

MARCH

2023

School Counselor Newsletter

Top 10 Test Taking Tips

1

Avoid absences on testing days if possible

2

Go to bed early the night(s) before you test

3

Avoid using technology before bedtime so your mind can settle down

4

Eat a healthy breakfast on testing day

5

Wear layers (sometimes testing rooms can be the wrong temperature)

6

Arrive on time

7

Relax and take deep slow breaths

8

Skip questions you don't know but come back to them before submitting

9

Use your time wisely. Check over your work.

10

Plan to do something fun when the testing time is over

Upcoming Dates

Early Dismissal Days

March 16th - 90 minutes

March 23rd - 90 minutes

March 27th - 2 Hours

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March 11th - Bridgewater

SAT PREP 10am- 2pm

For info call - 203-304-9595

March 22nd (11th gr)

SAT School Day

March 26th College Fair

At NHS 5pm - 7:30pm

### THE SAT SCORING BREAKDOWN

400-1600

TOTAL SCORE

200-800

+

MATH SECTION SCORE

10-40

+

10-40

×

10 =

200-800

READING SECTION SCORE + WRITING AND LANGUAGE SECTION SCORE

READING AND WRITING SECTION SCORE



## EMOTIONAL SUPPORT RESOURCES

Teen Talk Counselor-Email [miltone@norwalkps.org](mailto:miltone@norwalkps.org)  
 to schedule free mental health counseling during the school day  
 Crisis Text Line-Text "HOME: to 741741 for free, 24/7 crisis support  
 Kids in Crisis 24 hour helpline-(203)661-1911

