

APRIL 2022, ISSUE 8

CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor



Hello, everyone!

Welcome to the final push of this school year! I want to tell you proud I am of each of you! I meet with many of you and am constantly inspired by your creativity, motivation, and dedication to yourselves. Keep up the amazing work!

In this issue, I am focusing on test anxiety. With AP testing season and spring SATs closing in, I wanted to give each of you some practical strategies to manage test anxiety. You may not all experience it, however, I do think what I share will be useful no matter the type of tester you are.

SENIORS! Do not miss the scholarship section in this issue! There are 3 very important CGS scholarships for your graduating class. Please be sure to check them out and apply if you are eligible!

Underclassman, I kept the information on college and career planning for you from the last issue. There are some important resources and information to help you plan your future.

One last thought, don't forget to buy your ticket(s) for our Spring Fling! It is going to be such a fun night!

As always, if you need something, please reach out.

Take care and see you all soon!

Mrs. Morganti

IN THIS ISSUE:

Test anxiety - 2 + 3

Senior Scholarships - 4 + 5

College and Career Planning w/
Big Futures - 6

CGS Spring Fling flyer - 7

IMPORTANT DATES:

April 8 - CGS Spring Fling!
May SAT deadline

April 13 - Senior Symposium

May 2-6 - Teacher
Appreciation Week



TEST ANXIETY

I want to start by telling you a story. I have had test anxiety my whole life. Prior to college, I just thought I was bad at tests. I would study. I would do all my work. But for some reason when I took the tests...my grades didn't always reflect what I knew. When I took the SAT for a second time, my score dropped. DROPPED! (There is more to *that* story...).

Flash forward 2 years after high school and I am now an undergraduate psychology major. Dr. Brennan (one of my favorite professors) was holding office hours so I stopped in to talk about my latest test and how I could do better. "You have test anxiety. See?" and she proceeded to point out the pattern of wrong answers that appeared on my scantron sheet. She said "Maggie, you know this material! Do you get anxious while you test?" We talked for a bit and she helped me discover my problem. You can't identify problems if you don't know they exist, right? BIG lightbulb moment for me! I would enter a testing room and immediately feel dread even if I was prepared. My heart would pound and I would get fidgety. As my neighbor would turn the page of a test, I would judge myself and wonder why I wasn't that far in the test. Once students started getting up to hand in their tests, I would start rushing to finish my test because I wouldn't want to be the last to finish. Once I was able to identify my symptoms, I was able to help myself become a more confident test-taker and learn some strategies that worked for me.

Something to keep in mind is that anyone who experiences test anxiety will experience it differently. What I experienced, might be different from you. Those of us that do experience test anxiety, need to know two things. First, a small level of anxiety can be good and is NORMAL. Second, there are ways you can relieve the anxiety to help you through high-stakes testing if you feel like it is inhibiting your performance.

Let's explore!

TEST ANXIETY



What is test anxiety?

The big thing here is identifying normal versus abnormal anxiety as it relates to testing. If your anxiety is severe enough that it affects the results of your tests, then that is the type we want to identify and work on. Test anxiety is performance anxiety.

What are the symptoms of test anxiety?

Psychological symptoms: Negative self-talk. For example "I am going to fail this test" or "I must be doing something wrong on the test if my neighbor is almost done".

Biological or cognitive symptoms: Avoiding tests, drug use to cope with stress, difficulty concentrating

Physical symptoms: Increased heart rate, headaches, stomach aches, sweaty palms, fidgeting

How can I beat my test anxiety?

Use the POWER and CARE methods!

P - Prepare for the test

O - Organization

W - Work on positive self-talk

E - Exercise

R - Rest

C - Care for yourself

A - Anti-anxiety techniques

R - Remember to breathe

E - Exit the test mentally (not just physically)

Deep Breathing: [Try this video.](#) The box method: breathing in for 4, slow counts, and then out for 4, slow counts. Repeat several times.

Silent fidgets: These are great for students that tend to fidget during a test. Try a stress ball or putty (only if allowed in a testing room).

Positive self-talk: "I am prepared for this test. If I don't do as well I think I could, I know I can do better next time". "I am smart and I can do this."

Senior Scholarships

CGS PTO Northrup Grumman STEM Scholarship - [NEW](#)

Students, this is a one-time scholarship being offered to CGS students interested in pursuing the study of a STEM-related field. There will be 7 total scholarships given:

1-\$1,000 scholarship for the best overall applicant
6-\$500 scholarships to be spread out over the 6 sites

Please adhere to the deadline of April 15th as it is firm and the application will close at midnight on April 15th. Any submissions after midnight on April 15th will not be considered.

[Here is the link to apply!](#)

If you have any questions or problems with this scholarship, please reach out to Ms. Traci Short, the Northrup Grumman Scholarship Chairperson, at tshort@spotsylvania.k12.va.us.

CGS PTO Annual Senior Scholarship - REMINDER

All CGS seniors whose families join the CGS PTO by February 4, 2022 are eligible to submit an essay.

This is an annual scholarship with prizes as follows:

1st place essay - \$1000
2nd place essay - \$500
3rd place essay - \$250

The deadline for essay submission is Sunday, April 10th, 2022 before midnight.

Submit your entry in the following manner:

Cover page that includes your name, date, and CGS site

At least 2 but no more than 3 pages, double-spaced, MS Word document

Use 1 inch margins, Times New Roman, 12 point font

Use a separate page to document references, if used, in MLA format.

Email your essay as an attachment to mbecelia@umw.edu. Put your name and "CGS Essay" in the subject line of your email; otherwise, your entry may be lost. You will receive an email confirmation upon receipt. If you do not; please follow up to confirm delivery with Mary Becelia at 540-287-1358. This is important; please do not overlook this step if necessary.

Awardees will be selected by the PTO Scholarship Committee, made up of CGS-PTO parents who do not have seniors and will be announced at the Senior Recognition Ceremony scheduled for May 15, 2022.

If you have any questions or problems with this scholarship, please reach out to Ms. Mary Becelia, the CGS PTO Annual Senior Scholarship Chairperson.

CGS - Michael Everitt Isenberg Memorial Scholarship

Scholarship Announcement:

Michael Everitt Isenberg (1987 - 2019) was a scholar who recognized the value of hard work at the Commonwealth Governor's School, Cornell University, and beyond. He was also a beloved son, cousin, friend, and colleague who made time to cultivate deep and meaningful relationships with those around him.

Honoring Michael's legacy, the Michael Everitt Isenberg Memorial Scholarship Fund offers scholarships to students who display academic achievement, integrity, and leadership qualities and are pursuing higher education.

Eligible graduating seniors through the Commonwealth Governor's School applying to a four-year college/ university for further study starting in the Summer/ Fall of 2022 are encouraged to apply. **Two \$2,000 scholarships will be awarded.** The awards are for undergraduate study and may be used for education-related expenses, including tuition, fees, books, supplies, room and board.

Scholarship information and application may be found at <https://michaelisenberg.org/scholarship>. Letters of Recommendation should be sent directly to michaelisenbergscholarship@gmail.com. Please include the applicant's first and last name in the subject line. Application inquiries may also be directed to michaelisenbergscholarship@gmail.com.

Scholarship Timeline

Scholarship Launch: Monday, March 28th

Scholarship Submission Period: Monday, March 28th - Monday, April 25th, at 11:59 pm.

Award announcement will be at the 2022 CGS Graduation Ceremony.

We look forward to reading your wonderful applications!



Omicron Alpha Lambda Chapter of Alpha Phi Alpha Fraternity Inc.
Scholarships (deadline April 3)

Douglas Frank Brown Memorial Volleyball Scholarship (please see your school counseling office for details. Deadline April 8)

Dreams4U Scholarship (Spotsy only, deadline April 15)

Betty J. Hunter Bazemore Scholarship (deadline June 24)



COLLEGE AND CAREER PLANNING

College Board has a great (and free) tool for high school students and parents to use called BigFuture. Through their program, you can explore different careers, colleges, and even earn scholarships!





BigFuture can help you plan for college, prepare for the SAT, and help you explore careers that fit your interests and strengths. Their website is easy to use and can support you if you are feeling like you're not too sure where to begin.

Check it out!



COMMONWEALTH GOVERNOR'S SCHOOL
SPRING FLING

 **2022** 

FRIDAY : NEW NAME
APRIL 8 : NEW VENUE
7:00-11:00 : SAME SEMI-FORMAL DANCE

FRED NATS STADIUM
42 JACKIE ROBINSON WAY



TICKETS ON SALE: MARCH 24-APRIL 17
ADVANCE TICKETS: \$20 | TICKETS AT DOOR: \$25

CONCESSIONS ON SALE 8-10PM
NO OUTSIDE FOOD OR DRINK
NO CASH-ONLY CARDS WILL BE ACCEPTED

CGS STUDENTS MAY BRING ONE GUEST OF
HIGH SCHOOL AGE OR NON-HIGH
SCHOOL STUDENT UNDER 21