

SBMS Counselors' Corner

May 2019 Edition

Are You Ready for EOGs?

EOGs are just around the corner! ARE YOU READY?

You can increase your ability to showcase all you have learned by following these simple test taking tips.

1. **Make sure your laptop is charged and ready to go.** Bring your charger just in case your battery gets low.
2. **Use a process of elimination** to get rid of as many wrong choices as you can before answering a question. Wrong answers are often easier to find. Look for extremes like "never" "only" or "always". Look for opposites like a substitution of -1 for 1 . Look for similarities like "conjunctive" for "subjunctive." Those could be distractors.
3. **Cross off the wrong answer choices** so you are not tempted to go back at the end of the test and change your answer. Why? You will read more about trusting your gut in a minute.
4. **Read ALL the choices.** The right answer may be the one you keep skipping. Many students, in an attempt to move quickly through the test, tend to skim answer choices instead of reading them thoroughly. Do not make that mistake!
5. **Cross off any answer** that does not fit grammatically with the question on your multiple choice test. If the test blank is looking for a singular noun, for instance, then any question choice displaying a plural noun will be incorrect. If you struggle to figure it out, then plug the answer choices into the problem to see if it works.
6. **Remember that you're looking for the best answer.** Often, more than one answer choice will be technically correct on a [multiple choice test](#). So, you have to choose which one fits best with the stem and in the context of the reading passage or test.
7. **Use your scratch paper for ELA, Social Studies and Science.** Write down your evidence as you read each selection or question.
8. **Use your scratch paper for Math.** It helps to write as your work, so write down formulas and equations, solve [math problems](#), outline, paraphrase and underline to help you read. Use the scratch paper to help you work things out logically.
9. **Pace yourself.** If you get stuck on a question, circle it and move on. Come back at the end of the test so you don't waste precious time on something you may not get right anyway.
10. **Trust your gut.** Definitely go back through your test to make sure you've answered everything, but keep your answers the same unless you've discovered new information in a later part of the

Healthy Tips to Help You Score the Best!

1. Limit the amount of screen time you have before bed. It's best if you eliminate screens one to one and half hours before bed.
2. Go to bed early to ensure you get 8-9 hours of sleep.
3. Take a refreshing shower before getting dressed for school.
4. Eat a healthy breakfast that is packed with protein and healthy carbohydrates.
5. Dress in layers and dress for success. This is a normal school day and you will perform better in what you typically wear to school. This is not the time to wear pajamas or lounge wear to school. Wearing layers allow you to accommodate for changing room temperatures.

Fun Summer Options

Here are several day camps and other community programs that may be of interest to you. It's important to find balance in the summer so mix your times of fun with the growing of your mind. See the attached middle school summer reading list for books that may feed your interests.

Day Camp Options held at SBHS

Check out this link to find wonderful summer day camp options sponsored by Swansboro High School.

<https://www.onslow.k12.nc.us/domain/8435>

Other Local Summer Opportunities

Onslow County Summer Reading Program ~ provides a reading log and many in library opportunities for volunteering gr. 6 – 8. Tutoring gr. 1 – 5 children and more.

Summer Art Program

In June and July, the Museum hosts an annual Summer Art program for youth ages 8 to 14. Focusing on a specific theme, students create two and three dimensional art projects, meet interesting speakers, participate in a field trip, and present a special program for our Summer Art families There are 24 openings per week long session and placement is based upon registrant preference and availability.

Ancient Greece & Rome:

Summer Art mmxix

Onslow County Museum is pleased to announce our 34th Annual Summer Art Program for Youth ages 8-14.

Summer Day Camp

For online registration, [visit the Register For An Activity page.](#)

Summer Day Camp

Registration opens April 1, 8 a.m. (Available online)

Session 1: June 24 – July 19

Session 2: July 22 – August 16

Onslow County Parks and Recreation is excited to offer its 2019 Summer Day Camp Program for children 6 to 12.

Two four-week sessions are offered; each session is \$180 per child and \$170 for each additional child (after the first). Some field trips may require an additional fee; field trips cost an average of \$20 per week per participant. Registration is on a first come, first serve basis. Each camp can accommodate 50 campers per session. Parents can drop off campers as early as 7:30 and must be picked up by 5:30.

Online and on-site registration begins April 1 at Onslow Pines Park Administrative Office. Online registration is strongly encouraged. Registration will open for the following summer camp locations: Dixon Middle School, Hunters Creek Middle School, Southwest Middle School, Swansboro Elementary School, and Summersill Elementary School.

Summer Day Camp (Extra Weeks)

June 17-21 and August 19 – 23

Onslow County Parks and Recreation is excited to offer its 2019 Summer Day Camp Program for children 6 to 12. Two additional weeks are offered at Onslow Pines Park only. Camp is limited to 50 campers per week, cost is \$50 per child. Some field trips may require an additional fee; field trips cost an average of \$20 per week per participant. Online and onsite registration begins April 1 at Onslow Pines Park Administrative Office. Online registration is strongly encouraged.

The Top 5 Must-Do Activities at Hammocks Beach State Park

Considering an island getaway filled with wildlife and privacy? Hammocks Beach State Park, or Bear Island, is a three-mile-long sanctuary for relaxation and serenity that can fulfill your summer desire right here in North Carolina. Hop on a ferry, equipped with your favorite picnic basket, and indulge in some needed leisure time with miles of unpopulated beach.

Five “Must-Do’s” of the state park you can’t miss out on:

1. Camping
2. Kayaking and Paddle Boarding
3. Fishing
4. Bird Watching
5. Historic Swansboro Shops and Dining

STURGEON City Institutes

They are accepting applications for the summer now. There is one specifically designed for rising 9th graders

<https://jacksonvillenc.gov/138/Sturgeon-City-Institutes>

Middle School Summer Reading List

[Gods and thunder : a graphic novel of old Norse myths](#) By: Bowen, Carl,

[The unteachables](#) By: Korman, Gordon,

[Click'd](#) By: Stone, Tamara Ireland,

[Last pick. 1](#) By: Walz, Jason,

[It wasn't me](#) By: Levy, Dana Alison,

[Blended](#) By: Draper, Sharon M.

[Skylark and Wallcreeper](#) By: Carelli, Anne O'Brien,

[Putting peace first : 7 commitments to change the world](#) By: Dawson, Eric David,

[Above and beyond : NASA's journey to tomorrow](#) By: Rhuday-Perkovich, Olugbemisola,

[Apollo 8 : the mission that changed everything](#) By: Sandler, Martin W.,

[Crush](#) By: Chmakova, Svetlana,

[Life on earth-- and beyond : an astrobiologist's quest](#) By: Turner, Pamela S.,

[Charlie Hernández & the league of shadows](#) By: Calejo, Ryan,

[Bonnie and Clyde : the making of a legend](#) By: Blumenthal, Karen,

[Spooked! : how a radio broadcast and The War of the Worlds sparked the 1938 invasion of America](#)
By: Jarrow, Gail,

[How we got to now : six innovations that made the modern world](#) By: Johnson, Steven,

[Endurance : my year in space and how I got there](#) By: Kelly, Scott,

[The house with chicken legs](#) By: Anderson, Sophie,

[Something rotten : a fresh look at roadkill](#) By: Montgomery, Heather L.,

[Eleanor Roosevelt : fighter for justice : her impact on the civil rights movement, the White House, and the world](#) By: Cooper, Ilene,

[Stephen McCranie's Space Boy. Volume 1](#) By: McCranie, Stephen,.

[Estranged](#) By: Aldridge, Ethan M.,

[Countdown : 2979 days to the moon](#) By: Slade, Suzanne,;

[Someone like me : how one undocumented girl fought for her American dream](#)
By: Arce, Julissa,

[The assassination of Brangwain Spurge](#) By: Anderson, M. T.,

[The agony house](#) By: Priest, Cherie,

[Game changer](#) By: Greenwald, Tom,

[Capsized! : the forgotten story of the SS Eastland disaster](#) By: Sutton, Patricia,

[Epic graphic novel crafts](#) By: Jones, Jen,

[Lifeboat 12](#) By: Hood, Susan,

[Fantastic failures : true stories of people who changed the world by falling down first](#) By: Reynolds, Luke,

[Sheets](#) By: Thummler, Brenna,

[Fake blood](#) By: Gardner, Whitney,

[Resistance](#) By: Nielsen, Jennifer A.,

[City of ghosts](#) By: Schwab, Victoria,

[Harbor me](#) By: Woodson, Jacqueline,

[Marcus Vega doesn't speak Spanish : a novel](#) By: Cartaya, Pablo,

[Just Breathe](#) By: Chopra, Mallika,

[Girls resist! : a guide to activism, leadership, and starting a revolution](#) By: Rich, KaelY

[In harm's way : JFK, World War II, and the heroic rescue of PT 109](#) By: Martin, Iain C.,

[Making friends](#) By: Gudsruk, Kristen,

[Illegal](#) By: Colfer, Eoin,

[Calling all minds](#) By: Grandin, Temple,

[Back from the brink](#) By: Castaldo, Nancy F.

[The hyena scientist](#) By: Montgomery, Sy,

[Crash : the Great Depression and the fall and rise of America](#) By: Favreau, Marc,

[Amal unbound](#) By: Saeed, Aisha,

[Deep water](#) By: Key, Watt,

[All summer long](#) By: Larson, Hope,

[Be prepared](#) By: Brosgol, Vera,

[Eat this! : how fast-food marketing gets you to buy junk \(and how to fight back\)](#) Curtis, Andrea,

[Mary's monster : love, madness, and how Mary Shelley created Frankenstein](#) Judge, Lita,

[A few red drops : the Chicago Race Riots of 1919](#) By: Hartfield, Claire,

[Voices in the air : poems for listeners](#) By: Nye, Naomi Shihab,

[Ghost boys](#) By: Rhodes, Jewell Parker,

[Rising above. Inspiring women in sports](#) By: Zuckerman, Gregory,

[Aru Shah and the end of time](#) By: Chokshi, Roshani,

[Like Vanessa](#) By: Charles, Tami,

[Startalk : everything you ever need to know about space travel, sci-fi, the human race, the universe, and beyond](#) By: Tyson, Neil deGrasse,

[Rebound](#) By: Alexander, Kwame,

[Ivy Aberdeen's letter to the world](#) Blake, Ashley

[Facing Frederick : the life of Frederick Douglass, a monumental American man](#) Bolden, Tonya,
[The not-so-boring letters of private nobody](#) By: Landis, Matthew,

[The Wendy project](#) By: Osborne, Melissa Jane, [The girl who drew butterflies : how Maria Merian's art changed science](#) Sidman, Joyce,

[The night diary](#) By: Hiranandani, Veera,

[The serpent's secret](#) By: DasGupta, Sayantani,

[The prince and the dressmaker](#) By: Wang, Jen,

[A problematic paradox](#) By: Sappingfield, Eliot,

[Speak : the graphic novel](#) By: Anderson, Laurie Halse,

[The journey of little Charlie](#) By: Curtis, Christopher Paul,

[Chasing King's killer : the hunt for Martin Luther King, Jr.'s assassin](#) Swanson, James L.,

[Martin rising : requiem for a King](#) By: Pinkney, Andrea Davis,

[Halfway normal](#) By: Dee, Barbara,

[Shoe dog : a memoir by the creator of Nike](#) By: Knight, Philip H.,

[Auma's long run](#) By: Odhiambo, Eucabeth A.,

[Not your sidekick](#) By: Lee, C. B.,

[Skateboards](#) Lakin, Patricia

[The epic fail of Arturo Zamora](#) By: Cartaya, Pablo,

[Soupy leaves home](#) By: Castellucci, Cecil,

[Eyes and spies : how you're tracked and why you should know](#) By: Kyi, Tanya Lloyd,

[Hello, universe](#) By: Kelly, Erin Entrada,

[The playbook : 52 rules to aim, shoot, and score in this game called life](#) Alexander, Kwame,

[Van Gogh](#) by Bailey, Jessica

[My hero academia. 1, Izuku Midoriya: Origin](#) By: Horikoshi, Kohei,

[Mark of the thief](#) By: Nielsen, Jennifer A.,

[The iron trial](#) By: Black, Holly,

