



District Parent Connection

In Partnership with Region One ESC



Always Innovating

**South
Texas ISD**

RIO GRANDE VALLEY | GRADES 7-12



Region One- Office of College and Career Readiness Team



Office of College,
Career and Life
Readiness
REGION ONE ESC



**Norma O. McCormick,
Director**



**Rosario Franco, M. Ed.
Education Specialist**



**Rosa Isela Herrera, M. Ed.
Education Specialist**



**Jennifer Avelar, M. Ed.
Transition Facilitator**



**Sylvia Vargas
Education Specialist**



**Ricardo Lee Lopez Jr.
Education Specialist**



**Esperanza (Hope) Rodriguez
Education Specialist**

Agenda

- I. Welcome & Introductions
- II. Understanding HS Credits, Transcripts, and Endorsements
- III. STISD Course Sequences: Middle & High Schools
- IV. Testing & College Transition
- V. How Parents Can Help with Test Anxiety





Credits

High school students earn a half-credit for successful completion of each course each semester.

- Semester average must be 70% or better.
- Students may earn one (1) full credit if the year-end average is 70% or better.
- 26 credits are required for graduation. (South Texas ISD requires 28)

What are Transcripts?

Records of all final grades each year, GPA, and rank.

Records sent to colleges, scholarship applications and programs.

STATE OF TEXAS ACADEMIC ACHIEVEMENT RECORD (ACCREDITED)											
Student ID: SSN:		Parents/Guardian									
Hispanic White GRADE 12		Endorsement STEM Multidisciplinary Studies		Status Pursued Pursued		Subject English I English II Biology Algebra I US History		Score Perf Level 4691 III 4515 II 4688 III 4727 III 4681 III		Admin Year Spring 2014 Spring 2015 Spring 2015 Spring 2014 Spring 2016	
Schools Awarding Credit: 2014 108904044/108904044 2015 108904006/108904006 2016 108904006/108904006 2017 108904006/108904006 2018 103904006/		Service ID S1 S2 AVG CR		Service ID S1 S2 AVG CR		Service ID S1 S2 AVG CR		Service ID S1 S2 AVG CR		Service ID S1 S2 AVG CR	
LANGUAGE ARTS		5011 2017 SUBATH3 PES00002 100 100 100 1.000		5012 2018 SUBATH4 PES00003 100 100 100 1.000		5013 2019 SUBATH5 PES00004 100 100 100 1.000		5014 2020 SUBATH6 PES00005 100 100 100 1.000		5015 2021 SUBATH7 PES00006 100 100 100 1.000	
8291 2014 ENG 1:J 03220100 99 97 98 1.000		1223 2015 ENG 2:Q 03220200 98 100 99 1.000		1353 2016 APENGLAN D A3220100 99 100 100 1.000		1483 2017 APENGLIT:D A3220200 99 99 99 1.000		1593 2018 APENGLIT:D A3220300 99 99 99 1.000		1723 2019 APENGLIT:D A3220400 99 99 99 1.000	
MATHEMATICS		8391 2014 ALG 1:J 03100500 95 96 96 1.000		T03GE 2014 GEOM R 03100700 95 95 95 1.000		2133 2015 ALG 2:Q 03100600 100 100 100 1.000		0060 2016 PRE CALC D 03101100 98 98 98 1.000		2403 2017 APCALCAB:P A3100101 99 97 98 1.000	
2413 2018 APCALCBC:P A3100102 P 0.500		2423 2018 APSTATS P A3100200 99 99 99 1.000		2433 2018 APSTATS:D A3100200 99 99 99 1.000		2623 2015 BIO:Q 03010200 100 100 100 1.000		2703 2015 CHEM R 03040000 95 100 95 1.000		2833 2016 APPHYS1:P A3050003 98 100 99 1.000	
2843 2016 APPHYS2:P A3050004 98 99 99 1.000		2853 2017 AP-BIO:P A3010200 100 100 100 1.000		2733 2017 AP-CHEM P A3040000 98 100 99 1.000		2883 2018 AP-ENVIR:P A3020000 100 100 100 1.000		2953M 2018 APPHYSM:P A3050006 100 100 100 1.000		3053 2015 APHUMGEO:P A3360100 99 99 99 1.000	
SOCIAL STUDIES		0063 2016 APUSHIST:D A3340100 100 100 100 1.000		3133 2017 APWHIST:P A3370100 97 99 98 1.000		3338 2018 APMACECO:P A3310200 100 100 100 1.000		3378 2018 APUSGOVT:P A3330100 99 99 99 1.000		5001 2015 SUBCHLDG PES00013 100 100 100 1.000	
P.E./EQUIVALENT		5002 2016 SUBATH2 PES00001 100 100 100 1.000		5003 2017 SUBATH3 PES00002 100 100 100 1.000		5004 2018 SUBATH4 PES00003 100 100 100 1.000		5005 2019 SUBATH5 PES00004 100 100 100 1.000		5006 2020 SUBATH6 PES00005 100 100 100 1.000	
Page 1 of 1		Credit Totals: State 30.00 Local .00 Total 30.00		Credits State30.00 Local.00 Total30.00		Texas Grant Academic Indicator:		Date of Certificate of Coursework Completion:		Date of Graduation:	
Date of Class Rank: 02/07/		Rank: Class Size: 492		Rank GPA: 108.1667		Cumulative GPA: 108.1667		Quartile: 1		Graduation Program Type: FOUNDATION HIGH SCHOOL PROGRAM	
Official Signature		Date Printed:		Advanced Measures:		Distinguished Level of Achievement (Pursued)		Date Printed:		Date Printed:	

REPORT CARD

COURSES			SEMESTER ONE					SEMESTER TWO					FINAL
PR	TITLE	TEACHER	SW1	SW2	SW3	EXM	AVG	SW4	SW5	SW6	EXM	AVG	GRD
01	FLORAL DESIGN	LOPEZ, LARISSA	99	100	100	100	100						
02	APENG LIT DE EC	GARZA, RACHEL	90	93	94	EX	92						
03	ACT/SAT	LOPEZ, BETSABE	100	100	97	100	99						
04	AP USHISTORY DE	SAUCEDA, BELINDA	100	99	98	98	99						
05	MENS BASKBL 3	RODRIGUEZ MENDOZA, LUCIO	100	100	100	100	100						
07	AP ENVI SCIENCE	GARCIA, VICTOR	99	100	98	EX	99						
08	AP CALCULUS AB	GONZALEZ, ARMANDO	94	96	97	EX	96						

South Texas ISD

Campuses vary on Endorsements offered.

1. **STEM**
2. **Business and Industry**
3. **Public Services**
4. **Arts and Humanities**
5. **Multidisciplinary Studies**



Students can obtain more than one
Endorsement.



Always Innovating

**South
Texas ISD**

RIO GRANDE VALLEY | GRADES 7-12





**The (STEM) Science,
Technology, Engineering,
and Math
Endorsement**

Environmental Science
Technology
Engineering
Advanced Math

**The Business &
Industry
Endorsement**

Database Management
Information
Technology
Communications
Accounting, Finance
Marketing, Graphic
Design
Architecture,
Construction
Welding, HVAC,
Logistics
Automotive
Technology
Agriculture Science

**The Public
Services
Endorsement**

Health Sciences
Education/Training
Law Enforcement
Culinary
Arts/Hospitality

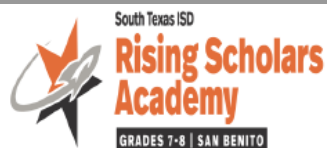
**The Arts &
Humanities
Endorsement**

Political Science
World Languages
Cultural Studies
English Literature
History
Fine Arts

**The Multidisciplinary
Studies
Endorsement**

**Select courses from the
curriculum of each of
the other
endorsement areas:
Credits in a variety of
advanced courses from
multiple content areas
sufficient to complete
the distinguished level
of achievement under
the foundation
program.**

Middle School Course Sequence

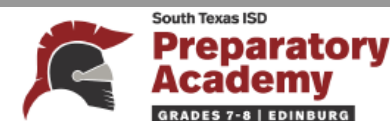


RISING SCHOLARS ACADEMY OF SOUTH TEXAS

TWO-YEAR COURSE SEQUENCE 2020-21

	7 th Grade	8 th Grade
ELA	<ul style="list-style-type: none"> Language Arts 7 Honors (<i>meets everyday</i>) * Reading 7 	<ul style="list-style-type: none"> Language Arts 8 Honors ❖ English I * Reading 8
MATH	<ul style="list-style-type: none"> Math 8 Honors Math 8 (<i>meets everyday</i>) 	<ul style="list-style-type: none"> ❖ Algebra I Honors ❖ Algebra I (<i>meets everyday</i>) ❖ Geometry
SCIENCE	<ul style="list-style-type: none"> ❖ IPC (<i>meets everyday</i>) 	<ul style="list-style-type: none"> ❖ Biology (<i>meets everyday</i>)
SOC. STUDIES	<ul style="list-style-type: none"> Texas History Honors US History 	<ul style="list-style-type: none"> U.S. History Honors ❖ World Geography
P.E./FINE ARTS	<ul style="list-style-type: none"> Physical Education 7 	<ul style="list-style-type: none"> Fine Art: Art or Music
ELECTIVES	<p><i>7th graders take 1 required elective</i></p> <ul style="list-style-type: none"> ❖ Fundamentals of Computer Science 	<p><i>8th graders choose 2 electives</i></p> <ul style="list-style-type: none"> ❖ PLTW Gateway ❖ Principles of Health Science Technology ❖ Spanish I • Physical Education 8

- * If required for student
- ❖ High school courses



SOUTH TEXAS ISD PREPARATORY ACADEMY

TWO-YEAR COURSE SEQUENCE 2020-2021

7 th Grade	8 th Grade
Language Arts 7 Honors (<i>meets everyday</i>) Reading 7 if required for the student	Language Arts 8 Honors ♦♦ English I Honors Reading 8 if required for the student
Math 8 Honors Math 8 (<i>meets everyday</i>)	♦ Algebra I Honors ♦ Algebra I C.P. (<i>meets everyday</i>) ♦ Geometry Honors
♦ IPC Honors (<i>meets everyday</i>) ♦ IPC C.P. (<i>meets everyday</i>) Integrated Physics & Chemistry	♦ Biology Honors (<i>meets everyday</i>) ♦ Biology C.P. (<i>meets everyday</i>)
Texas History Honors U.S. History Honors	U.S. History Honors ♦♦ World Geography Honors
Physical Education	Physical Education
♦ Fundamentals of Computer Science	♦ PLTW Gateway to Technology ♦ Principles of Health Science ♦ Robotics and Automation

*Important Notice: One year of a fine arts course is required for all students in grades 6-8.

Enrichment Courses	Enrichment Courses
♦ Robotics	♦ Fundamentals of Computer Science
♦ Art I ♦ Theater Arts I ♦ Music Instrumental Ensemble ♦ Music Strings I ♦ Music Choir I	♦ Art I ♦ Theater Arts I ♦ Music Instrumental Ensemble ♦ Music Strings I ♦ Music Choir I
	♦ Spanish I Honors ♦ Chinese I Honors

- ♦ High School Courses (credit will be posted on high school transcript)
- English I Honors & World Geography Honors (Pre-requisite: Credit by Exam)

High Course Sequence

2020-2021 Science Academy Course Sequence

English	Math	Science	Social Studies
English I Honors English II Honors English III AP# Professional Communication English IV AP#■ STC ENGL1301■ STC ENGL1302■ Advanced English Studies■ STC ENGL 2341■ STC ENGL 2321■ =====	Algebra I Honors Geometry Honors Algebra II Honors Pre-Calculus Honors■ STC Math 1414■ STC Math 2412■ ===== Advanced Quantitative Reasoning Logic I and Logic II Calculus I AP#■ STC Math 2413■ Calculus II AP# ■ STC Math 2414 ■ Statistics AP#■ STC MATH 1442■	Integrated Phys & Chem Honors Biology I Honors Chemistry Honors Physics Honors ===== Biotechnology Principles of Biomedical* Science Human Body Systems* Environmental Systems Earth and Space Science+ UT GEO 302E + Biology AP# Chemistry AP# Environmental Science AP# Physics I AP# Physics II AP# Physics C AP#	World History AP# World Geography Honors U.S. History AP# U.S. Government AP# Economics AP# ===== Personal Financial Literacy European History AP# Psychology AP# Sociology
Engineering	Physical Education/Health	Fine Arts	Electives
Introduction to Engineering Design (IED)* Digital Electronics (DE)* Engineering Science (POE)* Engineering Design & Development (EDD)* ===== Computer Integrated Manufacturing (CIM) * Aerospace Engineering (AE) * Civil Engineering & Architecture (CEA) *	Foundation of Personal Fitness Individual or Team Sports Health ===== Aerobic Activities	Art I Art I Honors ===== Art II Sculpture I Digital Art & Media I Art AP#	Path College Career Research/Technical Writing ===== Advanced Yearbook I Advanced Yearbook II <i>P.A.E.²-Program of Academic Excellence via Externships (3RD year course option) Selected via application process</i>
Foreign Language		Computer Science	Endorsements
Spanish I Honors Spanish II Honors ===== Spanish III AP#■ STC SPAN 2313■ Spanish IV AP#		Computer Science Principles AP# ===== Computer Science A AP#	STEM Multidisciplinary Arts and Humanities



South Texas ISD

World Scholars
GRADES 9-12 | EDINBURG



Course Sequence
2020-2021

English	Math	Science	Social Studies
English I PrelB English II PrelB English III PrelB IB English III HL IB English IV SL/HL *UTRGV Engl 1301 *UTRGV Engl 1302 *UTRGV Engl 2321/ 2326/ 2331/ 2341/ 2351 College Transition	Algebra I PrelB Geometry I PrelB Algebra II PrelB Pre-Calculus PrelB Calculus PrelB Statistics PrelB IB Mathematics SL/HL Independent Studies in Math (Dual) *UTRGV 1314/1414	Biology PrelB Chemistry PrelB Physics PrelB Envir. Science PrelB IB Chem SL Y1/Y2 IB Bio SL Y1/Y2 IB Env Sys & Societies SL Y1/Y2	World Geography PrelB World History PrelB US History PrelB IB HOA HL Government PrelB Economics PrelB *UTRGV Hist 1301 *UTRGV Hist 1302 *UTRGV POLS 2305 *UTRGV ECON 2301 OR 1301 IB Geography SL/HL Personal Financial Literacy Psychology
Electives			Foreign Language
Marketing Entrepreneurship Social Media Marketing/Advertising Sports and Entertainment Marketing Information Technology Principles of Cybersecurity Arts AV Tech Animation I Video Game Design Principles of Arts, Audio/Video Technology, and Communications Audio/Video Production I Video Game Programming Business Management Business Information Management I Business Information Management II Dollars and Sense Hospitality and Tourism Introduction to Culinary Arts Culinary Arts Food Science PrelB Photojournalism I II Yearbook I, II	STEM Food Science PrelB Computer Science IB Computer Science SL/HL IB Information Technology in a Global Society SL/HL Game Programming and Design IB Design Technology SL- IB Design Technology HL IB Sports Exercise and Health Science SL/HL Law, Public Safety, Corrections, and Security Law Enforcement I Law Enforcement II Court Systems and Practices Forensic Psychology Robotics	Additional International Baccalaureate Courses IB Psychology Standard Level (SL/HL) IB Social and Cultural Anthropology Standard Level (SL/HL) IB World Religions Standard Level (SL/HL) IB Global Politics Standard Level (SL/HL) IB Visual Arts SL/HL IB Film SL/HL IB Philosophy SL/HL Theory of Knowledge	Chinese 1-2 Advanced Language for Career Applications Spanish 1, 2, 3 PrelB IB Spanish (SL/HL) IB Language Ab Initio
Fine Arts		Physical Education	
Art I, II, III Dual, II Digital Media Theatre I, II, III, IV Band I, II, III, IV Choir I, II, III, IV Marachi I, II, III, IV *UTRGV Arts 1301		Individual/Team Sports Aerobic Activity Foundations of Personal Fitness	

High School Course Sequence



SOUTH TEXAS ISD HEALTH PROFESSIONS

700 Med High Drive, Mercedes, TX 78570 (956) 565-2237

FOUR YEAR COURSE SEQUENCE 2019-2020

Available Endorsements: Arts & Humanities, Multidisciplinary Studies, Public Services, STEM

English I Honors	English II Honors or Humanities	English III CP, AP, DE	English IV CP, AP, DE
Algebra I Honors Geometry Honors	Geometry Honors or Algebra II Honors	Algebra II Honors or Pre-Calculus Honors	Pre-Calculus Honors, Honors/DE Calculus AB AP, AP/DE Calculus BC AP, AP/DE Statistics AP, AP/DE (after Pre-Cal)
Biology I Honors Integrated Physics and Chemistry Honors Environmental Systems Honors	Chemistry I Honors Environmental Systems Honors	Physics Honors Physics I AP/DE AP Science (after Physics Honors)	Biology AP or Chemistry AP or Physics 2 AP or Environmental Science AP (electives after AP Science)
World Geography Honors Human Geography AP	World History Honors, AP	U.S. History CP, AP, AP/DE	U.S. Government/ Economics AP European History AP (elective)
Foreign Language Bilingual or Monolingual	Foreign Language Bilingual or Monolingual	Foreign Language Monolingual or AP, AP/DE	Foreign Language AP (elective)
Transitions 9 (1sem.) and Aerobic Activities (1sem.)	Technology Applications	SAT/ACT Preparation (1 sem.) and Speech (1 sem.) Physical Education (1 sem.) Fine Arts Course	*Electives – 2 or 3 credits to include any of the courses listed below (beyond requirements identified in this course sequence)
Principles of Health Science or Health Informatics	Anatomy & Physiology and Pathophysiology	Health Science Theory/Clinical Biomedical Laboratory Skills Dental Assisting (Part 1) Diagnostics and Therapeutics Patient Care Skills Pharmacology Veterinary Assisting (Part 1)	Practicum Health Science Dental Assisting (Part 2) Emergency Medical Technician Basic Certified Clinical Medical Assisting Nursing Assistant Pharmacy Technician Veterinary Assisting (Part 2)

SOUTH TEXAS ISD MEDICAL PROFESSIONS COURSE SEQUENCE 2020-2021

English I Honors	English II Honors	English III AP	English IV AP
Algebra I Honors or Geometry Honors	Geometry Honors or Algebra II Honors	Algebra II Honors or Pre-Calculus Honors or Calculus AB	Pre-Calculus Honors or Calculus AB or Calculus BC
Biology Honors	Chemistry Honors	Physics Honors Biology AP or Chemistry AP or Environmental Science AP	Biology AP Chemistry AP or Environmental Science AP or Physics AP
Human Geography AP	World History AP	U.S. History AP	U.S. Government AP (semester course) Economics AP (semester course)
Spanish I Honors or Spanish II Honors	Spanish II Honors or Spanish Lang. AP	*Psychology AP (semester course) Research/ Technical Writing (semester course)	Spanish Lang. AP or Spanish Lit. AP
Speech (semester course) Foundations of Personal Fitness (semester course)	Art I Honors or Theater Arts	Individual Sports (semester course) SAT/ACT Prep (semester course)	Elective Statistics AP or Additional Science AP or Additional Spanish AP or Computer Science AP or Additional Art AP or Team Sports or World Health Research (1 credit course) or An approved Independent Study Course or Personal Finance (semester course)
Artificial Intelligence Applications			
Health Professional Skills or Human Growth & Development (with HPS credit)	Pathophysiology Anatomy & Physiology	Health Science Theory/Health Science Clinical Clinical Laboratory Dental Science Ophthalmology Patient Care Pharmacy Trauma Management	Practicum in Health Science Emergency Medical Science Dental Assisting Medical Assisting Ophthalmology Phlebotomy Pharmacy Technician (2 credit course)



Rigorous Coursework and Benefits

- Pre-AP/Honors
- AP
- Dual/Concurrent
- IB
- On Ramps

High School Roadmap



9th Grade

- Enroll in Honors, Pre IB, Pre-AP classes and the endorsement classes that fit your career choice.
- Become involved: join a club, participate in extracurricular activities, and/or begin volunteering in your community.
- Create a portfolio to collect information regarding any awards, school activities, and volunteer experiences.

READ! READ! READ! Reading will help you do great when you take your college entrance exams.



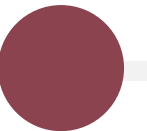
High School Roadmap

10th Grade

10th
Grade
Advice!



- Enroll in Pre-AP/Dual classes/Pre-IB/IB classes
- Get to know your counselors and teachers.
These individuals will help with recommendation letters
- Attend college and career information fairs at your school
- Talk to older friends and/or family members about their college-going experience.
- Take advantage of the summer to begin applying for summer enrichment programs in your community.



High School Roadmap



11th Grade

- **Enroll in AP/IB** or Dual Enrollment courses.
- In the fall, **take the PSAT**/National Merit Scholarship exam.
- **Meet with your academic counselor** 2-3 times during the year to make sure you are on track with credits, and that you are aware of any opportunities that can connect you to college recruiters and/or military recruiters.
- Take leadership roles in school **clubs or volunteer activities**.
- **Take the ACT or SAT exam**. During summer, start writing some of your college/scholarship application essays. Even just writing a draft can help save you lots of time and anxiety your Senior year.

High School Roadmap

12th Grade

- Check your **GPA/Rank and ACT/SAT** to determine what colleges give you automatic admission.
- List your top college choices.
- Submit **COLLEGE APPLICATIONS** early.
- Apply for **FAFSA and SCHOLARSHIPS**.
- Retest SAT/ACT if needed.
- Request copies of **high school transcript** to send to colleges.
- **Check your email** for messages from colleges, FAFSA, or SCHOLARSHIPS.



How Can Parents Help?

- Partner with counselors & teachers.
- Ask questions!!
- Learn more –visit the district website.
- View your child's Personal Graduation Plan, goals, interest & values inventories, and more!
- Check/Review your child's four-year plan with your child and counselor or social worker to know what courses are a good fit for your child and their future career.





TESTS for College Entrance

THE SAT VS THE ACT

KEY Differences

- Fewer Geometry Questions
- More Time per Question
- No-calculator Math Section

- Lots of Geometry
- Faster Paced
- Tough Science Section



Overall Time

TIMING & SCORING

Overall Time



Reading

65m

Writing

35m

Math
(No Calculator)

25m

Math
(Calculator)

55m

200 - 800
points

200 - 800
points

1-36

1-36

1-36

1-36

35m

Reading

45m

English

60m

Math

35m

Science

Total Points

400 - 1600

1 - 36

Total Points

ACT-Test Dates

TEST DATES

United States, US Territories, and Puerto Rico

2020 | 2021



TEST DATE

REGISTRATION DEADLINES

Regular Deadline

Late Fee Required

Photo Upload/Standby
Deadline

September 12, 2020

September 13, 2020 *(Sunday)* **August 31** No late fees September 4

September 19, 2020

October 10, 2020

October 17, 2020

September 25 No late fees October 2

October 24, 2020

October 25, 2020 *(Sunday)*

December 12, 2020 **November 6** November 7-20 December 4

February 6, 2021 **January 8** January 9-15 January 29

April 17, 2021 **March 12** March 13-26 April 9

June 12, 2021 **May 7** May 8-21 June 4

July 17, 2021* **June 18** June 19-25 July 9

SAT TEST DATES



SAT[®]

SAT Date	SAT Subject Tests Available	Registration Deadline	Late Registration Deadline	Deadline for Changes
March 13, 2021 Register	SAT Subject Tests not offered on this date	February 12, 2021	February 23, 2021 (for mailed registrations) March 2, 2021 (for registrations made online or by phone)	March 2, 2021
May 8, 2021 Register	SAT Subject Tests not offered on this date	April 8, 2021	April 20, 2021 (for mailed registrations) April 27, 2021 (for registrations made online or by phone)	April 27, 2021
June 5, 2021 Register	SAT Subject Tests not offered on this date	May 6, 2021	May 18, 2021 (for mailed registrations) May 26, 2021 (for registrations made online or by phone)	May 26, 2021

College Placement



Texas Success Initiative Assessment 2.0

Combinations Standards College Admission

Understanding
GPA/Ranking & ACT/SAT

Example: UT Austin
Sam Houston





Example of Admission Standards

Sam Houston State University admission standards for students graduating on the HB 5 Foundations Plan will be reviewed based on information below:

- GPA of 3.50+ and score at least a 17 on the ACT or 930 SAT (evidence based reading/writing + math)*
- GPA of 3.0 - 3.49 and score at least a 19 on the ACT or 1010 SAT (evidence based reading/writing + math)*
- GPA of 2.50 - 2.99 and score at least a 22 on the ACT or 1110 SAT (evidence based reading/writing + math)*
- GPA of 2.25 - 2.49 and score at least a 25 on the ACT or 1210 SAT (evidence based reading/writing + math)*
- GPA of 2.24 or below will be considered by review only



Sign In

Log in to your site's MackinVIA account

Log In

[Administrator?](#)

Having trouble accessing MackinVIA?
Please contact your teacher/librarian for login information.

Testing Resources



ACT



SAT



TSIA 2.0



- Home
- All Resources
- Groups
- Categories
- eBooks
- Digital Resources
- Audiobooks
- Videos
- Links

Advanced Search

Author

Subjects

50 / page

1-3 of 3

Resource A-Z



CCMR Resources

Dr. Laura Sheneman

A resource guide for college, career, and military readiness (CCMR) planning.

[More Info](#)



Open Now

Add To Favorites



GALE: Testing and Education Reference Center with Career Module

Gale

Provides access to research tools on careers and higher education possibilities. Includes tests for certification in a number of vocations along with career planning tools and test-taking strategies.

[More Info](#)



Open Now

Add To Favorites



TEXQUEST - EBSCO LearningExpress

Open Now

GALE PRESENTS

 **PETERSON'S**
TEST AND CAREER PREP

Improve Your Score

There's a reason why practice makes perfect. Prep for standardized tests, cram for an upcoming exam, or refresh your academic skills, all with Peterson's award-winning educational content.

—



Find A School

Find the colleges and universities of your dreams! Search through nearly 4,200 two- and four-year accredited schools and find your perfect fit.

+



Explore Careers

Match your passion with your potential by taking a career quiz. Discover new occupations and their earning potential. Create a resume that sings. It's all here.

+



Vocational Test Prep

All that stands between you and a new career is a test. Prepare for your certification, credentialing, or licensing exams for vocations in fields such as nursing, law enforcement, public safety, teaching, and more.

+



Foundational Skills

Whether you are in middle school or high school, or an adult looking to brush up on your academic sk...

[Learn More →](#)

High School

There's a reason why practice makes perfect. Prep for standardized tests, cram for an upcoming exam,...

[Learn More →](#)

College Prep

There's a reason why practice makes perfect. Prep for standardized tests, cram for an upcoming exam,...

[Learn More →](#)



State of Texas Assessments of Academic Readiness (STAAR) ★

The State of Texas Assessments of Academic Readiness (STAAR) end-of-course (EOC) exams are state-mandated assessments based on the Texas state curriculum standards (Texas Essential Knowledge and Skills). These exams are designed to ensure that studen...

Select

STEM Resources ★

STEM - Science, Technology, Engineering and Math education has become an important focus in today's schools to help students prepare for the jobs of tomorrow. Peterson's STEM resources include thousands of practice test questions that cover the STEM ...

Select

Texas Success Initiative Assessment (TSIA) ★

The TSIA Assessment, part of the Texas Success Initiative program, is designed to help students determine if you are ready for college-level courses in reading, writing and math.

Select

Foundational Skills

Whether you are in middle school or high school, or an adult looking to brush up on your academic skills, you're in the right place. Visit our website through our interactive tutorials and quizzes to master subject matter that's at the foundation of learning....

Select



Log in

An account is required to access this resource and save your progress in the prep material. An email address is not required, but highly recommended, to create an account.

Username or email address

Password

Login



College Prep

There's a reason why practice makes perfect. Prep for standardized tests, cram for an upcoming exam, or refresh your academic skills, all with Peterson's award-winning educational content.

Accuplacer



The College Board's Accuplacer test is a computer-based placement test that assesses math, reading and writing skills and includes reading comprehension, sentence skills, arithmetic, elementary algebra, college-level mathematics and a writing test. T...

[Select](#)

ACT



The ACT is a standardized college entrance exam that measures your knowledge and skills in English, mathematics, reading, and science reasoning, as well as your ability to apply these skills to future academic tasks. Many colleges require and/or acce...

[Select](#)

CLEP



The CLEP gives students the chance to earn college-level credits simply by passing an exam.

DSST



The DSST gives students the chance to earn college-level credits simply by passing an exam.



ACT

The ACT is a standardized college entrance exam that measures your knowledge and skills in English, mathematics, reading, and science reasoning, as well as your ability to apply these skills to future academic tasks. Many colleges require and/or accept the ACT for admission. Check with the colleges you're interested in to learn more about specific requirements.

ACT Online Course



An initial diagnostic pretest determines your strengths and weaknesses. Based on your results, interactive lessons with quizzes provide you the information you need to build your skills. Contains 3, full-length practice tests....

[Select](#)

ACT Practice Tests



Test subjects include English, math, reading, science and the optional writing section. Contains three full-length practice tests with detailed answer explanations....

[Select](#)

Peterson's ACT Prep Guide Ebook

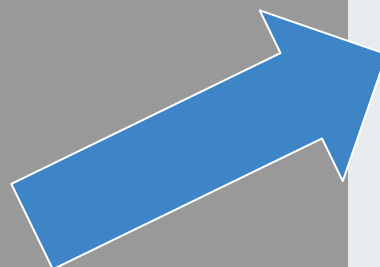


Articles

- Beat Test Stress
- Word of the Day
- Tips and Strategies for the ACT

Other resources

- ACT Testing Information





GALE PRESENTS

PETERSON'S
TEST AND CAREER PREP

Improve Your Score ▾

Find A School ▾

Explore Careers ▾

Vocational Test Prep ▾

Home > Improve Your Score > College Prep

Benefits of the CLEP program include earning credit for previously learned knowledge, advancing your career and/or continue your education, save money, and gr...

Select

Benefits of the DSST program include earning credit for previously learned knowledge, advancing your career and/or continue your education, save money, and gr...

Select

PSAT

The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is a test that allows you to practice for the SAT and gives you a chance to enter the competition for scholarships from the National Merit Scholarship Corporation. The test m...

Select

SAT

Effective January 2016, the SAT has changed! The redesigned SAT allows students to showcase their best work to colleges and universities by focusing on skills that matter most for college readiness and success. The SAT scoring rubrics have also been ...

Select



GALE PRESENTS

PETERSON'S
TEST AND CAREER PREP

Improve Your Score ▾

Find A School ▾

Explore Careers ▾

Vocational Tes

Home > Improve Your Score > SAT

SAT

Effective January 2016, the SAT has changed! The redesigned SAT allows students to showcase their best work to colleges and universities by focusing on skills that matter most for college readiness and success. The SAT scoring rubrics have also been redesigned, with the optional Essay being scored separately.

SAT Online Course

An initial diagnostic pretest determines your strengths and weaknesses. Based on your results, interactive lessons with quizzes provide you the information you need to build your skills. Contains 3, full-length practice tests....

Select

SAT Practice Tests

Test subjects include reading, writing and language, math and the optional essay. Includes three, full-length practice tests with detailed answer explanations....

Select

SAT Prep Guide

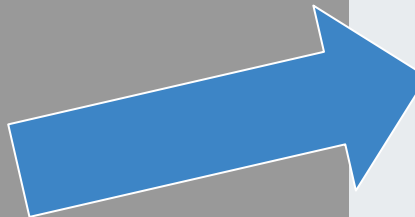
Peterson's SAT® Prep Guide 2020 provides 8

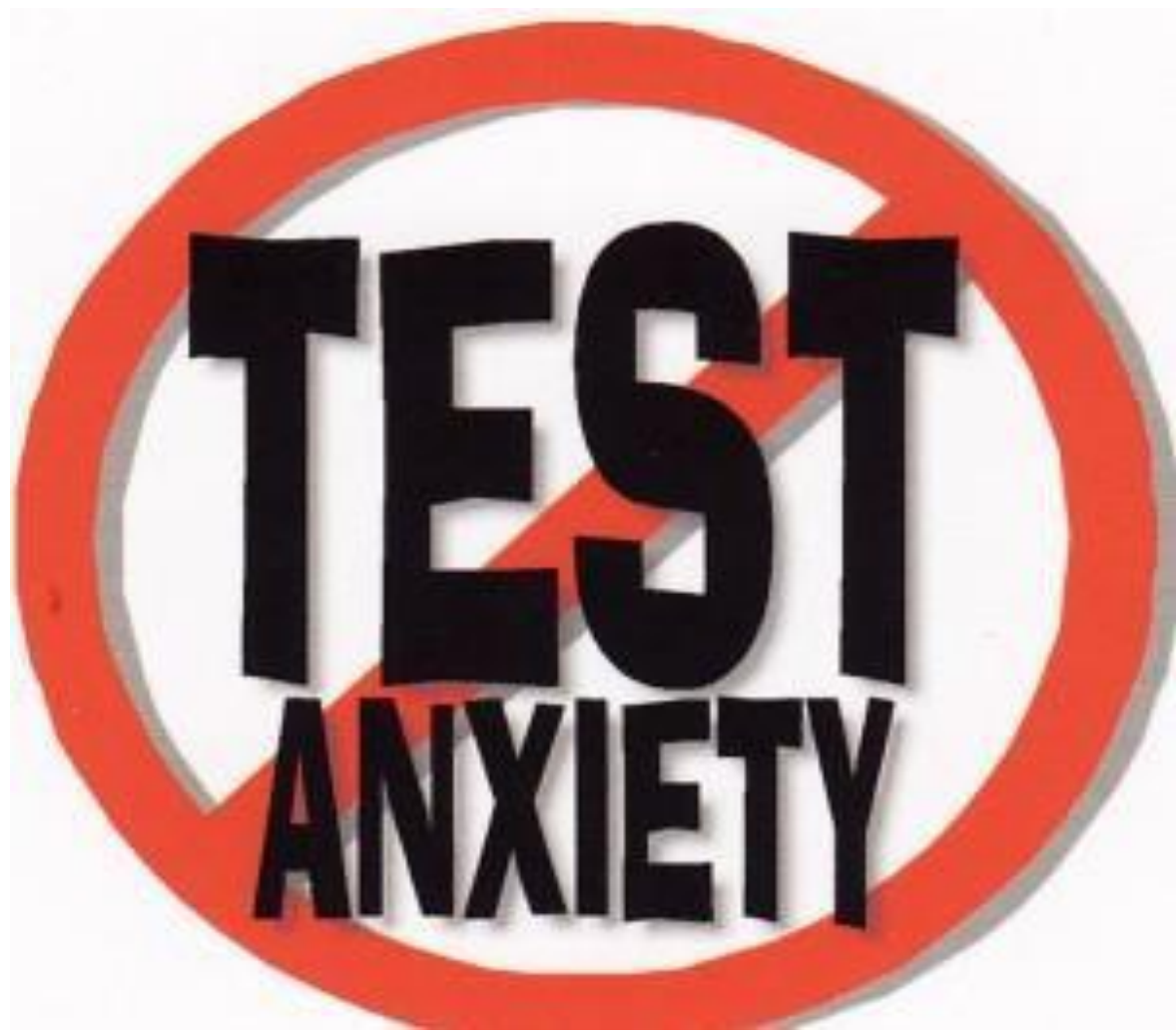
Articles

- Beat Test Stress
- Word of the Day

Other resources

- SAT Testing Information



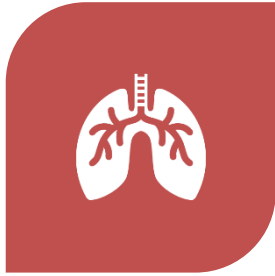




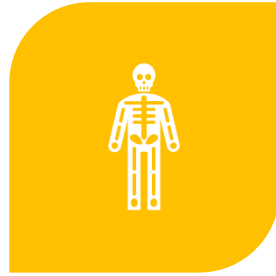
Differential Relaxation

- Sit up straight in chair.
- Place both feet on floor - make sure flat.
- Grasp bottom sides of chair with hands.
- At same time, use hands to pull up on chair & push feet firmly on floor.
- Hold this position counting slowly to 5 (5 seconds).
- Release tension in hands & feet; let body relax while counting slowly.
- Repeat process several times before test begins.

Deep Breathing to Relax During a Test



INHALE, TAKE DEEP BREATH
THAT FILLS DIAPHRAGM AS
PUSH DOWN & OUTWARD. BY
MOVING DIAPHRAGM LUNGS
FULLY INFLATE.



HOLD BREATH - SLOWLY COUNT
TO THREE.



SLOWLY RELEASE AIR AS
EXHALE.



FOCUS ON DIAPHRAGM
MOVING BACK INWARD.



REPEAT CYCLE FIVE TIMES.



REPEAT IF NEEDED.

Strategies to Help Reduce Test Anxiety



STUDY EFFICIENTLY -
STUDY-SKILLS CLASSES &
TEST-TAKING
STRATEGIES.



ESTABLISH CONSISTENT
PRETEST ROUTINE -
LEARN WHAT WORKS FOR
YOU



LEARN **RELAXATION**
TECHNIQUES – BREATHE



DON'T FORGET TO **EAT**
AND DRINK - **BRAIN**
NEEDS FUEL TO
FUNCTION.



GET SOME **EXERCISE** -
RELEASE TENSION.



GET PLENTY OF **SLEEP** - SLEEP
DIRECTLY RELATED TO
ACADEMIC PERFORMANCE.



TALK TO TEACHER –
KNOW WHAT'S ON TEST
& ALERT TO ANXIETY

Visualization Relaxation



- When reducing test anxiety, visualization known as palming.
- Close eyes.
- Use the palms of hands - gently cover eyes.
- Imagine relaxing scene/quiet place - real or imaginary.
- Imagine yourself at a relaxing, quiet place.

Practicing palming method of visualization days before test. More practice, easier becomes.



Intellectual Property Statement

All materials, content, and forms contained in this training/presentation are the intellectual property of the Region One Education Service Center and are intended for use by session participants at the classroom, campus, or district level only. Materials are to be used “as is” without modification.

Materials may not be used for personal benefit or financial gain or for use outside of the school system.

Thank you!



Always Innovating

**South
Texas ISD**

RIO GRANDE VALLEY | GRADES 7-12



Office of College, Career
and Life Readiness

Phone: (956) 984-6221

Website: www.esc1.net