

Eagle Valley High School Newsletter

January 2019

HAPPY NEW YEAR!

Happy New Year and welcome back from winter break! It's hard to believe that the school year is almost half over. The start of second semester is nearly upon us!

We remind students that support is always available from counselors, teachers, and administrators. Eagle Valley counselors welcome students back to school and hope that everyone had an enjoyable and restful break! Let's end the semester strong! Go Devils !!



What will the New Year Bring?

Many of us are naturally inclined toward reflection during the New Year. We think about our struggles and losses, our mistakes, our moments of joy as well as the kindness of others who have crossed our paths. Self-reflection should be more than just the sentimental action. It can affect our decisions and choices in the year ahead. So we encourage you to take time and pause...reflect on the past year and invest in the new exciting year ahead!



Scholarship Information

Senior students may be interested in continuing and/or beginning the search process for scholarships.

- Check your email regularly. The Counseling Department often hears about scholarship opportunities and posts them to Schoology with important information.
- Check Naviance! In addition to Schoology, the Counseling Department posts scholarships on Naviance for your reference. Check-in with your counselor if you need assistance finding their location.

UPCOMING DATES

Finals are here !!

January 23 - 25th

January 9, 2019 - Columbia University Visit

January 21, 2019 - No School

January 25, 2019 - End of Semester

January 28, 2019 - Start of Semester 2

SAT VS. ACT

One important factor in the college admission process is often the the college admissions test. With two different - yet similar - exams to choose from, how do you know which one to take? Take a look at their compressions below!

Scoring: The SAT is a combined score of two sections (200 - 800) with a maximum total of 1600. The ACT is divided into four sections - each section is graded from 1-36 and the final score is an average of the four scores. The essays for both exams don't count toward your final score.

Total Time: SAT: 3 hr without essay, 3 hr 50 min. with essay

ACT: 2 hr 55 min. without essay, 3 hr 35 min. with writing

Content Areas: SAT: reading, writing, math

ACT: English, math, reading, science

The ACT contains a science section- if you are a science whiz, the ACT might be a better exam for you. You can use a calculator on all math questions on the ACT, while on the SAT there is a 'No calculator' section .

Sometimes the best way to figure out what exam is right for you, is to take both at least once! Take practice tests and get a feel for the questions and format of the exam. You can always take an exam more then once - it's recommended!

HELPFUL STUDY TIPS FOR FINALS

As semester one comes to a close, we know that finals are quickly approaching. The Counseling Department knows that this can be a stressful and overwhelming time, so take a look at our helpful tips and know that your counselors, teachers, and administrators are here to support you! **You got this!**

* **Make a Finals Game Plan**

If you plan out your study sessions (for ALL your exams), you'll get a better handle on how much work you're facing. Use a planner or the calendar on your phone to set alerts and reminders for yourself.

* **Start Studying Early**

Start studying for finals a few weeks before the first exam, and figure out how much time to set aside each day for each subject. You need to fit in brain breaks, too!

* **Form a Study Group**

Make a plan with friends to review the class material, compare notes, or work through tricky concepts. You'll benefit from the good study habits and notes of the other members in your study group.

* **Quiz Yourself**

If you're studying at home, have a family member or friend quiz you on the information you've already studied. Students tend to remember the information they've been quizzed on better than the information they simply review.

* **Healthy Eating and Sleeping**

Brain food is real! So make sure you are eating healthy and drinking plenty of water to keep your brain in it's best condition. Also, get plenty of sleep! Our body needs sleep to re-eneraize and perform at it's best

GOOD LUCK EVERYONE !



MAKING THE MOST OF YOUR COLLEGE VISITS

- * Step foot on campus! Get a feel for the personality of the college/campus and whether it resonates with you.
- * Sign up for the information session and campus tours on the college's website. Most colleges require a sign up and you want your name to be seen by the admissions office as having visited.
- * Take notes and photos!! This helps you keep track of all the schools you've visited.
- * Send a thank you note after your visit - this also gives you the chance to say why you want to attend.