

## Counselor Corner – April 2019



We are feeling the excitement of Spring at GOMS this month!

This week, The 7<sup>th</sup> graders completed their 8<sup>th</sup> grade elective choices for the 2019-20 school year. If your student has not turned in their course selection form yet (with parent signature), please encourage them to do so and return to Student Services as soon as possible.

### **Important Upcoming Dates:**

**Wednesday, April 24** – New Family Orientation Night (6:30-8 pm in the Gym) ---

Administration, Counselors, and Teachers will be presenting information to **parents** about GOMS

**Friday, April 26** – Incoming 7<sup>th</sup> Grade Orientation at Feeder Schools ---

Counselors, CSTEM Teacher, ASB Director, and 8<sup>th</sup> Grade Student Ambassadors will be visiting 6<sup>th</sup> grade classes to present information to **6<sup>th</sup> grade students** about GOMS

**April 24 through May 31** --- the SBAC and MAP testing is scheduled for both 7<sup>th</sup> and 8<sup>th</sup> grade students at Granite Oaks Middle School. All students will take the Language Arts and Math tests; The results of these tests are utilized by teachers, counselors, and administrators to evaluate the effectiveness of instruction, consider participation in intervention, assist with math placement, and guide high school personnel in course registration. The following information, titled **PASS**, is to help both you and your student prepare for the upcoming state testing:

### **Physical Well Being**

- ✓ Plenty of Sleep
- ✓ Eat a good breakfast --- protein
- ✓ Wear a favorite outfit --- be comfortable
- ✓ Don't drink too much fluid in the morning
- ✓ Use the bathroom before homeroom

## Attitude

- ✓ Approach the test with confidence --- how you act can definitely affect how you feel --- if you act confident, you may feel more confident
- ✓ Mentally practice going through the test experience --- close your eyes and see yourself answering the questions correctly
- ✓ A little anxiety is normal and can improve your concentration and alertness
- ✓ If you find yourself becoming overly stressed or anxious, take deep breaths and try to relax
- ✓ Have a positive attitude and focus on your effort
- ✓ Believe in yourself --- to succeed, we must first believe we can

## Skills

- ✓ The tests evaluate whether or not you have learned the skills you have been taught in class
- ✓ The tests are based on standards taught to every 7<sup>th</sup> and 8<sup>th</sup> grade student in California

## Strategies

- ✓ Read questions and answers carefully ---take your time
- ✓ Difficult questions --- skip, mark margin, go on and go back
- ✓ Look for clue words
- ✓ No penalty for guessing --- only correct answers count
- ✓ If you finish the test early ---go back and check all of your answers

The state testing experience is a great opportunity for Granite Oaks Middle School students to demonstrate their academic skills and knowledge. Good Luck!

Linda Marcarian

8<sup>th</sup> Grade Counselor

[lmarcarian@rocklinusd.org](mailto:lmarcarian@rocklinusd.org)

Tressa Lindsey-Anderson

7<sup>th</sup> Grade Counselor

[tlindseyanderson@rocklinusd.org](mailto:tlindseyanderson@rocklinusd.org)

