

COUNSELLING NEWSLETTER

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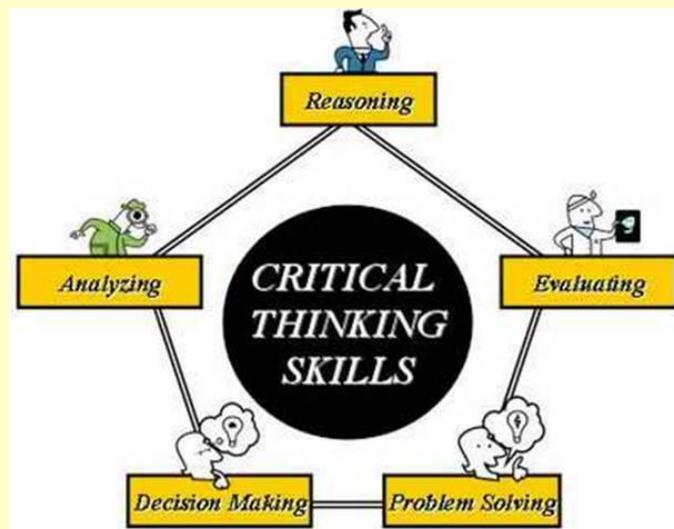
DEVELOP CRITICAL THINKING SKILLS



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Critical thinking is the ability to think clearly and rationally, understanding the logical connection between ideas. Critical thinking requires you to use your ability to reason. It is about being an active learner rather than a passive recipient of information.



Skills that we need in order to think critically include; communication, synthesis, observation, analysis, reflection, interpretation, explanation, inference, decision making and problem solving.

As a student critical thinking plays a vital role as it goes beyond memorizing facts.

SCIENCE: analyzing results of experiments in light of existing theories.

MATH: selecting appropriate problem-solving strategy.

HUMANITIES: putting literature and art into historical context.

HEALTH FIELDS: evaluating patients and making decisions in clinical settings.

COMMUNICATIONS: debate, persuasive writing.

REDUCING TEST ANXIETY



Approach the test with "I CAN" attitude.



Don't Stress.
Do Your Best.
Forget the Rest.

Test anxiety is when a student excessively worries about doing well on a test. This can become a major hindrance on test performance and cause extreme nervousness and memory lapses among other symptoms. The following are tips on reducing test anxiety:

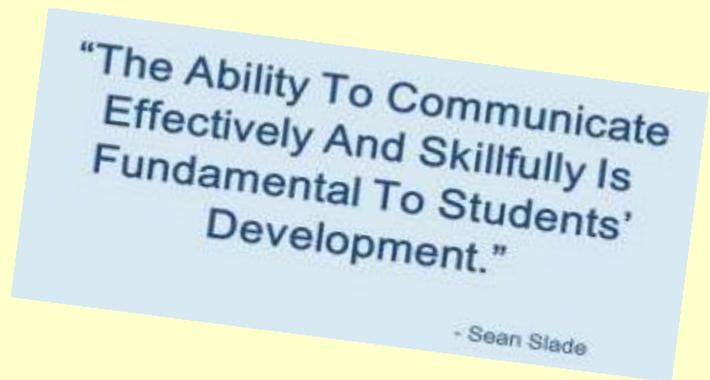
- ✓ Being well prepared for the test is the best way to reduce test anxiety.
- ✓ Space out your studying over a few days or weeks and continually review class material. Don't try to learn everything the night before.
- ✓ Try to maintain a positive attitude while preparing for the test and during the test.
- ✓ Exercising for a few days before the test will help reduce stress.
- ✓ Get a good night's sleep before the test.
- ✓ Show up to class early so you won't have to worry about being late.
- ✓ Stay relaxed, if you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work.
- ✓ Read the directions slowly and carefully.
- ✓ Skim through the test so that you have a good idea how to pace yourself.
- ✓ Write down important formulas, facts, definitions and/or keywords in the margin first so you won't worry about forgetting them.
- ✓ Do the simple questions first to help build up your confidence for the harder questions.
- ✓ Don't worry about how fast other people finish their test; just concentrate on your own test.
- ✓ If you don't know the answer to a question, skip it for the time being, attempt it in the end.
- ✓ Focus on the question at hand. Don't let your mind wander on other things.
- ✓ If you're still experiencing extreme test anxiety after following these tips, seek help from your school counsellor.

(Source: <http://www.testtakingtips.com/anxiety/index.htm>)

COMMUNICATING EFFECTIVELY

We often think that the ability to speak a language is the product of language learning, but speaking is a part of language learning process.

Effective communication skills are fundamental to success in many aspects of life. People with good communication skills usually enjoy better interpersonal relationships with family and friends. Communication is a two way process and involves how we send and receive messages.



Tips for Having a Great Conversation!

- 1. Maintain appropriate eye contact.*
- 2. Always stay focused on the other person.*
- 3. Have good body posture.*
- 4. Face the other person.*
- 5. Ask the speaker questions about their topic.*
- 6. Make comments so that the speaker knows you are listening.*
- 7. Your voice should sound like you are interested in the conversation.*
- 8. Change the topic in a way so that your listener is aware of the next topic.*
- 9. Let the listener know that you are ending the conversation.*

YEAR ROUNDUP OF ACTIVITIES FROM COUNSELLORS OFFICE



WORKSHOPS

- ✚ HELPING BEHAVIOUR (Gr. 3).
- ✚ CAREER FAIRS (Gr. 11 & 12).
- ✚ BUILDING UP A PORTFOLIO (Gr. 9).
- ✚ LEARNING STRATEGIES (Gr. 6).
- ✚ HOW TO IMPROVE MEMORY (Gr. 5).
- ✚ CHARACTER EDUCATION (Gr. 7 & 8).
- ✚ CAREER PREPARATION (Gr. 9).



This year has been full of activities. Different workshops were conducted for several grades, in which students participated by sharing their ideas, involving in activities and learning. The workshops focused on PERSONAL/SOCIAL SKILLS, CAREER PLANNING SKILLS, and ACADEMIC ACHIEVEMENT.

For senior grade students career fairs and presentations were arranged by different universities.

