

# AVID December Newsletter

## Upcoming Dates to Know

December 15th- Early release schedule

Dec 18-20- Semester 1 Final Exams

December 22- Winter break begins

January 8th: No School- Teacher Institute Day

January 9th: First Day of 2nd Semester

Dear Parents and Guardians,

We have almost finished half of the 2017-2018 school year! It was a blast to see so many families at the AVID family night on November 28th. We made some of the best gingerbread houses I have ever seen! As students begin to prepare for their final exams, we encourage you to sit down with your student and make a plan to study. Some classes will have exams on finals day while others may have papers or projects due. It is important for your students to know what is expected and have a plan to get it all finished before the deadline. Please see the back page for study suggestions. In addition, once students are back from winter break, course selection for the 2018-2019 school year will begin. Each AVID teacher will be sitting down with each AVID student to discuss what classes they recommend for them next year. We encourage you to talk with your student about what classes they plan on taking and discussing the benefit of challenging themselves with an honors or AP course(s). If you have any questions about what honors or AP courses might be appropriate for your student, please reach out to me, their AVID teacher, or Mrs. Lopez, their AVID counselor.



## COLLEGE ACCEPTANCES!!

Senior college acceptances since the last newsletter

Andrea Amador: Bradley, Depaul, Loyola, UIC, Dominican  
 Ana Acosta: Dominican, Northeastern, Eastern Illinois, NIU, Rockford, Northern Michigan  
 Rachel Argomaniz: Dominican, NIU, Eastern Illinois, U of I Springfield  
 Stephanie Caballero: Eastern Illinois, North Michigan, U of I Springfield  
 Alondra Calixto: Colorado State, U of I Springfield, NIU  
 Ruben Camargo: ISU, Butler  
 Eddy Davalos: Dominican, U of I Springfield, Northeastern, Western Illinois  
 Brenda De La Cruz: NIU, Dominican, Northern Michigan, UIC  
 Kayla Gonzalez: Loyola  
 Sheyla Gonzalez: Eastern Illinois, Northern Michigan, U of I Springfield

Jacky Leon: Carthage, Benedictine, U of I Springfield, Coe College  
 Jenifer Martinez: Columbia  
 Lilly Martinez: Dominican, Coe, UIC  
 Jorge Mendoza: North Michigan, Northeastern Illinois, U of I Springfield, NIU, Dominican  
 Yazmin Moreno: Rockford, MacMurray, Western Illinois, Aurora  
 Mireya Ortega: Dominican, Elmhurst College  
 Brenda Ramirez: Bradley, Loyola, NIU, Dominican  
 Aaron Tellez: Milwaukee School of Engineering  
 Evan Salazar: Culinary Institute of America, Paul Smith's College, Johnson & Wales  
 Janet Salgado: Dominican, NIU  
 Angie Uvaldo: UIC, Rockford, Loyola, U of I Springfield, Coe, NIU

## How do I help my student study?

1. **Watch this video:** It is about study strategies from scientists who study learning at <https://goo.gl/US8M1V>
2. **Find a quiet place for them to concentrate:** A stable environment for a particular activity can help put your student in the right mood and mind frame to complete the task at hand. The same applies for engaging in studying.
3. **Make them put away all technology or other distractions:** students think they can “multi-task” but in reality their brain cannot concentrate on two things at one time.
4. **Practice ACTIVE study techniques:** Many students default to just reading their notes or the textbook over and over, but this strategy is ineffective. Students should quiz themselves on the material. They can do this with note cards or answering the questions on their Cornell Notes. Many textbooks offer online quizzes students can use as well.
5. **Spread studying out over time and take scheduled breaks:** cramming the night before will most likely lead to stress and failure on the test. Students should study a little everyday. In addition, students should set breaks between their studying to help them remained focused. A good strategy is to work for 20-25 minutes, take a 5 minute break, and then start the timer again. They will likely get more done with this schedule than trying to stay focused for 60 minutes with no break.
6. **Interested in learning more?** Please visit our youtube playlist of study strategies at <https://youtu.be/RH95h36NChI>



## College Corner

What is the difference between a grant and a loan? What are my loan options?

- **Grant:** Grants are a type of financial aid that does not have to be repaid. Offered by the federal and state government, as well as by some institutions, grants may be merit-based, need-based or student-specific. Examples of student-specific grants might include grants for minorities, women, and students with disabilities. The competition for grants is usually fierce since no repayment is required.
- **Loans :** Offered by both the federal government and private institutions, loans are money that you borrow to attend college. You must repay your loans with interest. Loans provide students and families with immediate access to funds to help cover the cost of college.
  - Types of Federal Loans
    - **Subsidized Loans**-Subsidized student loans are available for students who have demonstrated financial need. They have slightly better terms than unsubsidized student loans, because the US Department of Education pays your interest while you are in school and for a six month grace period after you graduate.
    - **Unsubsidized Loans**-Unsubsidized loans are available to students regardless of financial need. Students are responsible for repaying interest during all periods.
    - **PLUS Loans**-PLUS loans are loans made to graduate or professional students and parents of dependent undergraduate students to help pay for expenses not covered by other financial aid options.
    - **Perkins Loans**-Perkins loans are school-based loans for undergraduate and graduate students with exceptional financial need.

## Meet an AVID Junior!

**Name:** Luis Cruz

**Future College Major:** Petroleum Engineer

**Top college choice:** Texas Tech

**Favorite class (besides AVID):** Government

**Most helpful part of AVID:** They make you stay on the right track and take care of school assignments on time

**Advice to AVID students:** You only get out of it what you put into it.



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