



# Counselor's Corner

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## State Testing is among us!

### DATES:

- March 31<sup>st</sup> - 5<sup>th</sup> grade ELA & Math session 1
- April 1<sup>st</sup> - 5<sup>th</sup> grade ELA & Math session 2
- April 2<sup>nd</sup> - 5<sup>th</sup> grade ELA & Math session 3
- April 3<sup>rd</sup> - 5<sup>th</sup> grade Social Studies session 1 & 2
- April 6<sup>th</sup> - 5<sup>th</sup> grade Social Studies session 3 & Science session 1
- April 7<sup>th</sup> - 5<sup>th</sup> grade Science session 2



### EASTER BREAK

- April 27<sup>th</sup> - 3<sup>rd</sup> & 4<sup>th</sup> grade - ELA & Math session 1
- April 28<sup>th</sup> - 3<sup>rd</sup> & 4<sup>th</sup> grade - ELA & Math session 2
- April 29<sup>th</sup> - 3<sup>rd</sup> & 4<sup>th</sup> grade - ELA & Math session 3
- April 30<sup>th</sup> - 3<sup>rd</sup> & 4<sup>th</sup> grade - Science sessions 1 & 2
- May 1<sup>st</sup> - 3<sup>rd</sup> & 4<sup>th</sup> grade - Social Studies sessions 1 & 2

### February's Counselor Use of Time

Counselor Time

[More Details](#)

- Direct Student Services - instr... 83
- Indirect Student Services - ref... 97
- Program Managing and Asses... 18
- Non school counseling tasks 12



## Planning for the Tests!

When helping kids prep for big tests, I focus on 4 main areas:

**Preparedness:** what can we do to feel and be prepared for the test?

**Thinking:** how are my thoughts affecting my feelings about the test? Are my thoughts and expectations appropriate for the situation?

**Calming Strategies:** what strategies can I use when I have big feelings about the test or during the test?

**Self-Care:** what can I do to take care of myself during the time leading up to the test?

## Test Anxiety Signs

- Headaches
- Nausea/upset stomach
- Extra sweating
- Difficulty breathing
- Dizziness/lightheadedness
- Worrying about failure
- Mind going blank
- Comparing self to others

If you have students who exhibit these signs, please let me know.

I will be having mini individual counseling sessions with all 3<sup>rd</sup> through 5<sup>th</sup> grade students starting this week on their thought process, strategies for the test and any worries they may have.