schedule marathon study session. Several short 30-50 minutes sessions are better than one long session.

Testing Anxiety

Test anxiety is a form of performance anxiety; the act of taking the test is the hardest part of the equation.

What Causes Test Anxiety: *fear of failure, lack of preparation, and/or poor test history.*

What do the symptoms look like: headache, nausea, rapid heartbeat, light-headedness, feelings of anger, fear, helplessness and disappointment, difficulty concentrating, thinking negatively and comparing oneself to others.

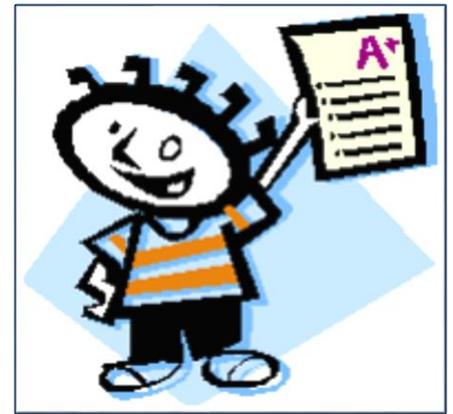
How Do I Manage Test Anxiety?

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.

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. You may have questions they have answers to and vice versa. Make sure to stay focused. Give yourself enough time to study. Don't wait for the last minute to cram.



HOPE Rigor Courses

Students take and pass four (4) classes that meet the rigor requirement for HOPE and Zell Miller

AP Language / AP Literature / Dual Enrollment English

Acc Geometry/ Algebra II

GSE Algebra II / GSE Pre Calculus / AP Calculus / AP Statistics

College Math Readiness / Dual Enrollment Math
AP US History / AP World History / AP Macroeconomics

Dual Enrollment History

H Chemistry / AP Chemistry / H Physics / AP Biology

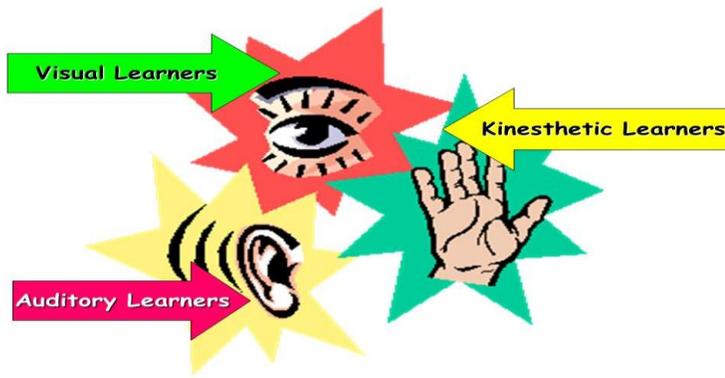
AP Environmental / Human Anatomy

Dual Enrollment Science

Spanish II / Spanish III / Spanish IV / AP Spanish

*Not all classes listed are offered each school year. Visit <https://www.gafutures.org> for HOPE and Zell Miller info

Learning Styles



Visual Learners

Visual Learners best comprehend information by visualizing relationships and ideas. Maps, charts, diagrams and even essays work well for visual learners. Many visual learners need quiet time to themselves to study. They may speak fast and they may prefer to work alone rather than in groups.

You may be a visual learner if ...

- Your notes are covered with drawings
- You are good with remembering faces but not names
- You can spell well
- You'd rather read a story than listen to it
- You're good with maps and directions

Study tips for visual learners:

- Sit in the front of the classroom so you can take notes off the board
- Translate your notes into charts, diagrams and lists
- Use color coding to your advantage
- Study for tests with flashcards

Auditory Learner

Auditory learners are all ears. They tend to prefer listening to information rather than reading it or seeing it visually displayed. Auditory learners may speak and read slowly. They tend to be linear thinkers and may repeat things they hear out loud.

You may be an auditory learner if....

- You are easily distracted by noises
- You have difficulty working quietly for long periods of time
- You are a good listener
- You easily remember what others say.

Study Tips for auditory learners

- Read aloud when possible
- Join a study group to discuss ideas with other students.
- When using flash cards, give responses aloud.
- Utilize videos for listening
- Record lectures for reviewing notes.



Upcoming SAT & ACT Testing Dates

September 8

ACT

October 6

SAT

October 27

ACT

November 3

SAT

December 1

SAT

December 8

ACT

SAT

\$ 46.00 (with writing \$62.50)

Register at: www.collegeboard.com

Content:

Reading

Writing & Language

Math

Essay (Optional)

Scored on a scale of 400-1600

NO PENALTY for guessing

ACT

\$ 46.00 (with writing \$60.00)

Register at: www.actstudent.org

Content:

Reading

Science Reasoning

Math

Essay (Optional)

Scored on a scale of 1-36

NO PENALTY for guessing

Kinesthetic Learners

Kinesthetic learners are the most hands-on learning type. They learn best by doing and may get fidgety if forced to sit for long periods of time. Kinesthetic learners do best when they can participate in activities or solve problems in a hands-on manner. They tend to have good coordination and best remember what they do.

You may be a kinesthetic learner if ...

- You excel at sports, art or drama
- You enjoy building, making or creating
- You have trouble sitting still
- You fiddle with objects while thinking

Study tips for kinesthetic learners:

- Study in blocks of time with frequent breaks
- Walk around while reviewing your notes
- Trace words with your fingers as you study
- Use flashcards, games or activities to study
- Toss a tennis ball around while you're thinking

Reading & Writing Learners

Reading and writing learners are extremely comfortable with the written word. They prefer to consume information by reading texts and can further absorb information by condensing and rephrasing it. The traditional college lecture and note-taking environment works well for the reading/writing learning style.

You may be a reading/writing learner if ...

- You love making lists
- You enjoy reading and writing
- You prefer to have written directions

Study tips for reading/writing learners:

- Review your class notes afterwards
- Use printouts of presentations to follow along
- Seek resources in articles, e-books and essays
- Rewrite ideas in your own words
- Translate visual information into statements

Grade Distribution

Grade	Gen.Ed	Honors	AP
90-100	4.0	4.5	5.0
80-89	3.0	3.5	4.0
70-79	2.0	2.5	3.0
0-69(failing)	0.0	0.0	0.0

License and Permit Forms

Students can request their ADAP and certificate of enrollment forms through the guidance department. Certificate of Enrollment and ADAP forms are ready for PU on Fridays during and after lunch. Please remember that the ADAP and certificate of enrollment forms are only valid for 30 days.

Attendance Policy

Only 3 parent notes will be accepted as excused absences per 9 weeks, this includes checkouts!

Sixteen (16) absences in any course, either excused or unexcused, will result in a loss of credit for that corresponding course.

Tardy Policy

1st/ 2nd tardies to class-warning

3rd, 4th, 5th tardies to class- central detention is assigned per tardy

6th or more tardies- ISS 1 day