

# News from the Counseling Office

International  
Community School

1/11/2016

[Edition 1, Volume 1]

## Final Exams Are Coming!

Semester 1 ends January 22.

Finals will be January 20-22  
with 2 finals per day. The  
schedule will be:

Periods 1/2-January 20

Periods 3/4-January 21

Periods 5/6-January 22

*"I am learning every day to  
allow the space between  
where I am and where I want  
to be inspire me and not  
terrify me."-Tracee Ellis Ross*

Take a look at the following  
YouTube video for stress  
management strategies.

<https://www.youtube.com/watch?v=0fL-pn80s-c>

## Special Opportunities

The ICS Counseling Department is proud to highlight a variety of opportunities and enrichment programs throughout the summer of 2016 that are available to current and rising high school students. Information can be found on the ICS Counseling website. Additionally, please

## 2016 AP Exam Schedule



	8:00AM	12 Noon
May 2	Chemistry Environmental Science	Psychology
May 3	Computer Science A Spanish Lang and Culture	Art History Physics 1: Algebra-Based
May 4	English Literature and Composition	Japanese Lang and Culture Seminar
May 5	Calculus AB Calculus BC	Chinese Lang and Culture Seminar
May 6	German Lang and Culture US History *Studio Art Submission Deadline	European History
May 9	Biology Music Theory	Physics C: Mechanics (Physics C: Electricity and Magnetism is at 2:00pm)
May 10	US Gov't and Politics	French Lang and Culture
May 11	English Language and Composition	Italian Lang and Culture Macroeconomics
May 12	Comparative Gov't and Politics World History	Statistics
May 13	Human Geography Microeconomics	Latin

have your students check out the Summer Programs board in the hallway to the lyceum.

The New SAT: March 2016

If you are a current **Junior**, you will be taking the current version of the SAT and most likely do not need to be concerned with the new changes coming to the SAT. If you are a current **Sophomore**, it is VERY important for you to understand the changes that are coming to the SAT, as you will be the first class to take the re-designed SAT exam. We encourage you to take the SAT at

least once during your Junior year. You will need to decide which version of the exam you wish to take and plan accordingly.

- If you wish to take the current version of the SAT (out of 2400), your last chance to take the new version of the SAT is January 2016.
- If you wish to take the new re-designed version of the SAT (out of 1600), your first opportunity to do so will be March 2016.

For a full review of all of the changes please visit

<https://www.collegeboard.org/de-living-opportunity/sat/redesign/compar-e-tests> , <https://www.collegeboard.org/de-living-opportunity/sat/redesign> , or <http://www.kaptest.com/sat/kaplan-sat-prep/sat-test-change> but some highlights of some of the major changes are below.

Current SAT through January 2016	New SAT beginning March 2016
Three sections, Math, Critical Reading, Writing. Each section is out of 800 for a total possible score of 2400.	Two Sections: Math, Evidence Based Reading & Writing. The Essay section will now be optional. The new total score will be out of 1600, with numerous subscores and the optional writing score.
Deducts 1/4 of a point for each incorrect answer. If you have no idea what the answer is, you are better off leaving it blank.	There is no guessing penalty. You can only gain points towards your score. You should not leave any questions blank.
3 Critical Reading tests, (20-25 minutes each). Critical Reading section has shorter reading passages, and sentence completions.	1 Evidence– Based Reading & Writing test (65 minutes Reading, 35 minutes Reading & Writing). The Reading section will have longer reading passages on topics such as U.S. & World Literature, History/Social Studies, and Sciences. Students will also have to read and interpret infographs. No more sentence completions.
3 Math tests (10-25 minutes each). Geometry questions make up 30% of the test.	1 Math test (55 minutes with a calculator, 25 minutes without). Geometry questions will only make up 10% of the test. Will have more algebraic questions, focusing on linear equations and systems. Emphasis will be on mental math. Students will have more time per math question on the new test, but the new test questions will be more complex.
The essay section is 25 minutes long, is required, and is opinion based. There is no current penalty for incorrect facts.	The optional essay section will be 50 minutes long and requires students to analyze a 650-750 word document and explain how the author builds an argument. You will have to find evidence in a passage to help support the author, or to find holes in the author’s argument. You will lose points for incorrect facts.

## P.E. Requirement:



The next and last opportunity this year for Juniors and Seniors to complete the Fitness Exam or Fitness Plan will be March 9<sup>th</sup> after school. Dr. Moncada will have a study session available for all students on Wednesday, March 2<sup>nd</sup> in the library after school. Students will need to obtain the access code from Dr. Moncada prior to the due date to submit the P.E. Plan. Students can see Ms. Cummings for the exam study guide and/or fitness plan materials. The next opportunities to complete the requirement will be during the Fall, Winter, and Spring of the 2016-2017 school year.

## Career Cruising:

This year, our College and Career Counselor, Ms. Cummings has been overseeing the implementation of our new High School and Beyond Plan program, Career Cruising. These lessons take place

during school in Homeroom. If students were absent or did not complete the assigned tasks during Homeroom, Ms. Cummings will be holding the first of many Career Cruising make-up workshops at the end of this month on Wednesday, January 27<sup>th</sup> after school.



This is for any student looking to get help or learn more about the program, as well as students who have not had sufficient time to complete lessons during designated homerooms. Ms. Cummings is working closely on managing this with our students.

## Junior Meetings:

Junior Meetings are coming! The first week of February Ms. Cummings will be holding our annual Junior Grade Level Meetings to help students and parents prepare for the upcoming senior-year, college application process,

and post-high school planning.



A schedule for the dates and times will be sent out in a separate School Messenger note home.

## How to Stay Focused While Studying:

- 1) Sit at a desk (not a bed or comfy chair).
- 2) Turn off your phone and wi-fi (sorry!).
- 3) Map out your goals and do one thing at a time.
- 4) Reward yourself with short breaks.

Grades do **NOT** determine your self worth.  
You have talents and interests, and you are a human being, not a letter grade or GPA.



I repeat,  
grades do **NOT** determine your self worth.