



LEARNING CENTER NEWSLETTER

BACK TO SCHOOL • VOL. 4, ISSUE 3 • NOVEMBER 2017

PEER TUTORS

Peer tutors are available in the Learning Center every day. No sign ups required; drop-ins welcome. See the full schedule below for details. A special thanks to our CSF students for offering to help out. Stop by and say hello!

Email noshea@siprep.org if you have any questions.

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---|------------------------------|--------------------------|-------------------------------------|--|
| 8:20 | 8:20 X | 8:20 MATH | 8:20 MATH FRENCH SCIENCE | 8:20 Liturgy |
| 9:40 | 9:15 9:20 | 9:20 MATH SCIENCE | 9:20 MATH SPANISH SCIENCE | 9:15 9:20 MATH SPANISH SCIENCE MADNARIN |
| Break | 10:45 | 10:25 | 10:25 | 10:25 |
| 9:55 MATH SCIENCE | Break | Break | Break | Break |
| 11:15 | 11:05 | 10:45 MATH SPANISH | 10:45 MATH | 10:45 MATH SPANISH SCIENCE |
| Lower Lunch | Lower Lunch | 11:45 | 11:45 | 11:45 |
| 11:20 MATH SCIENCE | 11:05 SCIENCE MANDARIN | Lower Lunch | Lower Lunch | Lower Lunch |
| Upper Lunch | Upper Lunch | 11:50 MATH SCIENCE | 11:50 MATH SCIENCE SPANISH | 11:50 SCIENCE |
| 1:15 | 1:00 | Upper Lunch | Upper Lunch | Upper Lunch |
| 1:20 MATH SCIENCE SPANISH MADNARIN | 1:05 | 1:25 | 1:25 | 1:25 |
| | 2:30 | 1:30 | 1:30 MATH SCIENCE | 1:30 |
| | | 2:30 | 2:30 | 2:30 |

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ANNOUNCEMENTS

IMPORTANT DATES

SPECIAL SCHEDULES.

[Week of November 6.](#)

(Prayer Service)

[Week of November 20.](#)

(Thanksgiving)

LC FINALS SCHEDULE. Check the Learning Center website next week for the full LC finals schedule.

Dates: 12/18, 12/19, 12/20

REMINDERS

2018 & 2019. The final dates to register for the ACT in 2017 are fast approaching! [Click here to register today](#)

2021. Remember to come to the LC to complete your 40 minute requirement! 40 minutes in the LC every week. We are happy to help you!

GET SOCIAL

Follow the Learning Center on Twitter (@Wildcat_LC) for daily study tips, standardized testing reminders and more!



Photo by Estée Janssens on Unsplash

FOR THE "ORGANIZED"

You like to know exactly what your day looks like and at what time you have certain obligations. You appreciate routine and you're able to stick to a set schedule. Spontaneity is great, but sometimes it stresses you out.

GIVE THIS A TRY...

- **AN HOUR BY HOUR PLANNER.** See exactly what you have planned for the day and at what time.
- **GOOGLE CALENDAR.** Google Calendar separates hour by hour activities from "daily" activities. Use this with a paper planner or all by itself.

FOR THE "PERFECTIONIST"

You color code EVERYTHING. There are distinct places for all of your assignments, and you can keep track of your items easily. You are spontaneous and creative even though you appreciate structure. Sometimes you plan to a fault and you spend more time "planning" than "doing."

GIVE THIS A TRY...

- **A BULLET JOURNAL.** Spend one lengthy creative session getting it set up. Enjoy the work you've created as you slowly add to it! Google "bullet journal" for thousands of online examples and tutorials.
- **WEEKLY CALENDAR.** Make a "to-due list" or a "brain dump" and then assign certain tasks to each day of the week. You can add your tasks to an existing Google Calendar, [or you can open this PDF in Notability.](#)

FOR THE "SCATTERED"

Keeping track of your assignments is not easy. You forget about appointments or deadlines, or you remember with little time or resources to spare. You have some creative solutions to cope with your schedule, but you would prefer to explore more structured options.

GIVE THIS A TRY...

- **USE WHAT CANVAS GAVE YOU.** Use the Canvas calendar! While keeping in mind that not all teachers use canvas, it's a great place to start when you're trying to get organized.
- **BRAIN DUMP.** Try a less structured approach to start. Just WRITE. Get in the habit of writing everything down. You can keep it as a running list in a notebook or on your phone. Cross off items as you complete them and add items as you see fit.
- **A TO-"DUE" LIST.** Separate your to-do list items by category, then organize the tasks in each category by **due** date.
- **WEEKLY CALENDAR.** Make a "to-due list" or a "brain dump" (see above) and then assign certain tasks to each day of the week. You can add this to an existing Google Calendar, or you can open this PDF in Notability.
- **GET A WHITEBOARD.** Need to see something more frequently? Keep a whiteboard in your room. Use different colors bullet points to keep your thoughts organized. Before you leave for school, take a picture so you have a record. Add to it at school by saving the image and opening it in Notability. Refresh your memory when you get home by adding to your whiteboard at the end of the day.



ARTICLE ROUNDUP

Photo by Danielle MacInnes on Unsplash

HAPPINESS

[“Why happiness is healthy,” Elizabeth Landau, CNN](#)

Summary: Landau links happiness to genetic and environmental factors. Minor lifestyle changes, like practicing mindfulness and “living in the moment,” are plausible “cures” for unhappiness.

[“Why trying to make our kids happy can backfire.”](#)

[Kelly Wallace, CNN](#)

Summary: The article addresses the dichotomy between happiness and unhappiness in children, and how preventing “bad feelings” in children can leave them prone to unhappiness later in life. Parents can encourage happiness in children by practicing gratitude and dedicating time to spend with family and friends “face-to-face.”

[“Awe inspiring: do moments of wonder make us nicer people?”](#)

[Casper Henderson, The Guardian](#)

Summary: “Even brief experiences of awe lead people to feel less narcissistic and entitled, and more attuned to the common humanity we share.” - Piff and Keltner, psychologists.

SLEEP

[“Busy brain not letting you sleep? 8 experts offer tips.”](#)

[Jessica Brown, Science of Us](#)

Summary: How to “turn off” so you can sleep.

ADD/ADHD

[“ADHD’s Secret Demon – And How to Tame It.”](#)

[Edward Hallowell, M.D., ADDitude Magazine](#)

Summary: How to break out of DNM. The Default Mode Network, or DMN, remains active while the Task Positive Network, or TPN, remains active, which contributes to impulsive decisions made by individuals with ADHD.

DYSLEXIA

[“Dyslexia: scientists claim cause of condition may lie in the eyes.”](#)

[Agence France-Presse, The Guardian](#)

Summary: While people without dyslexia have one dominant eye, this article cites studies that argue that individuals with dyslexia have two dominant eyes, meaning the brain has to make sense of two captures of one image.

LEADERSHIP

[“To Be a Great Leader, You Have to Learn How to Delegate Well.”](#)

[Jesse Sostrin, Harvard Business Review](#)

Summary: “You need to be more essential and less involved.”

ASI AVC

ALUMNI VOLUNTEER CORPS

CORNER



DEAR AVC,

Have a question that you would like answered in the next newsletter?

Need some advice from a recent college graduate?

Ask our new AVC! Ms. Gomez is happy to help!



Did you miss the Pop Up Workshops in September? Check out these “6 Math Tips for all Subjects” from Ms. Gomez.

- 1. PRACTICE.** The more you practice answering problems, the better it is for you. Teachers assign suggested problems either from the textbook, practice tests, or another source. While some of these aren't mandatory, they are highly recommended to help you practice and prepare for any kind of assessment. Practicing on multiple problems and different examples of a type of problem build confidence, flexibility, and competency.
- 2. CORRECTIONS.** Always do corrections on quizzes, tests, and homework assignments. Address your mistakes or misconceptions as soon as possible so they don't accumulate over time. Teachers want students to take the initiative to learn what they didn't understand, and they are very willing to help you achieve that.
- 3. CONCEPTUAL KNOWLEDGE.** Ask yourself what the bigger picture is when reviewing a problem. A math student should understand and interpret concepts and the relations between concepts. What is the purpose of that problem? What are you solving for at the end of the day? Where are you heading? Having a better understanding of why you are doing something helps to understand the interrelations between purpose and procedural methods.
- 4. PROCEDURAL KNOWLEDGE.** How's your math toolbox? Math tools, including relevant facts, skills, procedures, algorithms, formulas and methods, should be stored in your memory. Once the tools available are connected to conceptual knowledge to implement the correct procedures become second nature.
- 5. ACADEMIC LANGUAGE.** Math has content-specific terms and is critical understanding the mathematical vocabulary or syntax, understanding and applying this language. Like any language, it takes practice to comprehend and use it independently. It can be intimidating to tackle another language, especially one that includes a lot of abstract symbols and numbers. In order to improve competency of understanding this language, learn the vocabulary and be able to translate it in your own words. To improve confidence in using this language, practice speaking math operations out-loud. Writing down key phrases on how to say something correctly is useful. A teacher or knowledgeable peer can help as well. Language plays a huge role in allowing students to voice questions or misunderstandings in mathematics correctly.
- 6. MATH GROUPS.** Math can be a social and collaborative subject. Make it fun and find peers or tutors that you feel comfortable with. Math teachers willing to help you, but sometimes a better connection with a peer in a more casual setting than the classroom can be made. Speak up, voice concerns and questions, ask someone to repeat something, get help from a group, or be the one to help the group. Teaching helps to solidify understanding.