



# The Counselors' Comments

Fairfield Community High School

December 2017

## WELCOME BACK!



FCHS administration and staff would like to welcome back Mrs. Becky August. Mrs. August started her school social work hours on Monday, November 22. She is here to help with students who have social and/or emotional issues that interfere with their ability to learn and function appropriately in the classroom. If you need to contact her for any reason, her phone is 847-9407, or call the main school number 842-2649 and key in extension 407.

## Schedule Changes

Students have received a copy of their second semester schedule. If they would like to have their schedule changed, they need to see Mrs. Robson **before December 15, 2017**. Although they will have the week of January 1 to change classes as well, it is best to get this done **NOW**. Some classes fill up and the availability of class options dwindle.



## Christmas Break

A reminder to students and parents that FCHS will dismiss at 1:20 p.m. on Tuesday, December 19, 2017 for Christmas break. Students and teachers will return on Tuesday, January 2, 2018. Grades will be mailed on January 4, 2018. We hope everyone has a safe and restful winter vacation!

### News for FRESHMEN, SOPHOMORES & JUNIORS

- Begin early to prepare for Semester Exams. Plan to study a few minutes every day the weeks leading up to your exams. Although cramming for an exam may work, be sure to do more than just studying the evening before your exam.
- **Registration** for the 2018-2019 school year will begin in January. Start thinking about what courses you wish to take. Think about your future as well; some classes will benefit you if you are going on to college or the workforce. Look at your student handbook for course offerings.
- **JUNIORS:** Sign up to take the SAT in March or May and the ACT test in February or April.

### News for SENIORS

- Scholarship applications are available in the Guidance Department. Pay close attention to application deadlines and documents that need to be included with the application.
- Sign up to take the SAT in March or May and the ACT test in February or April.
- **The FAFSA (Free Application for Federal Student Aid) application has opened.** This form is required by colleges to determine what financial aid awards are available to students. These are need-based programs and have nothing to do with scholarship. Don't lose out on free money; complete your application **NOW**.

## News for SENIORS continued:

- If you plan to take a college day, you **MUST** make an appointment with your college and bring a confirmation to Mrs. Robson. She will then give you an approval form to take to Mrs. Conrad so you can get a prearranged absence before you go. Take care of this days in advance.
- Use a calendar to keep track of test dates, application due dates, scholarship due dates, and college visitation days. The two reasons students don't get selected or accepted is "Not Following Directions" and "Missing the Deadline." All seniors were given a free college notebook. Use it!

## SEMESTER EXAM SCHEDULE



Friday, December 15, 2017 – End of First Semester

Monday, December 18, 2017 – Hours 1-6

Tuesday, December 19, 2017 – Hours 7-9

### Semester Exam Schedule – Day 1

Period 1: 8:10-9:35 a.m.

Period 2: 9:40 – 11:05 a.m.

Lunch: 11:10 - 11:50 a.m.

Period 4: 11:55 – 1:20 p.m.

Period 5/6: 1:25 – 2:50 p.m.

### Semester Exam Schedule – Day 2

Period 7: 8:10 – 9:35 a.m.

Period 8: 9:40 – 11:05 p.m.

Lunch: 11:10 – 11:50 p.m.

Period 9 and EARLY BIRD CLASS: 11:55 – 1:20 p.m.

## How to Prepare for Semester Tests

### ✓ Study for exams!

- Manage your time
- Make a study outline
- Write sample essays and do sample problems
- Make flash cards
- Stop studying when you feel confident



### ✓ Take exams!

- Read the entire exam all the way through
- For an essay question, do a "mind dump" write down everything you remember about the topic of the question on scrap paper, then develop your outline for your essay from that
- Do the easy problems or proofs first
- When you are all done, review your answers carefully

## Announcements

**Dual Credit Drop Date:** Friday, December 8 is the deadline to drop any dual credit class with Frontier Community College. This will put a "W" (withdraw) on the student's transcript. This is a good idea to do if the grade the student is receiving is lower than what he/she would like on his/her transcript.

**BLOOD DRIVE:** Wednesday, December 13 at FCHS. Students 16 and above can donate. Students who are 16 must have signed parent consent form.

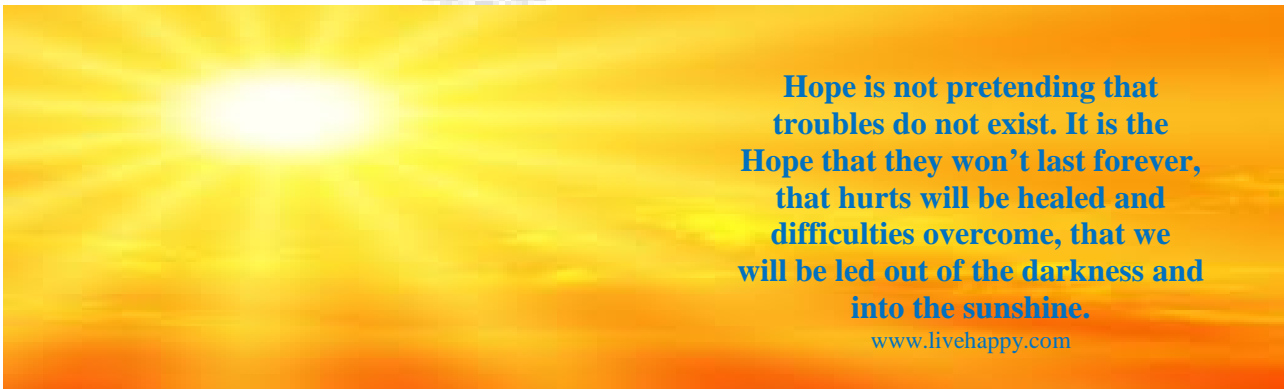
### Registration for Next School Year

Registration for next school year will be conducted in January. Mrs. Robson will attend the **junior** English classes on Tuesday, January 9, the **sophomore** English classes on Wednesday, January 10, and the **freshman** English classes on Thursday, January 11. Discussion will be held regarding required and elective classes for the next school year.

# Check out scholarships!

Scholarships are available in the guidance office and in the carousel in the study hall. Many more will be offered during second semester. Below are the ones available now:

1. Elks National Foundation Legacy/Most Valuable Student
2. Wayne County Soil & Water Conservation District
3. Farm Credit Services
4. Illinois AMVETS Service Foundation
5. IACACC
6. National Wildlife Turkey Federation
7. Arch City Granite



**Christmas Concert**  
**December 17, 2017**  
**2:00 p.m. in the east gym.**  
**Showcase: Band, Choir, and Show Choir**

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Lori Robson, Counselor

Becky August, LCSW

Theresa Baker, Registrar

# Making it through the Holiday Blues

Kirsti A. Dyer MD, MS, FT  
Adjunct Professor, [Kaplan University School of Health Sciences](#)

While the holidays are traditionally a time when people are merry and happy, for some, the holiday season can be very challenging. This time of year can create financial, emotional, psychological, and physical **stress** that leaves many people feeling sad, lonely, reflective, anxious, and blue.

## What are the Holiday Blues?

The holiday blues are feelings of sadness, loneliness, depression, and anxiety that occur in and around the holiday season. A variety of factors can contribute to these feelings during the holidays. Some of the factors include:

- Increased stress and anxiety
- Increased financial pressures
- Over-commercialization of the season
- Unrealistic expectations of a perfect holiday
- Friction within the family
- Inability to be with family
- A flurry of obligatory holiday parties
- Memories of past holiday celebrations
- Exhaustion from trying to do it all
- Change in diet or in daily routines

## Coping with the Holiday Blues

There are several things that can help in making it easier to cope with the holidays before they turn into the blues:

- Determine your priorities and establish realistic goals for the holidays.
- Delegate some responsibilities to others.
- Take time for yourself.
- Minimize financial stressors by setting a budget and sticking to it.
- Enjoy free holiday activities.
- Think about giving a gift from your heart and give your time or presence.
- Be around supportive people.
- Volunteer and help someone else.
- Create a new holiday tradition.
- Find a new place or a new way to celebrate the holidays.

## Remember to get Your R-E-S-T to make it through the Holidays

- **Reasonable expectations and goals**
  - Be realistic about what you can and cannot do for the holidays.
  - Get plenty of rest and relaxation.
- **Exercise daily**
  - Eat and drink in moderation.
  - Enjoy free activities.
- **Simplify to relieve stress**
  - Set a budget for social activities and gifts.
  - Remember that simple gifts can still bring happiness.
- **Take time to relax and remember**
  - Spend time with caring, supportive people.
  - Keep in mind that traditions can be changed.