

SCHOOL COUNSELING

NEWSLETTER

Important Dates:

May 21st:

4th Quarter Progress Reports posted

May 23rd, 24th, 29th and June 1st:

Grade 4 & 8 Science Performance Exams

May 28th:

Memorial Day, schools are closed

June 11th – June 26th:

Summer School Registration (see your counselor)

June 20th**FMS Moving Up Ceremony:**

7pm at Huntington High School

June 29th:

4th Quarter Report Cards Posted

July 12th:

Summer School begins

Extra help is available Tuesdays and Thursdays after school from 3:00 – 3:30; late buses are available.

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FIVE SUCCESSFUL STUDY HABITS TO CONSIDER FOR FINAL EXAMS



- 1. Get Organized.** Between homework, tests, and extracurricular activities, it's all too easy for things to slip through the cracks. A planner can help keep everything organized! Students should write down assignments, appointments and to-do lists; then review items in the planner at both the beginning and end of the day to stay on track. Feel free to use your online planner through Naviance!
- 2. Know the Expectations.** There shouldn't be any surprises when it comes to how and what students will be graded on. If expectations aren't clear, don't wait until a bad report card comes in the mail. Feel comfortable approaching teachers with questions about grading and assignments at any time.
- 3. Designate a Study Area.** Yes, studying in the living room may seem like a good idea but not if there are constantly people interrupting or other interferences. Study in a quiet, well-lit, and low-traffic space. To take it one step further, parents can institute a "communications blackout" policy where cell phones and social engagements are prohibited until schoolwork is done.
- 4. Develop a Study Plan.** First things first: students need to know when a test will take place, the types of questions that will be included and the topics that will be covered. From there, students can create study plans and allow ample time to prepare – there's nothing worse than cramming the night before an exam. @
- 5. Think Positive.** Being in the right mindset can make all the difference. Turn negative statements like, "I'll never have enough time to get a good grade on this exam," into positive ones like, "I began preparing later than I should have, but I put together a comprehensive study plan so I'll be able to get through the material."

SUMMER OPPORTUNITIES!

Are you looking for fantastic summer programs that can keep your child engaged? Then stop into guidance! Programs are available at many local colleges and universities and include: Art, Cross-Cultural Competencies, Legal Studies, College Prep, Science and Health Professions Wellness and Sports, Reading, Writing, Math, Video Game Building and Cartooning!

Career Spotlight: Journalism/Writing



SOME CAREER CHOICES:

- Creative director
- Digital copywriter
- Editorial assistant
- Lexicographer
- Magazine journalist
- Newspaper journalist
- Web content manager
- Writer

Why Writing?

What other profession can you use your creative imagination, touch lives, make your own hours and bring forth awareness about political and social issues?

Job Outlook:

Over the next 8 years the industry is expected to grow about 8%. This is the average growth for the job market.

Personality Traits:

Self-discipline, love of learning, inner confidence, persistence, curiosity, boldness

Education:

A Bachelor's Degree, sometimes a Graduate Degree (Master of Arts or Master of Fine Arts).

Median Salary:

\$61,240/year

Source: learnhowtobecome.org and data.bls.gov

April CAREER CAFÉ

On April 24th, we introduced our students to Ms. Amy Giles, a writer and native Long Islander! She is the author of many young adult novels, and her daughter also attended Finley Middle School a few years ago. Ms. Giles came to speak to us about the hard work it takes to become an author, as well as what a typical day is like. Check out Amy Giles's latest book, '*Now Is Everything*'.

TEN Things Students Can Do to Make a Smooth Transition from Middle School into High School

10. Be sure you understand how high school credits are accrued and how many you are required to take.
9. Learn to breathe—really! Deep breaths can help lower your stress.
8. Know the name of at least one adult in the high school that you can ask for help.
7. Explore student organizations, athletics, band, choir and other options.
6. Keep an eye out on upcoming events, grading periods, and announcements; and write important dates in your planner. Is information posted on a board at the high school? Are they on the school's website? Is there a text blast or an email? Find out as much as you can.
5. Meet teachers, counselors, and the principal BEFORE school starts, if possible. Pay attention when they talk about attendance, grading, and lateness policies.
4. Get together with friends and find out what they know. Chances are good you all know a little and can share with each other.
3. Be sure to learn what a four-year plan looks like. Ask questions if you don't understand.
2. Ask for help! Find out when tutoring or extra help is offered.
1. Remember, your friends are nervous about high school too. Stick together, and you'll come to find out that high school is not as scary as you think.