

Jim Stone Elementary School
Counselor's Corner
April 2018

4255 College Ave. Conway, AR
(501) 450-4808
Go to conwayschools.org and click
on schools to find our website.



PERSEVERANCE

How do I contact Mrs. Haynes?

If you need me for any reason, please feel free to email, call, or stop by and make an appointment to see me.

Raven Haynes, School Counselor
Email: haynesr@conwayschools.net
Phone: (501) 450-4808



Testing Season is Here!

- *First and Second grade students will take the NWEA assessment on April 2-6.
- * Third grade will take the ACT Aspire on April 16-20
- *Fourth grade will take the ACT Aspire on April 23-27

Helpful Tips to Share with your child during a test

- *Read the directions carefully
- *Budget your test taking time
- *Change positions to help you relax
- *Don't panic when students start finishing their tests. There's NO reward for finishing first
- *Multiple-Choice Tests: Think of your answer first before looking at the choices provided or eliminate two answers immediately to narrow your choices.
- *Essay Tests: Organize thoughts first in a brief outline.

Ask the School Counselor...

Parent: My child gets worried and anxious when she is taking big tests. She wakes up with stomachaches and doesn't want to go to school. She says that it is hard for her to concentrate especially when she sees other children finished and she is not done yet. What can I tell her to help her work through this test anxiety?



Counselor: Feeling anxious on the day of a big test is normal. It is important to remind your child that a little bit of anxiety is normal and helps keep her on her toes. It is important for her to do her best job. Everyone works at a different pace and it doesn't matter who finishes first. It's about showing what you know. Remind her if she feels stressed to stop, take a couple deep breathes. Teach her to be her own cheerleader and come up with some positive self-talk such as: I can do this, I am smart, I will try my best. You can also make sure she is getting enough sleep before the test, eating a good breakfast and is on time for school. All of these things will help your child feel more prepared and ready to take the test.

Resources for School Success...

NWEA Information <https://www.nwea.org/>
ACT Aspire Information <http://www.discoveractaspire.org>
Lexia <http://www.lexialearning.com>
Conway Public School District www.conwaypublicschools.org