

Counselors Bulletin

Dan River Middle School April/May 2023

Message from your school counselors

We are getting so close to the end of the school year and it is a busy time of year! Everyone is working hard to prepare for SOL testing and there are also several fun events planned for the end of the year for students. Please do not hesitate to reach out with any questions or concerns regarding the end of the year or if there is anything that we can help your child with as we wrap up things this year.



Parent Reminders

Even though we only have a few weeks left of school, we want to remind everyone that we want to finish the year out strong. That means coming to school on time, participating and being engaged in class and taking advantage of all of the opportunities there are here at school to help with grades and your student's overall success.



Test taking anxiety and ways to help

It is very common for students to feel nervous about testing and preparing for the tests they are taking. There are several strategies to help your child prepare and feel confident the day of the test:

- Talk with them about their worries and work together on coming up with different things that would help them feel less nervous.
- Make a schedule and keep track of the important dates of the tests and other prep work that is due so that your child knows what to expect.
- Encourage your child and build them up. They will benefit from positive and encouraging words.
- Practice going over questions or notes with them at home.

Study tips

- Have a quiet place to study
- Break down big study guides into smaller pieces and review each night
- Make flash cards to review
- "Teach" the material to someone else
- Make up practice questions or take practice tests

What can the school counselors do?

We are here to help students succeed. Please let us know if there is anything that we can help your child with as they approach their tests; we want to equip students with confidence and positivity as they prepare to succeed!



Contact Information:

Dan River Middle School: (434) 822-6027

Terieka Chandler: terieka.chandler@pcs.k12.va.us

Hannah Walker: hannah.walker@pcs.k12.va.us