

AVID September Newsletter

Dear Parents and Guardians,

The 2017-18 school year is in full swing, and we have been very busy in the AVID program. The Freshmen classes are working on their note taking skills and organization with their binders and learning how to ask good questions with their Tutorial Request Forms. Sophomores are working on learning different ACTIVE study skills to help them succeed as they take more rigorous courses. The Juniors are working on their time management skills to help them stay productive during the busy Junior year. They will also be taking the PSAT/NMSQT on October 11th to help

them prepare for the SAT this spring. Finally, the Seniors are applying to colleges and will be starting the Free Application for Federal Student Aid (FAFSA) shortly. We have already visited several colleges this fall including Loyola University, Dominican University, University of Chicago, University of Wisconsin Milwaukee. In October, the Sophomores will visit Carthage and the Freshmen will visit Northwestern.



Upcoming Dates to Know

- October 1st: FAFSA opens!!!
- October 9th: Columbus Day- No school
- October 11: PSAT test for Juniors at MHS
- October 17th: Universidad de Padres @ 6pm
- October 20th: Teacher Institute Day- half day dismissal
- October 24th: Parent-teacher conferences
- November 28th- AVID Winter family night



AVID Juniors at Loyola University

Annual AVID family picnic



CORNELL METHOD NOTETAKING

IS SO EFFECTIVE OMG WHY WEREN'T WE TAUGHT THIS IN STUDY SKILLS
by lavidapoliglota.tumblr.com

~2 inches

2. THIS IS THE RECALL COLUMN

As soon as possible after lecture, review the notes column, take main ideas, key concepts, and important facts and write them in the recall column

1. THIS IS THE NOTES COLUMN

During lectures, note main ideas and concepts. Don't mindlessly copy - rephrase what you can to retain information

Skip one line between ideas, several between topics

Avoid writing in complete sentences, use symbols and abbreviations, e.g.:

Pelayo, a descendant of the Visigoth aristocracy, founded the Kingdom of Asturias in 718.

Pelayo (dscdt/Visigoth arist.) fd. Asturias 718

3. THIS IS THE SUMMARY SECTION

GUESS WHY IT'S CALLED THAT

Summarise main points here at the end

<http://www.heritagehawks.org>

Why Cornell Notes??

In AVID, all students are required to use a focused note taking system to help them take better, more organized, and more effective notes. The purpose of Cornell notes is not the paper they take them on, but instead the system and process they use to review and revise their notes during and after class. The Cornell note system is based on research about the brain and memory. Research demonstrates that students memories work along a forgetting curve, and they lose most of what they learned in 24 hours if not reviewed. The Cornell Note system forces students to review and revise their notes in order to prevent the forgetting of memories. As AVID teachers we require our student to take notes in class, write questions in the left hand column, show evidence of repetitions (highlighting, added info, visuals, etc.), and write a summary. The goal is for them to do one of these things each night, not wait until Thursday night to do them all!

College Corner

AVID seniors are required to have a "Top 5 College List" with at least 1 safety, 3 match, and 1 reach school. So what does all that mean?

- **Match Schools:** A match school is one in which your transcript mirrors that of the average freshman. Therefore, your GPA, SAT/ACT scores and coursework (college prep, honors, etc.) are "match" with those usually admitted. While this will not guarantee an acceptance (especially considering that extracurricular activities, essays, etc. will come into play), you can apply with confidence and the understanding that you have a great shot.
- **Reach Schools:** Unlike a match, reach schools are colleges where your academic qualifications are below the average accepted student. When considering a reach school, it's still important to be realistic. It's quite unlikely you would gain entry to an Ivy League university with a 1.5 GPA. However, even if your SATs might be 100 points lower than average or you have a 3.4 GPA instead of a 3.8, if you really like the school, you should still apply! You never know what will happen.
- **Safety Schools:** A safety school is one in which your GPA, ACT/SAT test scores and coursework exceed those of the average accepted student. Consequently, there is an extreme high (almost guaranteed) chance that you will be admitted.

Meet an AVID teacher!

Name: Kristen Behrens

Years teaching: 11 years

Subject: English, Reading, and AVID

Favorite thing about Mundelein High School: I believe that we have the most friendly students & I love our diversity!

Reason you decided to teach AVID: I want to promote positive change in our community, & higher education allows students to reach their true potential!

Favorite part of the AVID program: Becoming an AVID family with my classes!



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