

Senior Newsletter

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Last Minute Checklist

Inside this issue:

Guidance at a Glance
Lesson 101: Ways to
Control your Anger 2

Parent's Corner: How
To Visit Your Child At
College 2

Study Methods:
Which one are you? 2

Seniors, graduation is now only weeks away. If you have not committed to a college or university, now is the time.

For those of you who have decided already, you still must finalize your decision by:

1. Notifying the school you plan to attend prior to May 1.
2. Having your final transcript sent to your new school using www.ga-futures.org
3. Contacting the

school you have decided NOT to attend. This will allow the school the opportunity to fill that slot. Remember: The school notified you in advance, so return the courtesy.

4. Double check any final deadlines for housing, financial aid,
5. If you have not visited the campus, plan to take a campus visit prior to

your first week of classes so that you will be somewhat familiar with your new environment.

6. Contact your academic advisor either by phone or email to get acquainted with



College Freshmen Tools You Can Use!!



1. Learn how to do laundry before you leave home, there will be no one to do it for you.
2. Don't room with someone you know. You are likely to get sick of each other (pick someone you don't know)!
3. Join at least at least two extracurricular activities. Becoming part of a group, team, or club will make you feel like you belong and help you find new friends.
4. Call your parents regularly. This will ease their worries and give you a familiar voice to call when you start to miss home.
5. Remember to get ample sleep.
6. Attend all dorm functions.
7. Sit near the front of the class.
8. Study! Study! Study! Make good grades! Be in class on time all the time!

Guidance at a Glance Lesson 101: Ways to Control your Anger

Children and teens who do not learn to control their anger often will become angry adults. This kind of emotion can lead to a path of serious consequences like getting arrested, loss of jobs, and isolation. We all get angry sometimes however, there are strategies available that will help us express this emotion in a more acceptable way.

- 1. Tear old newspapers and magazines into shreds and throw it in the trash.**
- 2. Yell in the shower or with loud music playing.**
- 3. Throw a basketball in a hoop.**



- 4. Throw a sponge or towel in the shower.**
- 5. Do chores that require large amounts of energy like mopping, mowing, or raking leaves.**
- 6. Hit the mattress or pillow.**
- 7. Talk to someone about how you are feeling, it may help you to change your mood.**

Parent's Corner: How To Visit Your Child At College

“ Don't relive your college years. Don't drink too much or behave like a student”!!!

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| <ol style="list-style-type: none"> 1. Make sure your visit is convenient for your child. Give Advance notice. 2. Don't expect your child to entertain you the entire weekend. 3. Be supportive, encouraging, positive. Don't criticize. | <ol style="list-style-type: none"> 4. Don't try to re-live your college experience. Avoid talking about your college years. 5. Encourage your child to talk. Ask your child about classes, activities, and friends. Don't set up a conference with your child's professor (this isn't high school). | <ol style="list-style-type: none"> 6. Ask how you can help your child while you are there (buy groceries, run errands) since many freshmen won't be allowed to have a car. 7. Bring homemade cookies or favorite goodies from home. It will be welcomed!! |
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Study Methods: Which one are you?



PRWR Method– Preview, Read, Write and Recite:

1. **Preview Material:** Look over the assignment and the material that are necessary to complete the task.
2. **Read-Reread**– Highlight any information that is important.
3. **Write** down highlighted material and or questions you may have.
4. **Recite** or repeat information- learning takes place through repetition.

Use Acronyms & Acrostics:

1. **Acronyms** are words that are formed by using the initials of a name. ex. WIC= **W**omen, **I**nfants, & **C**hildren.
2. Acrostics is a poem or sentence formed by the initials of letters. TEAM=**t**ogether **e**veryone **a**chieves **m**ore.
3. **Verbal repetition**–

read or reread things aloud. Make up a song, chant, rhyme.

4. **Location Method**– Remember items on a list by imagining each are located in a different place in a familiar room. Or visualize the items on a sheet of paper.

