



# LEARNING CENTER NEWSLETTER

HOW DO YOU LEARN? • VOL. 3, ISSUE 2 • OCTOBER 2016

## LETTER FROM THE DIRECTOR

As we enter fall and anticipate the end of the first quarter, it's a good time to take inventory. On the following pages you will find support in topics ranging from study skills to staying open to growth. Two significant challenges to developing a growth mindset include the fear of failure and the feeling of plateauing. The plateau is the dreaded "dead zone," an uncomfortable stasis that prevents us from reaching our full potential. When that "stuck" feeling emerges, it can be extremely difficult to cultivate internal motivation. That's where the LC comes in – the tips outlined in the Open2Growth article highlight how important it is to seek out even the smallest foothold to get your mind and body moving in the right direction. In an effort to help all students adjust to a new year at SI, the LC presented to all Cura groups this week, emphasizing the importance of relearning how to learn and how it is important to fail on the path to success.

In order to fully support our students, it is essential that we include our parent population as well. For the first time since its inception, the LC is extending an invitation to a Morning Parent Meeting on Tuesday, November 8th. I am a firm believer that the best way to build a strong program is to collaborate with other like minds. The goal behind our Morning Parent Meeting will be to provide support, tips, and ideas of how to best serve your child, to answer any questions you may have, and to allow you to network with other parents who have children using the LC.

An invitation will be sent to all parents in the coming weeks. We look forward to seeing you there.

– *Amy Harms*

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**SPOTIFY.** New study playlists available now! Playlists are updated monthly. [Click here to listen.](#)



**TWITTER.** Look out for #dailyLC & #WildcatLC for daily study tips and more! @Wildcat\_LC

## ANNOUNCEMENTS

### IMPORTANT DATES

**OCT. 19.** Frosh Cura Day, Soph & Junior PSAT, Senior Portraits.

**OCT. 20 – 23.** Quarter Break.

**NOV. 8.** LC parent meeting in the Faculty Dining Room at 8:30 A.M. More information on page 5.

**POP UP WORKSHOPS.** See page 5 for details & sign up link.

### REMINDERS

**2020.** Please check-in with an LC staff member each week to complete your "Freshman 40," which is 40 minutes of dedicated study time in the Learning Center. Don't be afraid to bring a friend!

**2019 & 2018.** The PSAT is on Wednesday, October 19th. **PREADMINISTRATION REQUIREMENTS:** Pick a lunch, resource period, or after school to complete your preadmin paperwork.

**2018 & 2017.** SAT & ACT registration deadlines are fast approaching! Check in with Ms. Marconi if you have any questions about standardized testing with accommodations. **START EARLY!**

## CONTENTS

**1** Open to Growth: How this year's theme can jumpstart your success in the classroom.

**3** This or That! Play our Study Habits game and ace your next quiz.

**5** Our Parent Page! Look here for more information about the upcoming Parent Morning Meeting.

# OPEN TO | GROWTH

1

**CHALLENGE:** "It's almost a full month into the school year and I can't seem to stay on top of my work. What can I do to stay ahead?"

**HOW TO STAY O2G:** If you do what you've always done, how can you expect to see change? Take a minute to reflect: where would you like to see a change? Seek the help of a friend, parent, guardian, teacher, or other trusted adult. Explain where you are in your process, and what your goal is for the rest of the semester/school year. And most importantly - **listen to their advice.** Even if a piece of advice doesn't solicit a result or the immediate reaction you were hoping for, the process of trying something new may lead you to the answers you were looking for all along.

2

**CHALLENGE:** "I tried out for a sport in August and got cut. How do I find something else I'm passionate about?"

**HOW TO STAY O2G:** It's never easy to hear that you can't participate in something you've spent a lot of time preparing for (sometimes even years of training!). Don't be afraid to try different activities both on and off campus. What have you always wanted to try but have never had the time to do? Now's your time! High school is the perfect opportunity to try new activities. Play to your strengths, but don't shy away from a necessary challenge.

4

**CHALLENGE:** "My stress levels are extremely high and I can't seem to calm down enough to study. What can I do?"

**HOW TO STAY O2G:** Talk to your counselor or other trusted adult on campus if you feel like your workload is getting the best of you. Try looking at your day as a "clock," broken down hour by hour. How long does it take you to get started on homework? Once you've started, how long does it take you to finish? Are you tackling the tough subjects first when your brain is at its best?

You can also practice mindfulness meditation to calm your brain down enough to absorb new information. Need inspiration? Google meditations directed at studying, or search for guided meditations on YouTube. Participating in an intentional activity that you love may inspire you to get started as well (i.e. yoga, "fun" reading, or participating in a hobby you love). Time management takes time and patience to perfect. Don't get down on yourself if you're feeling worn out!

3

**CHALLENGE:** "I turn in all of my homework assignments on time, but I haven't been doing very well on tests and quizzes. What can I do?"

**HOW TO STAY O2G:** Talk to your teacher during office hours. Ask a classmate how they study, or look into collaborative study sessions. Take a second look at your study habits: are they active or passive? While you're taking the exam, take your time when you test, and don't forget to check your work. Don't spend too much time on tough problems. Circle the number and come back to the problem later - the answer might come to you later in the test!

# STUDY HABITS

# THIS OR THAT

## HOW TO PLAY

Take a look at each line below. There are two choices per line; underline or highlight the option that best describes your studying habits. Then, calculate your "study score" based on the number next to the option you chose. After you play the game, read about some different study techniques on the next page.

### IN CLASS

Teach your friends by verbally explaining the topic (2) **OR** Bring book to class to read along (1)

Underline/ highlight important words or key concepts during lectures (3) **OR** Engage in conversation with the person next to you (2)

Keep handouts in your binder for later use (1) **OR** Use different colors to organize class and reading notes (3)

Look at your teacher when they talk (3) **OR** Sit somewhere in class where you can clearly hear the teacher (2)

Create appropriate headings to keep notes organized (1) **OR** Use symbols or other visual indicators (3)

Create lists as your teacher lectures (1) **OR** Create concept maps as your teacher lectures (3)

### STUDYING

Highlight words in the textbook (3) **OR** Rewrite words from the textbook multiple times (1)

Reread notes and handouts repeatedly (1) **OR** Create concept maps from key ideas (3)

### studying continued...

Use flashcards (lined or colored) for repetition (3) **OR** In Notability, read and record your notes aloud clearly into your iPad and listen back (2)

Verbally explain what you have learned (2) **OR** Rewrite ideas into your own words (1)

Practice with old test questions (1) **OR** Read notes to yourself aloud and emphasize key words by speaking louder/softer (2)

### TESTING

"Talk through" each problem using the voice in your head (2) **OR** Visualize what the question is asking (3)

Write out important equations/ key words at the top of your test right when you get it (3) **OR** Write all info on a piece of scratch paper (1)

Create a detailed outline before starting an in-class essay (1) **OR** Recreate the concept map you made while studying (3)

Talk quietly to yourself during a test (2) **OR** Check over your work repeatedly (1)

MOSTLY 1'S  
READING & WRITING  
PREFERENCE

MOSTLY 2'S  
AUDITORY  
PREFERENCE

MOSTLY 3'S  
VISUAL  
PREFERENCE

**MOSTLY 1'S  
READING &  
WRITING  
PREFERENCE**

**IN CLASS:** Create lists of key concepts/ phrases that your teacher has been talking about. When taking notes, create appropriate headings to stay organized. Keep handouts neatly in your binder for later use. Bring a book to class to read along (if not already mandatory).

**STUDYING:** Read important concepts/words/phrases and write them out by hand over and over. Reread notes and handouts silently. Rewrite ideas into your own words, then reread your newly worded document. Practice with old test questions.

**TESTS:** Write out all important information first on a piece of scratch paper. Create a detailed outline before starting an essay. Reread through a finished test to make sure all details and points you know have been covered and you have fully answered all parts of the question.

**MOSTLY 2'S  
AUDITORY  
PREFERENCE**

**IN CLASS:** Attend class and sit somewhere where you can clearly hear the teacher. When doing group work in class, engage in conversation with your group about topics you are covering. Teach your friends by verbally explaining the topic.

**STUDYING:** In Notability, read and record your notes aloud clearly into your iPad and listen back. Verbally explain to your friends, family, or pet (anyone who will listen!) what you have just learned. Read aloud notes to yourself. Emphasize key words by speaking louder/softer.

**TESTS:** Take a minute to “talk through” each problem by hearing your voice in your head, then writing down your ideas. If allowed, quietly talk yourself through tests. Listen to your “inner voice,” especially when reading through more complicated test questions.

**MOSTLY 3'S  
VISUAL  
PREFERENCE**

**IN CLASS:** Underline important words or key concepts during lecture. Use different colors to organize class and reading notes. Look at your teacher when they talk. Draw diagrams or “helpful doodles” in your notes.

**STUDYING:** Take information from study guides and rearrange into charts or graphs (or concept maps!). Draw out important people to know (great for History & English). What would they look like? Write important words to describe them. Use flashcards with a visual twist! Chunk similar information together by using colored flashcards. Create concept maps while studying for tests.

**TESTS:** Write out important notes/equations/key words at the top of your test right when you get it. When writing essays, make sure to create an outline before you start your work – try and recreate the concept map you made while studying. Take a minute to visualize what the question is asking – who is involved? Turn your visuals into words.

# PARENT PAGE



## Week of October 17, 2016

| Monday<br>DAY 1      | Tuesday<br>DAY 2         | Wednesday   |
|----------------------|--------------------------|---|
| 8:20<br><b>1</b>     | 8:20<br><b>X</b>         | <b>School Activity</b><br><br>Freshmen: Cura Day<br>8:20 - 12:00<br><br>Sophomores: PSAT<br>8:20 - 12:00<br><br>Juniors: PSAT<br>8:20 - 12:00<br><br>Seniors: Portraits |
| 9:40<br>Break        | 9:15<br>9:20<br><b>5</b> |   |
| 9:55<br><b>2</b>     | 10:45<br>Break           |   |
| 11:15<br>Lower Lunch | 11:05<br>Lower Lunch     |   |
| 11:20<br><b>3</b>    | 11:40<br><b>6</b>        |   |
| 11:55<br><b>3</b>    | 12:25<br>Upper Lunch     |   |
| 1:15<br>Upper Lunch  | 1:00<br><b>7</b>         |   |
| 1:20<br><b>4</b>     | 1:05<br>(Examen)         |   |
| 2:40<br><b>4</b>     | 2:30                     |   |

**MIDTERMS**  
On Monday and Tuesday, some teachers will offer midterms. Class schedule listed on the left.

### PSAT 2016

WHO: Class of 2018 & 2019  
WHEN: Wednesday, October 19 8:20am  
WHERE: Multiple Classrooms will be used - look for signs the day of  
TIMING: Please see the chart listed below under "PSAT Timing"  
WHAT WE NEED: Students should come to the LC during a resource period on Thursday or Friday of next week to complete pre-administration information on their answer sheets

### PARENT MEETING

NOVEMBER 8. Parent meeting in the AM, location to be included in the follow up invite. Topics include, but are not limited to:

- Self Advocacy: how to help
- Going Forward: progressing through SI & Post Graduation
- Support in the LC
- Finals
- Standardized Testing

### POP UP WORKSHOPS

- Next week. Topic: Midterm Prep. Sign up required.
- See Resources for Students page on the LC Website for more information ([www.siprep.org/LC](http://www.siprep.org/LC))
- There are still a few spots left! [\*Sign up now.\*](#)

### PSAT TIMING

|                                  | Standard timing | 50% extended time          |
|----------------------------------|-----------------|----------------------------|
| <b>Reading Test</b>              | 60              | 45<br>5-minute break<br>45 |
| <b>5-minute break</b>            |                 |                            |
| <b>Writing and Language Test</b> | 35              | 53<br>5-minute break       |
| <b>Math Test – No Calculator</b> | 25              | 38                         |
| <b>5-minute break</b>            |                 |                            |
| <b>Math Test – Calculator</b>    | 45              | 34<br>5-minute break<br>34 |