



# Navigating Freshman Year and Beyond!

## IB 9 Seminar

November 26, 2018

**MS. HUNT**

**IB SCHOOL COUNSELOR**

# Topics for Today:

- ▶ The role of the school counselor!
- ▶ Navigating high school
- ▶ Exam Prep





# THE HIGH SCHOOL COUNSELOR'S ROLE *Bingo*

TEACH HIGH SCHOOLERS ABOUT  
COUNSELING SERVICES ON CAMPUS!

# Navigating High School

- ▶ Time management
  - ▶ Balance
- ▶ Getting involved
  - ❑ Extracurricular Activities
  - ❑ Sports
  - ❑ Volunteering Community Service
  - ❑ Leadership experience
- ▶ Ask for help!



# 10 Best Study Strategies for College Bound Students

1. Ask for help!
2. Block off time to study outside of class
3. Use your peers
4. Get organized
5. Go to sleep!
6. Eliminate distractions
7. Maintain your health
8. Track your habits
9. Stop procrastinating.
10. Work on these skills- organization, time management, teamwork

Read the article below for more details:

<https://www.usnews.com/education/best-colleges/slideshows/10-college-study-tips-that-high-school-students-can-master-now>

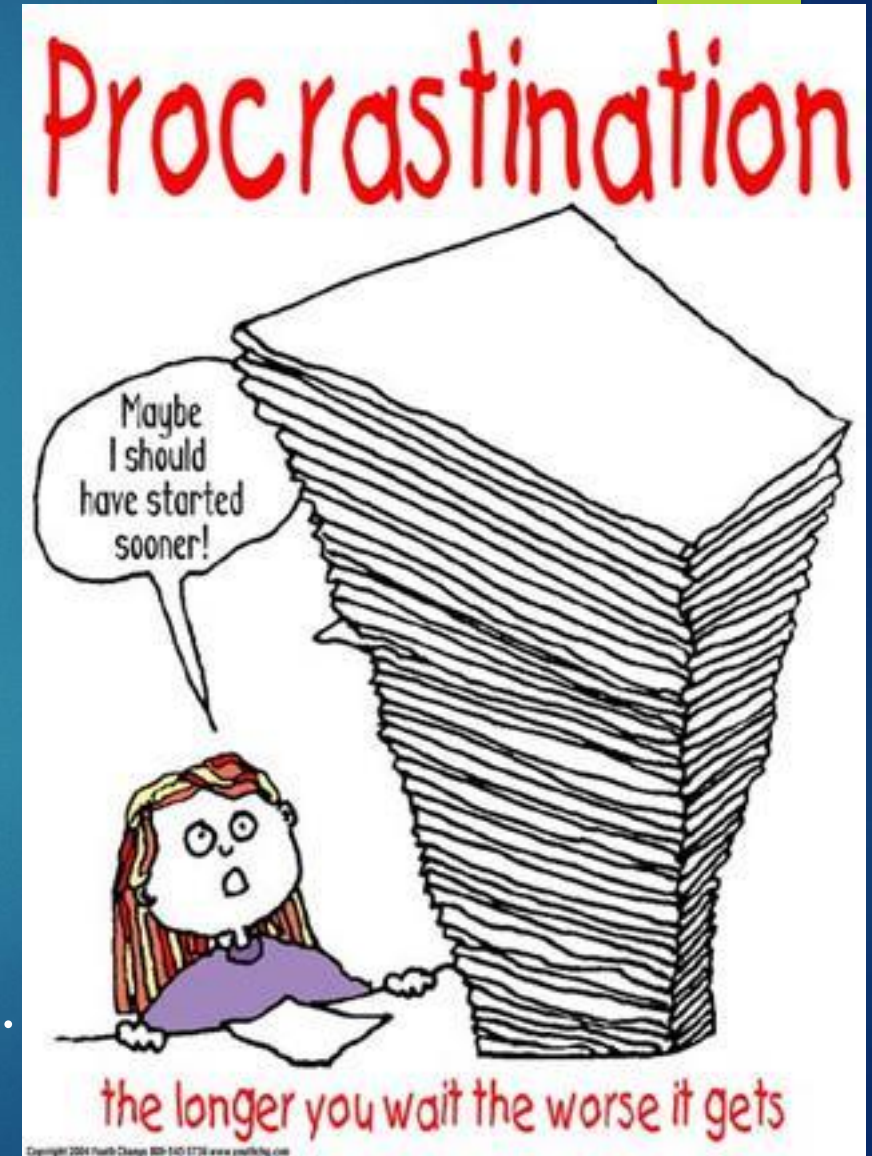


# Managing Procrastination

Why do we procrastinate?

How can we avoid procrastination?

- ▶ Break down the task into smaller tasks
- ▶ Set small specific goals
  - ▶ Reward yourself for reaching your goal
- ▶ Use a schedule.
- ▶ Just get started!
- ▶ Look at what you have accomplished.



# Time Management

- ▶ Schedule a study time
  - ▶ Remember, you are taking seven exams over four days.
  - ▶ Use the exam schedule to help you determine when you study
- ▶ Prioritize your exams
  - ▶ Begin with the most difficult information for you
- ▶ Postpone unnecessary tasks until after you have finished studying.
- ▶ Remember to take a break!





# Important Facts to Know for Exams

When do exams begin?

**Tuesday, December 11, 2018**

When should you start preparing for exams?

**NOW!**

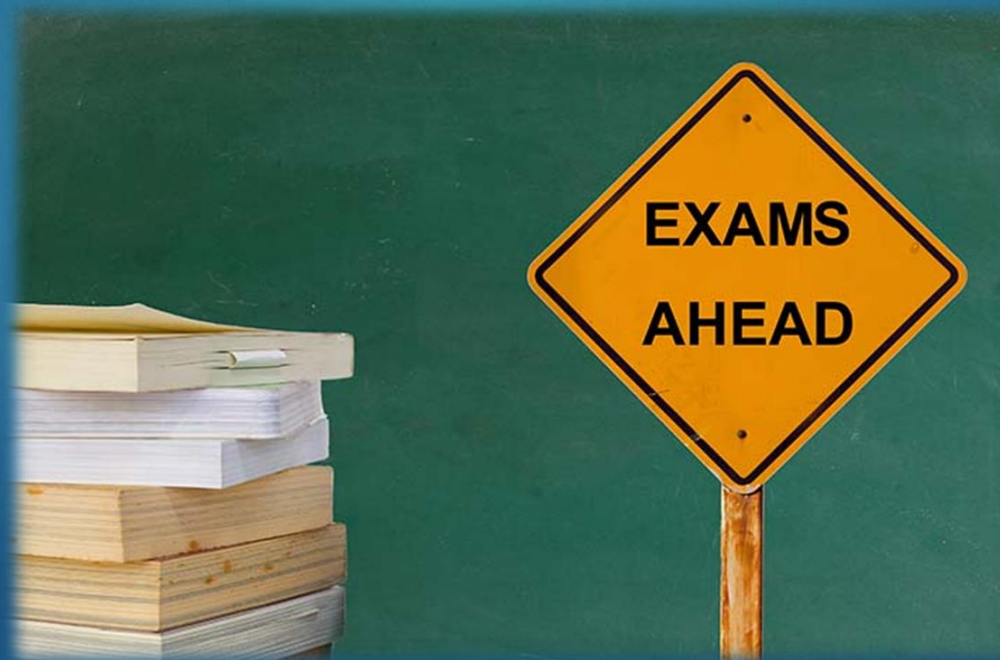
What percentage of your final grade does the  
midterm exam account for?

**10%**

# Exam Schedule

December 11	December 12	December 13	December 14
Periods 1 and 2	Periods 3 and 4	Periods 6 and 7	Period 5
Dismissal 1:00pm	Dismissal 1:00pm	Dismissal 1:00pm	Dismissal 10:40am

The above schedule is subject to change!



# Why is it important to take my exams seriously?

It will count as 10% of your final grade



Your final grade is reported on your transcript



COLLEGES USE YOUR TRANSCRIPT TO DETERMINE  
YOUR ADMISSION STATUS!



# Studying

- ▶ Familiarize yourself with the test. Questions to ask your teacher:
  - ▶ What is the test format?
  - ▶ Which concepts, ideas, or chapters are most important?
  - ▶ Ask for some sample test questions.
  - ▶ Look at past tests in your class.
- ▶ Practice doing what you will be doing on the test
- ▶ Reading
  - ▶ Skim through the material
  - ▶ Concentrate on the ideas expressed- focus on the WHO, WHAT, WHEN, WHERE, WHY, and HOW?
  - ▶ Self test the material after reading
- ▶ Study with other students
- ▶ Attend review sessions
  - ▶ **Mark your calendar for the IB STUDY SESSION December 6<sup>th</sup> from 4:00-5:30 in Café 1.**

# Study strategies based on learning style

## VISUAL

- ▶ Reconstruct images and charts
- ▶ Rewrite your notes (add visuals)
- ▶ Underline and highlight with different colors

## AUDITORY

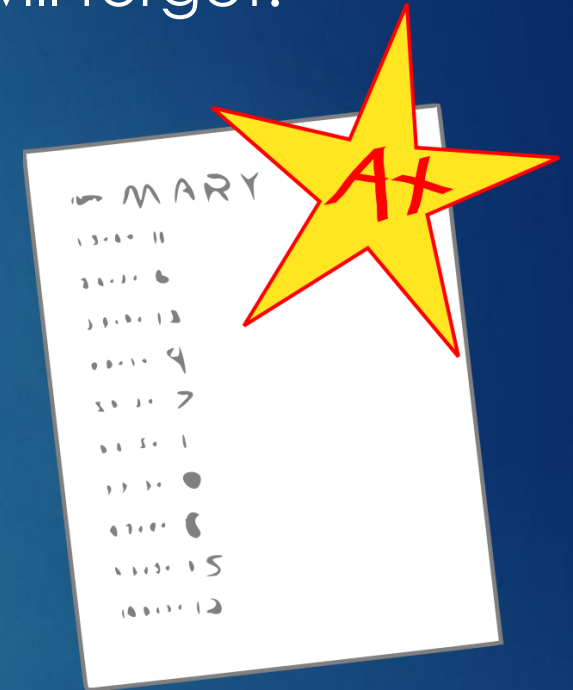
- ▶ Explain ideas to other students
- ▶ Read summarized notes out loud
- ▶ Record notes onto your phone and listen to them

## TACTILE

- Put plenty of examples in notes
- Recall experiments, labs, and projects
- Practice solving problems or case studies

# Test taking strategies

- ▶ Jot down all the information you are worried you will forget.
- ▶ Preview the whole test before beginning.
  - ▶ Note the different sections
- ▶ Plan your time.
  - ▶ Note which questions are worth the most points
  - ▶ Start with easiest questions to build your confidence.
  - ▶ Make time to review.
- ▶ Do not panic!
  - ▶ Use all of the information you do know to formulate an educated guess.
  - ▶ Always go for partial credit when possible.
- ▶ Do not overanalyze or oversimplify.





# Remember!

1. Start preparing now.
2. Prioritize the tests.
3. Clarify the content and format of your exams.
4. Take a break!
5. Get a good amount of sleep before your test.
6. Take a deep breath and RELAX.

