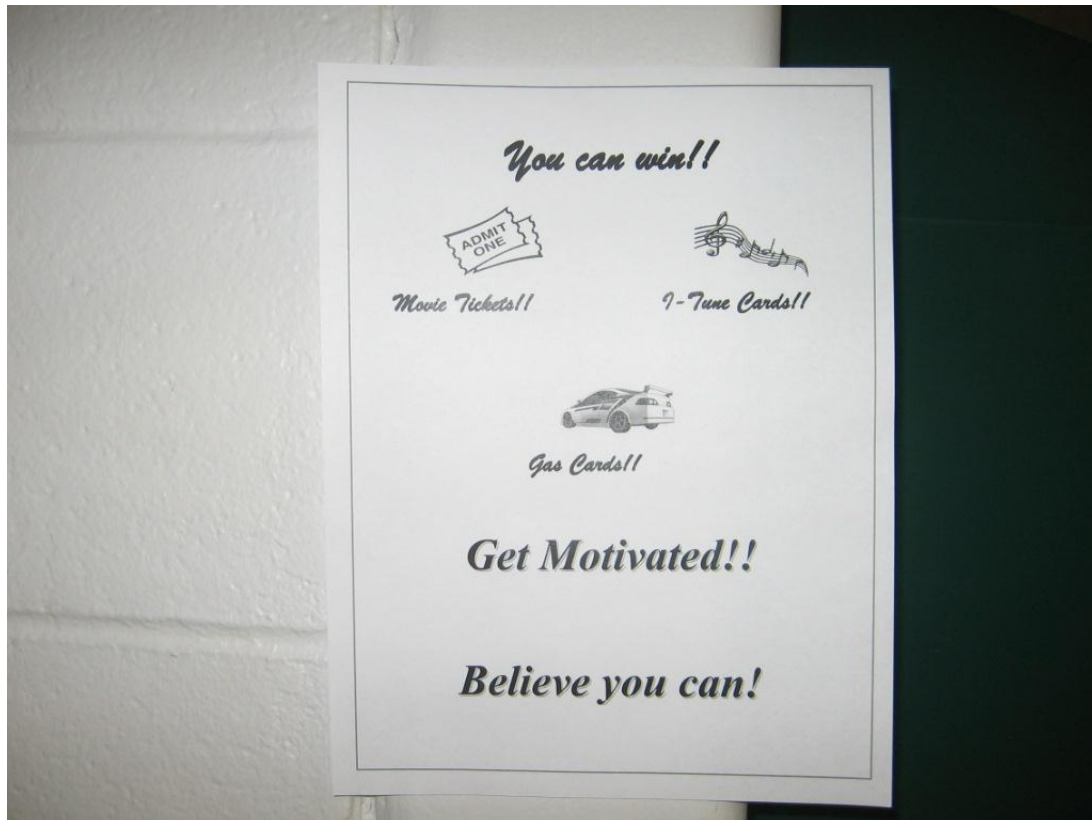
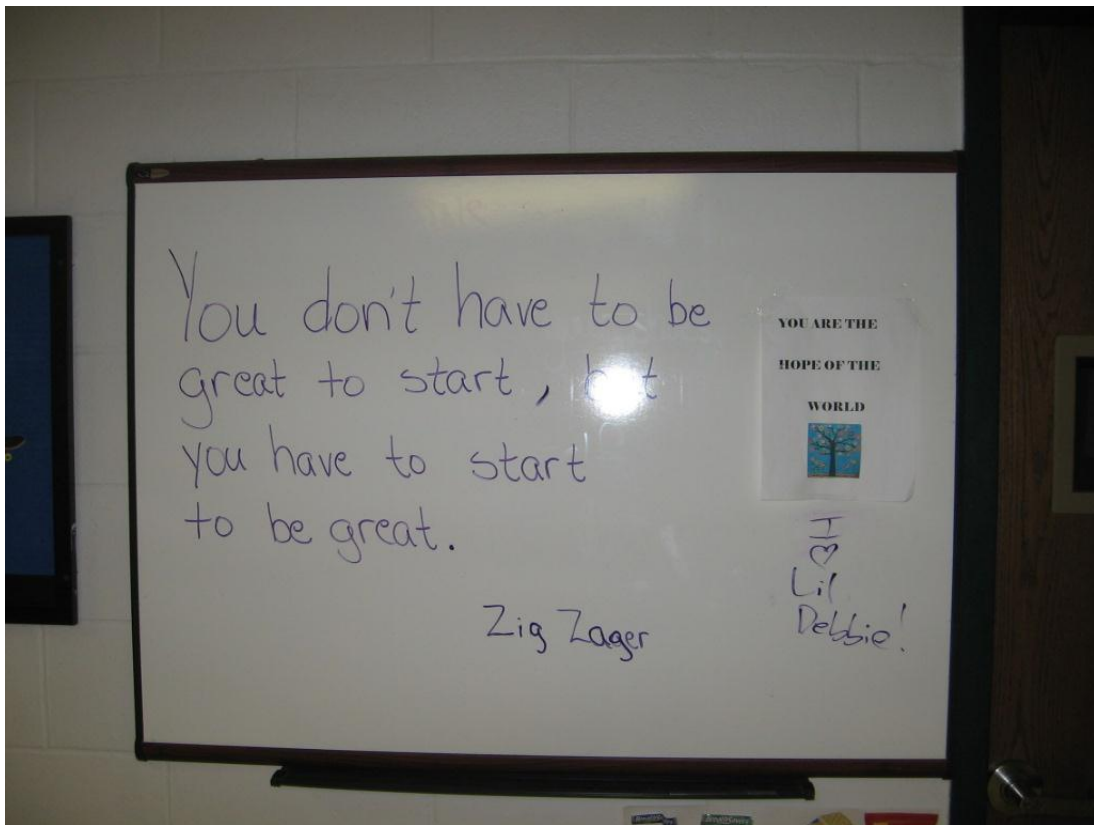


BUILDING GOALS EFFORTS

MOTIVATION







LIBRARY

March Into Motivated Madness!

Want to earn prizes and be on the road to graduate?

There are three ways:

1. Work as a team with your grade to raise your average GPA's the most. (raise your grades)
2. Raise your own GPA the most (top 3 in each grade wins)
3. Improve your grade the most in any class.

★ Check out the bulletin board in the foyer for more information. ★

How do we improve our grades/GPA?

- Complete all work
- Ask for help from teachers
- Study for tests
- Ask teachers for help with studying
- Pay attention in class
- Take good notes and use them to study
- Use assignment books
- Make flash cards
- Use CCR Lab effectively
- Study during lunch

Please Fill
Vote Lesson Schedule - Feb-March 2012
Mr. McDonald, Your Grade Teacher, etc. 3-12

Week 1	Week 2	Week 3	Week 4	Week 5
Period 1	Period 1	Period 1	Period 1	Period 1
Period 2	Period 2	Period 2	Period 2	Period 2
Period 3	Period 3	Period 3	Period 3	Period 3
Period 4	Period 4	Period 4	Period 4	Period 4
Period 5	Period 5	Period 5	Period 5	Period 5

Week 1	Week 2	Week 3	Week 4	Week 5
Period 1	Period 1	Period 1	Period 1	Period 1
Period 2	Period 2	Period 2	Period 2	Period 2
Period 3	Period 3	Period 3	Period 3	Period 3
Period 4	Period 4	Period 4	Period 4	Period 4
Period 5	Period 5	Period 5	Period 5	Period 5

Safety & Health

Give your attitude a positive charge

— by Andrea Niles

STUDENT PATHS FALL '19

While being optimistic isn't always easy, adopting a positive attitude can unleash a 'spiral of success.'

It may seem like being happy is always just around the corner. It's easy to think about things you're excited to do, to have more of. Focusing instead on the positives can make life and overcoming your struggles a little easier. Recognizing that life naturally has ups and downs, and being willing to push through hard times will make all the difference. Here's the good news: Simply having a positive attitude can help you feel good and achieve more.

You've heard the popular saying: Life is 10% what happens to you and 90% how you deal with it. This has proven true for many very successful people. Here's a lesson from people who have faced roadblocks and have not given up.

They tried, and tried, and tried again

J.K. Rowling, author of the Harry Potter books, was one step from being homeless and was jobless before she followed her dream of becoming a writer. The manuscript of the first Harry Potter novel was rejected by 12 publishers. Persistence paid off. Though, her books are now popular around the world.

Basketball great Michael Jordan didn't make his school's varsity team as a sophomore in North Carolina. He practiced morning and night year-round to develop his skills, and is now generally considered the most successful basketball player of all time. It is easy to work we could have done or do more, but it's important to realize that perception is personal. You get to choose what is good enough.

When we also choose to see things that are positive and not just negative we get a much more comprehensive picture of what is actually realistic," states Shana Vas, director of the Cognitive-Behavior Therapy Program at the University of Chicago.

A shot of positivity

If you are having a down day and need to inject some positivity, take Vas' advice and choose one of these activities.



1. Write down the things that are going well in your life. In a recent study, a group of adults wrote down three things that had gone well each day and why, for a week. Participants reported happier feelings for six months afterwards.

2. Determine five of your top strengths. Challenge yourself to use one of these each day for a week. A similar study by Martin Seligman, Ph.D., tracked people who did this, and volunteers also reported increased happiness for six months' time. It is possible to be more optimistic. Research suggests that even pretending you are happier can make you feel better.

Start the spiral of success

If you do not feel very optimistic, think about how things could gain momentum and positively affect your next move. For example: You adopt a positive attitude toward studying rather than feeling like it's torture; over time, hard work pays off and leads to success on a test; you receive positive feedback from a teacher or parent, which inspires a desire to work hard again in the future, and so on. Adopting a certain attitude can foster a spiral of success.

Not convinced? Being happy with what you have does not mean ignoring your goals or desires to achieve great things. It simply means focusing on what is good about today. Studies show that optimists (not perfectionists) do better in school, sports and relationships than pessimists do. They also make more money.

Give yourself a break and recognize your achievements. Use your talents and feel good about them. Don't worry too much about small setbacks, and realize that even the most successful people have dealt with hardships in life.



Leah Ferguson
New England Real story
bit.ly/SQW4P



Abby Antkowiak
Pacific Northwest Diary
bit.ly/NWKF4

Konka College-George H. Ball Scholarship A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	George Diller Sr. Memorial Scholarship A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	HOBBS Leadership Scholarship A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	MARINE CORP SEMPER PARVUS (Bursar) A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	ARMY PETERSON BURSAR SCHOLARSHIP A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Girls State A leadership award program presented annually to a female student who has demonstrated exceptional academic achievement and leadership skills.	BAUSCH AND LOMB The award recognizes a female student who has demonstrated exceptional academic achievement and leadership skills.	Alexa Holley Memorial Award A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.
MARINE CORP SEMPER PARVUS (Bursar) A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Lawrence E. Payne Scholarship Fund A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Mason's Award A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Frank Snyder Memorial Masonic Scholarship A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	AIR FORCE ATHLETE A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Boys State A leadership award program presented annually to a male student who has demonstrated exceptional academic achievement and leadership skills.	AIR FORCE SCHOLARSHIP AWARD A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Leon Krause Memorial A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.
Anita Miller Post Scholarship A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Newfield Fire Company Award A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	Kodak Young Leaders Award (Junior) A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	MARINE CORP DISTINGUISHED ATHLETE AWARD A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	ELMIRA COLLEGE KEY AWARD A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	CLARKSON LEADERSHIP AWARD A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	CLARKSON LEADERSHIP AWARD A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.	AIR FORCE AWARD A scholarship awarded to a student who has demonstrated exceptional academic achievement and leadership skills.

march into motivated madness!

Champions:

Team with the greatest improvement in average GPA

Wins a movie in the auditorium

End of Marking Period: March 8th

	MP1	MP2	MP3	MP4	Change
Freshmen	84.9	84.7	84.5		
Sophomores	85.5	85.5	85.9		
Juniors	83.0	83.2	83.2		
Seniors	86.2	85.4	86.1		

MVP's from each team:

team members who raise their individual GPA's the most

Receive Choice of:

1 iTunes card
Movie tickets
Or Gas card

Most Improved Player:

most improved grade in any one class

Receive Choice of:

1 iTunes card
Movie tickets
Or Gas card

Freshmen

1 _____

2 _____

3 _____

Sophomores

1 _____

2 _____

3 _____

Juniors

1 _____

2 _____

3 _____

Seniors

1 _____

2 _____

3 _____

MUTUALLY SAFE AND RESPECTFUL



Welcome



To keep the library a comfortable and welcoming place in your school, please be considerate of others by:

*Following building expectations of no headphones, electronics, phones, etc.

*Working quietly and independently to minimize

AESTHETICS







SERVICE

