

Study Skills 101

I. **INVEST** time in developing great study skills.

1st Step: Be organized and keep a planner!

2nd Step: Read over your notes nightly! Massed studying the night before a test or quiz is never as efficient or long-lasting as studying notes for a few minutes each day.

3rd Step: **MAKE** great notes, don't just take notes. Preview your text before reading it. Make notes while reading and pay close attention to examples and explanations. After reading your text, **THINK** about what you just read and try to come up with your own examples and applications. Remember that more notes is not always better, record only the main points.

2. **GET ample sleep.** Just like your body is still growing, so too is your brain. For your brain to fully develop to its fullest potential you must get 8-10 hours of sleep each night! Being fully rested allows you to be alert and focused in class. Sleep solidifies learning.

3. **EAT healthy everyday.**

4. **ATTENDANCE matters!**

Just feeling blah is not an excuse to stay home.



Have enough **COURAGE** to do the right thing when running away from the problem seems much easier. *II Timothy 1:7, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."*

Have enough **CARE and CONCERN** to fight for others when you could be looking out for yourself. *Philippians 2:4, "Look not every man on his own things, but every man also on the things of others".*

Have enough **HONESTY** to uphold the rules when you could be living outside them. *II Corinthians 13:7b, "but that ye should do that which is honest".*

Have enough **RESPONSIBILITY** to handle great power. *"With great power comes great responsibility."* *Luke 12:48b, "For unto whomsoever much is given, of him shall be much required".*

Have the **CAPACITY** to keep learning from mistakes, growing stronger and better. *Philippians 3:14, "I press toward the mark for the prize of the high calling of God in Christ Jesus".*

Have **FAITH** in God and His blessings will be abundant! *Hebrews 10:23, "Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)"*

My door is always open!

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Welcome to Junior High!

...The **FUN**
Continues



Self-Esteem and feeling good about yourself!



As you enter into junior high you will find that many changes will occur but they are all part of growing-up! One change you will encounter is a shift in self-esteem. This may be confusing at times but is an important part of discovering who you really want to be.

Follow these steps to build positive self-esteem.

STEP 1

Don't compare yourself to others! Instead, evaluate whether or not you are using the talents that God gave you. 2 Corinthians 10:12-13 reminds us of this... "For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise. But we will not boast of things without *our* measure, but according to the measure of the rule which God hath distributed to us, a measure to reach even."

STEP 2

Focus on your best qualities! God gives everyone different talents and abilities (For you are fearfully and wonderfully made). Focus on your strengths and then work on improving your weaknesses. "I can do all things through Christ which strengtheneth me!"

STEP 3

Think positively! Don't criticize yourself or others. Try making a list of 5 things about yourself that make you happy or make you unique! Look at it daily and update as needed. Focus on these while building your character and not on your bad hair day or the new pimple that just showed up this morning.

STEP 4

Get involved with helping others! Once you start thinking about other people and make a positive contribution to others your problems seem smaller and easier to handle.



STEP 5

Don't give-up when you fail! Continue to challenge yourself while setting realistic goals that can be accomplished with practice. You will find yourself improving with each try.

STEP 6

Speak up for yourself! Share your ideas and opinions with others. Ask for what you want assertively but respectfully and remember that there is no guarantee that you will always get what you want. Stand-up for your beliefs even if others put you down for them. You can make a difference!

STEP 7

Exercise and eat right! Not only will your body and grades improve but it will also relieve stress.

STEP 8

Develop a hobby or a friendship with someone! Find something to do that you enjoy. Make friends with people who love you for who you are not what you wear.

STEP 9

Be forgiving and kind! If your friends or family make mistakes, forgive them and do the same for yourself. Ephesians 4:32, "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

STEP 10

Enjoy life, have fun, and seek God's will daily! Happiness is a choice. Choose to live life to its fullest. Psalm 144:15b says, "happy *is that* people, whose God *is the LORD*"! Get creative! Try to think of alternate options and possibilities rather than depending on only one choice for satisfaction in life.

Tip for parents: Set appropriate boundaries and communicate the importance of self-discipline and time management skills.

Demerits?

The demerit system serves as a warning system to help get you "back on track". They are not a final punishment.

Dress Code?

Tucking-in, haircuts, and belts all help to prepare you for your future career. And you never know what opportunities you may run into, but looking good always gives you a head start!

Classroom Etiquette?

*Respect for peers and all teachers is a great way to let our Christian love shine through!
*Tattling only hurts others, while reporting that someone is hurting others or being hurt can help.

*Use the restrooms during your passing periods!



*Kind words and compliments are always in style. Everyone is self-conscious about how they look.

*Be prepared for class...textbooks, paper, pencil, etc.

*Take responsibility for your actions, both good and bad.

Personal Hygiene?

Taking care of yourself is a must! Washing your hair, using a Kleenex not your finger, and wearing deodorant is part of growing-up.

Personal Bubbles?

Most people don't like to be touched or crowded. Avoid bubble-burst by keeping your hands to your self!
Bullies never prosper!

What about the rules?

