

# Freshman/Sophomore Newsletter

Classes of 2018 and 2019

Spring 2016

## FRESHMAN/SOPHOMORE UPCOMING SPRING EVENTS

- **Achieve Q & A Presentation** – Tuesday, March 1<sup>st</sup>, 5:45 – 6:15 pm, OHS Library
- **Freshman Orientation/Registration Night** – Tuesday, March 1<sup>st</sup>, 6:15 – 8:00 pm, OHS Library
- **Running Start Program at Olympic College (OC)** – Wednesday, March 9<sup>th</sup>, 9:40 am – OHS Forum
- **OC's presentation of Running start program** – Wed., March 23<sup>rd</sup>, 6-7 pm, OC Bremer Student Ctr
- **ASVAB offered** – April 20th
- **Advanced Placement tests** – May 2<sup>nd</sup> – 13th
- Register for next year's classes – take required courses & challenging college/career prep courses

## Time Management Tips

### Tackle the toughest part of any job or assignment first:

Don't start with the easy stuff. Take advantage of your freshness and enthusiasm when you begin work. When you accomplish the tough part, you will be energized to complete the rest of the task.

**Don't put things off:** Procrastination is the biggest obstacle between you and increased effectiveness. Start now and take each project one step at a time. Keep moving and strive to eliminate procrastination from your life.

## Who is my Counselor?

Mr. Kontos	A – F
Mrs. Williams	G – O
Mr. Blais	P – Z
Ms. Howell	Career Center Coordinator



## The Counseling Center Staff

Ms. Orwin	Registrar
Ms. Preecha	Counseling Secretary
Mrs. Dobson	Counseling Tech

Counseling phone number – 662-2742

## The Career Center Staff

Ms. Howell	Career Center Coordinator
Mrs. Ludwig	CTE Secretary
Mrs. Shepard	CTE Para

Career Center phone number – 662-2735

## Hey students: Tests Help You Learn!

According to a new study, the brain encodes better mental hints during test-taking than during studying alone. Mary Pyc, currently a post-doctoral fellow at Washington University, suggest that “students should test them-selves more often when they're studying.” It appears the act of retrieving information from memory actually makes remembering it later easier. In other words, tests improve learning. So:

- When you read a chapter, “quiz” yourself with the review questions at the end.
- Make “flashcards” with a vocabulary word or a key concept on one side and the definition or “answer” on the other. And save them until after final exams!
- Highlight key concepts in your notes or look at the words in bold in your textbook–Can you define or explain those terms? If you can't remember, read over the notes or the text below to refresh your memory.
- Make sample test questions-and exchange them with a friend. Then, discuss your answers together.

Kent State University's Katherine Rawson explains that certain pieces of information that she calls “mediators” connect one piece of information to another. To be a good mediator, the idea has to be easy to remember and easy to link to the information you are trying to retrieve. In her research, students who took practice tests did **THREE TIMES BETTER** than the “study-only” group.

*Taken from “Hey Kids: Tests Help You Learn” by Stephanie Pappas at [www.msnbc.com](http://www.msnbc.com)*

## From 7 Habits of Highly Effective Teens by Sean Covey

### Habit #3: “Put First Things First”

- “The Procrastinator” is doing what is urgent and important.
- “The Yes-Man” is doing what is urgent and not important.
- “The Slacker” is doing what is not urgent and not important.
- “The Prioritizer” is doing what if important **BEFORE** it is urgent!