

# G/T Seminar Grades 7-9

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Gifted & Talented Specialist

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# 7th-9th Grade G/T Seminar

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- Social & Emotional Well-Being
- Critical Thinking, Creative Thinking, Problem Solving Skills
- Counseling for Scheduling Through Pre-AP and AP Courses
- Preparation for High-Stakes Exams

# Social and Emotional Well-Being

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- Stress Management

  - Laughter

  - Exercise/ Physical Activity

  - Meditation

- Study Skills/ Note Taking Skills

  - Short-Term vs Long-Term Memory

- Brain Research

  - Brain Dominance (Apply to Note Taking and Studying)

  - Brain Development/ Understanding Actions & Reactions

# 9th Grade

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- Scheduling

  - Pre-AP through AP

  - 4 Year Plan

- Scholarships

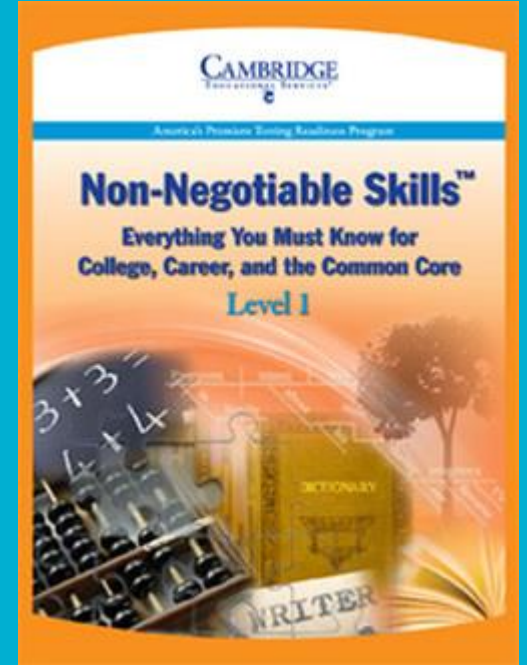
- College Resume

Grade	English	Math	Science	Social Studies	Elective	Elective	Elective
8 <sup>th</sup>  1.5 credits		<i>Pre-AP Algebra I</i>		<i>Pre-AP Arkansas History</i>		-----	-----
9 <sup>th</sup> 7 credits	<i>Pre-AP English</i>	<i>Pre-AP Geometry</i>	<i>Pre-AP Physical Science</i>	<i>Pre-AP Civics/Econ</i>	Oral Com  Keystone	PE  Health/Safety  Foreign Lang	
10 <sup>th</sup> 7 credits	<i>Pre-AP English</i>	<i>Pre-AP Algebra II</i>	<i>Pre-AP Biology</i>	<i>AP US History</i>	<i>G/T Seminar I</i>	Foreign Lang II  Pre-AP Foreign Lang II	
11 <sup>th</sup> 7 credits	<u>To Grad W/ Honors:</u>  <i>Advanced English</i>  or <i>AP Lang &amp; Comp</i>	<i>PreAP Pre-Calculus/ Trigonometry</i>	AP Biology  Anat & Physiol  Botany/Zool Chemistry <i>Pre-AP Chem</i> Physics	<i>AP World History</i>	<i>G/T Seminar II</i>	Foreign Lang III  AP Foreign Lang	
12 <sup>th</sup>	<u>To Grad W/</u>	Algebra III	AP Biology	<i>AP</i>			

# 7th & 8th Grade

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## Cambridge Non-Negotiable Skills (Level I)



# Preparation for High-Stakes Exams

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- ACT (College Entrance Exam)
- PSAT (NMSQT- National Merit Scholarship Qualifying Test)
  - PSAT 8/9: January, as Freshmen (Optional)
  - PSAT 10: October, as Sophomores (Optional)
  - PSAT/NMSQT: October, as Juniors (Required)

# Parent Contact:

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Newsletters/Emails

REMIND

7-9 G/T Website

Phone Contact As Needed



traci.chudy@cps.k12.ar.us

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7-9 G/T Website:

<http://mrschudy.weebly.com/>

REMIND: text to 81010:

CFA- @cfagt

JHN- (7th Grade) @cjhngt7  
(8th Grade) @cjhngt8

JHS- (7th Grade) @cjhs7  
(8th Grade) @cjhs8

Questions?

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Comments?

**MEMORIZATION**

**FIRST REMINDER**

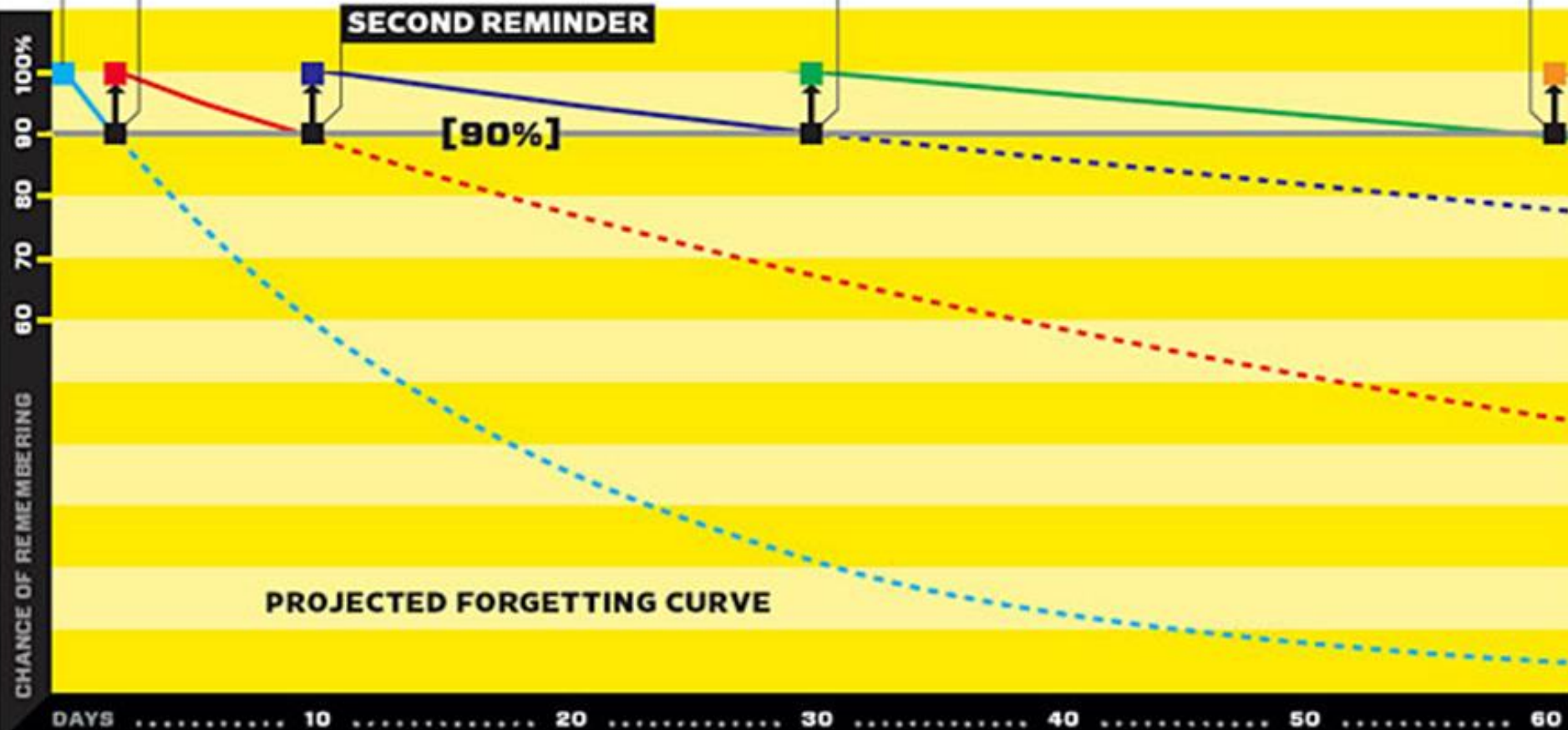
**SECOND REMINDER**

**THIRD REMINDER**

**FOURTH REMINDER**

**[90%]**

**PROJECTED FORGETTING CURVE**



## Working Memory

- Short term memorizing “Cramming”
- Learned material only makes it to your “working memory”
- Learned material will soon be forgotten



## Long Term memory

- Learned material makes it to your “long-term memory”
- Review and revisit material often
- Information should be reviewed ten minutes after learning and every seven days to keep in long-term memory

# Stress Management: Humor

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- **Lowers Blood Pressure**
- **Laughing is a Release**
- **Reduces Anxiety**
- **Improves Test Taking**



