



LEARNING CENTER NEWSLETTER

SENIORS ONLY • VOL. 3, ISSUE 5 JANUARY 2017

LETTER FROM THE DIRECTOR

Happy New Year – it's still January, so I feel as though we can still use the phrase to celebrate our hopes and wishes for 2017. Some of us have successfully started the year by learning from past experiences, while others may be feeling a bit “flooded” only 3 weeks in. Whatever your personal reality, all of us have processed the past 22 days in individual ways - the only way to experience how our friends, family, or even “foes” might be processing the new year is to engage in open conversation with one another.

Discourse, dialogue, or even debate are staples of academia. One way to process the experiences from the past 22 days is to practice the art of conversation. We have the opportunity for intellectual growth when someone is listening to those words in a one on one or even group setting, but only when the choice is made to personally engage.

Our SI students are challenged to be with and for others, and as our students matriculate through SI, the choice to either be involved in conversations or avoid those conversations is made every day. Despite the potential “growing pains” felt by leaning into discomfort, our hope is that students choose to engage in discourse, dialogue, and even debate as this New Year gives us a chance to start anew and to grow in ways we didn’t know we needed to before 2017.

– Amy Harms

FOLLOW US

 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

SPECIAL SCHEDULES. Keep an eye out for Special Schedules in January! [Week of January 30.](#)

POP UP WORKSHOPS. We have 8 sessions of pop up workshops this month. Each session is limited to 5 students, so sign up ASAP!

TOPIC: Different note taking styles
DATES: 1/17, 1/18, 1/24, and 1/25 all during Lower Lunch and after school.
[CLICK HERE TO SIGN UP.](#)

REMINDERS

SENIORS: Regular Decision college letters are mailed in early March. Finish the last of your applications and visit any colleges you are still deciding on. Don't worry about where your friends are applying or visiting. Focus on what you like about each school.

VOTE

It's time to choose your class color! [Follow this link to cast your vote.](#) More details in the link.

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2 Need a new planner? Check out some of these options!

4 The AVC Corner is back! Read all about Ms. Muray's tips for staying organized.

All 2016 - 2017 newsletters are written and/or compiled by Katie Marconi, LC Coordinator unless otherwise noted.

NEED A NEW PLANNER?

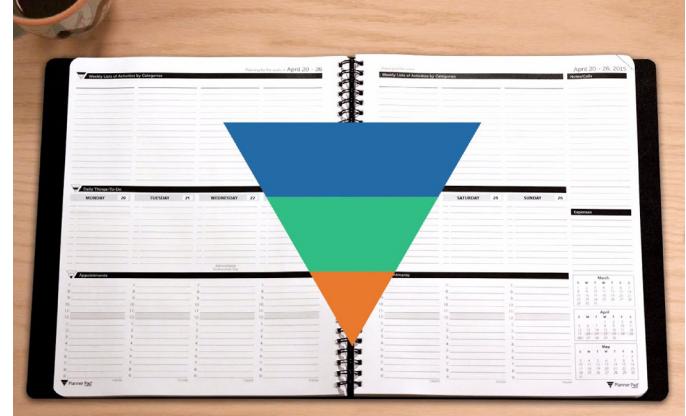
These planners are created to help build executive functioning skills in teens and adults!

The Planner Pad:

3 Step Approach to Executive Functioning

WHY USE THE PLANNER PAD?

The Planner Pad is a weekly planner with 3 sections to help students and parents visually "map" out and consolidate their tasks for the week. The 3 Steps are as follows in order: Categorize (blue), Prioritize (green), and Schedule (orange). The user begins the week by categorizing their tasks into columns. For example, a student user can create headers like "sports" and "tests," while a parent/guardian might have headers like "work" or "exercise." Underneath each header, the user will write down all corresponding tasks they can expect for that week. After all tasks are categorized, the user will then create a general weekly schedule by prioritizing what tasks will be completed on which days. For example, if the student has two tests, one test in Math and another in History, they can plan out their studying and remind themselves of the day the test falls on. Finally, the user will organize these tasks by day using an hour by hour schedule. [Click here to learn more.](#)



PROS:

- This planner was endorsed by the ADDA (Attention Deficit Disorder Association)
- Provides users with structure
- Paper planners AND The Planner Pad App are both available for use (no more losing your paper planner!)

CONS:

- A lot of information required per week – might pressure students to overplan
- Separate costs for the paper planner and the app
- Cannot use the paper planner and the app – must use one or the other

Passion Planner:

Plan & Reflect

WHY USE PASSION PLANNER?

The Passion Planner is "the planner designed with your passions in mind." Each month the user is prompted with points of focus, goals, and space to create a "mind map." Each week is broken down in a day-by-day, hour-by-hour schedule (like a weekly planner) See the example to the right. You'll notice a smattering of goals, questions, a mini mind map, and separate to-do lists for work and life. At the end of each month you will be asked to reflect on how you met the goals for the month and what you would like to do for the coming months. [Click here to learn more](#) (you can even flip through a sample Passion Planner!).



PROS:

- Similar structure to The Planner Pad
- More focus on personal passions and goal setting
- Very student friendly!

CONS:

- No accompanying app for students to use (but they do have free downloads!)
- Not ideal for someone who loses paper planners frequently

Continued on the next page...

more planners to choose from...

Erin Condren: Personalize & Organize

WHY USE ERIN CONDREN'S LIFEPLANNER™?

Erin Condren's LifePlanner™ is a fully customizable organizer that allows each user to choose how they plan their monthly, weekly, and daily activities. [This link has all you need to learn more about the LifePlanner™.](#)

PROS:

- Fully customizable
- Standard planner size

CONS:

- No online options (app or downloads)
- Limited colors, covers, fonts, sizes, and styles
- No prompts or quotes (if that's what you're looking for in a planner)



The Bullet Journal: Completely Personal & Totally Yours

WHY USE A BULLET JOURNAL?

It's super easy! Start with a blank notebook you currently own to create a journal that fits your needs. This journal can be as simple or detailed as you choose. [Follow this link for instructions and suggestions.](#)

PROS:

- Fully customizable because it is yours from start to finish!
- Cheapest option – all you need is a blank notebook!
- Record only what you want to record
- Low stakes so that you won't get "burned out" a few months in

CONS:

- Absolutely no structure
- Might be difficult to maintain if you have low self-discipline



Ms. Marconi's Pick: Passion Planner

WHY THE PASSION PLANNER?

I like a little more structure when I use my planner. It's motivating for me to think about how my day-to-day activities can positively contribute to my long term goals. I've tried to make a Bullet Journal in the past, but I couldn't keep up with it.

WHAT'S THE TAKEAWAY?

Any planner you choose is a step in the right direction! Planning at this level in high school will serve you in college and beyond. It's extremely important to develop these skills and habits now, although it's never too late to start! If you want to talk about how you can be more organized in your day-to-day, stop by the Learning Center and speak to a staff member – we will be more than happy to help.

ASIAVC ALUMNI VOLUNTEER CORPS AVC CORNER



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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! Email Ms. Murray, or check the Resources for Students page for more information.

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Are you ready for 2017? January is the perfect time to get organized. Staying organized can be difficult, but here are a few tips to get you started.

- 1. USE A PLANNER.** There are so many different kinds of planners out there, so find what works for you. See the article in this week's newsletter for more information on planners. I use a bullet journal, but find out what works best for your learning style.
- 2. DOWNLOAD.** As mentioned in the planner article, some companies give you PDF or App versions of their planners. Try opening the PDF in Notability, or download the app, and get to work!
- 3. DON'T LIKE PLANNERS?** Try using the Reminders or Calendar app on your phone or iPad. You can set deadlines for different assignments and get notifications so you never miss anything. In Reminders, you can even set different colors so you can color code your classes and other activities.
- 4. DON'T FORGET YOUR NOTES!** Need to quickly jot down a reminder? Open the Notes app on your phone. You can also make a To Do list or "brain dump" here.
- 5. APPS ARE YOUR FRIENDS!** Your iPad is great studying tool. Try organizing your notes in Notability or Google Drive by class. Use the Canvas app to see what assignments are coming up. Add important dates to the Calendar or Reminders app.
- 6. GOOGLE DOCS.** Before a test or quiz, make a study guide using Google docs and share it with classmates. If you have any questions, write them in

the comments section and ask your classmates to answer them. Check with your teacher if you have any concerns about cheating, or make an agreement with friends before you begin so that the work is evenly distributed.

- 7. APPS CAN BE ENEMIES TOO!** On your iPad, look at your battery usage to see which apps you are using the most. Are some of them apps that diminish your productivity, such as social media, Netflix, or games? Try deleting these apps for a week to see if you are able to pay attention better during class and get your homework done faster after school.
- 8. INSTANOTES.** Do you have trouble copying down all the notes in class? Try taking pictures of the board or projector. Review these photos when you're studying, but make sure you're still writing down the information you need to know.
- 9. USE FOLDERS.** Do you keep everything you need in one place? Try separating notes/tests/handouts and organizing them by class. You can take it a step further and organize by Unit or Chapter as well. You can do this on your iPad too – this will make life a lot easier when studying for midterms and finals.
- 10. USE COLOR.** Color works wonders for visual learners! Use color in your planner, your homework, your notes, or even in your room! There are lots of ways color can fine-tune your executive functioning skills. You can try using a different color for each class, or use a different color for different items in your notes: one for key terms, one for questions, one for headings, and so on.