

## TODAY'S ACTIVITIES

- **BE Aware**

- **DEFINITION OF AWARE:** having knowledge or perception of a situation or fact.
  - We must be aware of the world around us and the importance of our actions in it; none of us stand alone.
- Have students watch the following video about BEing Responsible
  - [Aware Video](#)

- **20 Study Strategies for Finals:** Finals are around the corner, we are only two weeks away. Don't wait until the week of to get started on your studying. Use these 20 study strategies to get started.

Finals week can be the most stressful time for a student, whether in high school, college or graduate school.

Ensure you're prepared for your exams with these study tips, which can help you conquer your finals.

Follow this list as finals week approaches (the earlier you prep, the better) so you can ace your exams from start to finish:

**1. Create your own study guide.**

While many teachers provide a study guide, creating your own can help you understand the material better. Outlining the important information you need to learn can be helpful, both in creation and to refer to during your studies.

**2. Ask questions.**

Your professors and TA's are there to help! Ask them questions regarding the material and the exam so that you're prepared when exam time arrives.

**3. Attend the review session.**

Review sessions offer vital information on exam format, what will be on the exam and key concepts you should be focusing your studies on.

#### 4. **Start early.**

If you always start ahead of schedule, you'll never be cramming the night before an exam. You'll almost always perform better in doing so!

#### 5. **Organize a group study session.**

It can be helpful to study in groups - sometimes. Evaluate whether or not studying with others will be beneficial to the subject as well at your learning process.

#### 6. **Study things not on the study guide.**

Study guides aren't always comprehensive - they're just suggestions of the main concepts to learn. Use your study guide for its intended purpose: a guide. Be sure to fill in the blanks with related information.

#### 7. **Take breaks.**

You won't be able to memorize or comprehend all the material at once. Balance is key - ensure that you reward learning with break times to recharge and relax.

#### 8. **Stay well-rested.**

There's a lot to be said about a good night's sleep. Make sure you're [well-rested](#) so that you can be fully focused during your exams.

#### 9. **Create a study schedule - and follow it.**

Splitting the material into chunks you can actually achieve can be very beneficial. That way, you can keep track of what you've accomplished instead of looking at the big picture and getting overwhelmed.

#### 10. **Prioritize your study time.**

Some exams will be more difficult than others, some you may find easier to study for. Some may be worth more of your grade than others. Make sure to evaluate all of your exams to consider and determine all of the involved factors so you can study accordingly.

#### 11. **Study for the style of exam.**

If it's multiple choice, you'll need to know definitions and concepts. For essay exams, focus on your understanding of all the concepts

presented, with examples in mind.

12. **Quiz yourself.**

If you think about and create actual exam questions, you will likely become more familiar with what you need to study and, in the meantime, familiarize yourself with the type of language that will be on the exam. Draft potential exam questions and quiz yourself so that you can set expectations of what you need to focus on.

13. **Meet with your Teacher or Academic Coach.**

Often times, meeting with an instructor, whether it's a professor or a TA, can give you helpful hints for what to study and ways to prepare for the exam.

14. **Reorganize your notes.**

Evaluate and re-organize your notes into what's important, outlining important concepts, formulas dates and definitions so they're easy to understand.

15. **Pace yourself.**

Make sure you stay focused and don't burn yourself out. A great way to do so is to pace yourself rather than opting for the dreaded all-nighter. You can easily pace yourself by following tips like starting early, creating a study schedule and taking breaks when necessary!

16. **Teach classmates.**

Learning by teaching is a method that really works! If you work with a study buddy and explain concepts to one another, you're re-learning the material all over again. It's a great way to reinforce what you've learned and help someone in the meantime!

17. **Revolve your focus.**

Switching up your subjects is a helpful way to learn everything for your exams while preventing burnout on one topic. Make sure to switch it up *before* your eyes glaze over! That way, you can keep studying for longer periods of time while maintaining your focus.

18. **Color code it.**

Create a system that allows you to color code material that's going to be on the exam by what's most important, less important, etc. This will help you focus on the most pertinent information and prioritize the material.

19. **Visualize.**

If you're a visual learner, it can help to create mind maps or diagrams to visualize how the concepts you're learning relate to one another. This is especially beneficial when learning concepts that build upon the understanding of one another, like in science courses.

20. **Make it fun.**

It's easier to focus if you adapt to studying by quizzing yourself, creating acronyms or rewarding yourself for a job well done. Create a game plan - literally - that allows you to accomplish tasks and be rewarded for each.

For example, why not reward yourself with a piece of chocolate or a sip of your coffee after you've accomplished a new chapter or allow yourself five minutes of free time for every chunk of material you digest?

You can even add in fun factors like power-ups every time you learn a new definition and lose a life, which means you add another definition to your list, when you get an answer wrong!

## **REMINDERS**

- **COMMUNITY SERVICE OPPORTUNITIES**

- **CITY OF LEMON GROVE**

- **21st Annual Community Bonfire** Friday, 12/7/18

- 3:00pm - 8:00pm @ Civic Center Park, 3200 Main St., Lemon Grove

- **Turkey Camp & Winter Camp** 6:30am - 6:00pm

- Multiple Dates:
  - December 26th, 27th, 28th & 31st
  - January 2nd, 3rd, 4th & 7th

- For more information regarding these 2 opportunities, please contact Mrs. Monica Gonzalez, Community Services Assistant at 619-825-3815 or [mgonzalez@lemongrove.ca.gov](mailto:mgonzalez@lemongrove.ca.gov)
- If interested in volunteering for these events, please fill out & submit the [Volunteer Registration Form](#) to Mrs. Monica Gonzalez @ [mgonzalez@lemongrove.ca.gov](mailto:mgonzalez@lemongrove.ca.gov)
- **MOVING GENERATIONS 2019 BUSINESS LAUNCH & FASHION SHOW**
  - Tuesday, 1/8/19 from 5:30pm-8:30pm
  - For more information contact Adonis Gonzalez @ [connect@movinggenerations.com](mailto:connect@movinggenerations.com)
- **Vegan in San Diego Community Service**
  - First Friday Night Markets in San Diego needs your volunteer services. Vegan in San Diego will be hosting their event every first Friday and your help is needed. To sign up please contact Kelly Buffo at 619-249-2541 or email her at [kelly@sdmassage.com](mailto:kelly@sdmassage.com) to sign up.. If you would like more information on the event, click on the title link above.

## **ATHLETIC EVENTS**

- **BOYS BASKETBALL**
  - **Varsity**
    - Tournament - Wednesday, 12/5/18 vs TBA - Neutral Site @ TBD
    - Tournament - Friday, 12/7/18 vs TBA - Neutral Site @ TBD
- **GIRLS BASKETBALL**
  - **Varsity**
    - Wednesday, 12/5/18 vs Lincoln in Matador Classic @ 7:00pm
    - Saturday, 12/8/18 vs Serra @ Matador Classic @ 7:00pm
- **BOYS SOCCER**
  - **JV** - Thursday, 12/6/18 @ Chula Vista High School @ 3:15pm
  - **Varsity** - Thursday, 12/6/18 @ Chula Vista High School @ 3:15pm
- **GIRLS SOCCER**
  - **JV**
    - Thursday, 12/6/18 vs Mira Mesa High School @ 4:30pm
    - Friday, 12/7/18 @ Chula Vista High School @ 3:00pm
  - **Varsity**
    - Thursday, 12/6/18 vs Mira Mesa High School @ 6:30pm
    - Friday, 12/7/18 @ Chula Vista High School @ 3:00pm
    - Saturday, 12/8/18 @ Eastlake Tournament @ TBD

- **GIRLS WATER POLO**

- **Novice**

- Wednesday, 12/5/18 vs Santana High School @ 6:30pm
    - Friday, 12/7/18 @ Novice Eagle Invite @ 4:45pm
    - Saturday, 12/8/18 @ Novice Eagle Invite @ 9:00am

- **JV** - Wednesday, 12/5/18 vs Santana High School @ 4:30pm

- **Varsity** - Wednesday, 12/5/18 vs Santana High School @ 5:30pm