

Are you Winning everyday?

- The purpose of this presentation is to learn several “*feel good*” strategies to help you WIN in life.
 - Test taking
 - CAHSEE
 - Transactional Analysis communication style
 - Learning Style



Must know INFO,

- Counselors are...

Carolee Villegas (A-D)

Susan Saunders (E-J)

Jeannine Seitzzahl (K-Q)

Christine Carroll (R-Z)

Must know info cont'd...

- Academic Advisors

Tammy Walters (A-J)

Joe Herman (K-Z)

Frank Quinones (A-Z) Special Education

Family Resource Center

- Located in Room R8 next to bike racks
 - Lisa Read Social Worker
 - Cindy Dasher Manager



Test Taking...

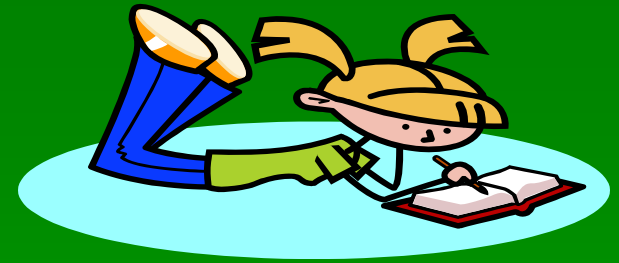
- Some test preparation techniques
- Predict test questions
- EMERGENCY, EMERGENCY
- Test Anxiety
- Study Tips
- Study



Preparing for a Test...

- Attend every class
 - Attendance policy
- Distribute the Practice
 - A little at a time
- Schedule a time and place for studying
 - Not in the kitchen...
- LISTEN to your teacher, they may give you a cue. Like, *“This will be on test”*





- Review effectively
 - Immediate, Intermediate, Final
- Use flash cards
- Study groups
- Cramming (only in case of emergency)
- Store the information into Long Term Memory
- Follow Directions
 - Activity

Do you get Test Anxiety?

- Here are some techniques that can help you get through.
 - Plan ahead, study and prepare
 - Take deep breaths
 - Think positively
 - Eat a good breakfast
 - Get a good nights sleep

California High School Exit Exam (CAHSEE)

- There are two parts to this Exam
 - English
 - Math
- You must pass both to graduate.
 - 350 is a passing score
- Test date will be in March
- Think positively you WILL pass
 - 91% of Sophomores passed it last year
- This year the class of 2011 will get 100% passing 😊
 - But if you don't you can take it again
 - You only re-take the portion you did not pass 😊



Are you winning in life?

- Transactional Analysis
COMMUNICATION STYLE

- **PARENT**

- Critical or Nurturing

- **ADULT**

- HINT this is the best communication style to win in your conversations with teachers.

- **CHILD**

- Playful or Bratty

Are you ready for a fun self assessment to see what type of learner you are?

Here are the directions get ready to learn more about yourself

1. Stay quiet
2. Fill out quiz
3. Wait for directions

What is your Learning Type?

- Visual Learner



- You learn through reading and seeing things

- Auditory Learner



- You learn through listening and talking

- Kinesthetic and Tactile Learner



- You learn through touching, participating and moving.

Thank you for your time...

- **HAVE A NICE DAY!!!!!!!**