

Northside High School

GUIDANCE NEWS YOU CAN USE



How to Participate in Dual Enrollment

Schedule a meeting to discuss the guidelines and responsibilities of the program on or before **May 30, 2019** or the student will not be able to participate in Dual Enrollment.

- **RISING SENIORS:** Meetings for **rising seniors** can be set up through this website to meet with Mrs. Dean- <https://doodle.com/poll/hxpm2udz4v8fdyy>
- **RISING JUNIORS:** Meetings for **rising juniors** can be set up through this website to meet with Mrs. Rolison- <https://doodle.com/poll/ybcg2yv87cs47t5f>

For more information about dual enrollment please [click here](#).

End of Course Assessments (EOC)

End of course testing will begin on **April 22nd** and continue through the first full week of May. These assessments contribute 20% to the student's final course grade. Students will take an EOC if they are registered for any of the following courses:

****You can click on each exam name to view the study guides for each course accessible through the Georgia Department of Education's website.**

- **English Language Arts**
 - [Ninth Grade Literature and Composition](#)
 - [American Literature and Composition](#)
- **Mathematics**
 - [Algebra I](#)
 - [Geometry](#)
- **Science**
 - [Biology](#)
 - [Physical Science](#)
- **Social Studies**
 - [United States History](#)
 - [Economics](#)

Upcoming Events

March 14

3rd Nine Weeks Ends

March 15

Prom fashion Show

March 21

Reports Cards Distributed

March 25-29

Spring Break

ONSITE College Visits

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

March 5

Navy

March 14

Oglethorpe University

Testing Anxiety

Test anxiety is a form of performance anxiety. If you went to class, completed your 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: 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.

Managing 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.

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.



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