

# The Wednesday File

January 13, 2016



## Essential Tips for Exam Success – The CASTLE Room

The truth of the matter is that exams can be daunting. This is because the writing of exams is not meant to be fun. The purpose of an examination is to measure how much a person has learned about a specific subject and to see if the individual can use the information in new situations. If students are *well*-prepared for an exam they usually do perform well. The process of preparation helps sharpen the mind of the student leading up to the examination date. If prepared ahead of time, students begin to feel calm after reviewing various topics within the subject area. The sensation of calmness also relieves anxiety and stress. Here are some essential tips for exam success that can help your son(s) study for exams.

### 1. Plan Study Time in Advance

Do not wait until the last minute, such as the night before. Create a timetable from which to study using the school agenda. Write down the exams on the given days – in the monthly calendar and the daily agenda. Take a look at each of the days leading up to the exam(s), and record appropriate times to study.

### 2. Organize Notebooks and Binders

It is very important to have all notes in order for every subject. Loose sheets, including previously written tests, should be placed in the appropriate areas by date and unit. When notebooks are complete, place them with their corresponding texts and binders. This helps a student look for information when answering questions from his Exam Review Sheets provided by the subject teachers.

### 3. Define Terminology and Use Graphic Organizers to Study

Define terminology by using one's own words. This helps students remember and understand the terms or topics for a longer period of time. Write down the proper term and the reworded definition beside the term. Memorizing is best for names, dates, the periodic table, and new vocabulary.

*Use a T-Chart* – The student should write down everything he knows about the topic on one side. He should then highlight any missing gaps and write them on the other side. Once the gaps are filled in, he should write down everything known about the same topic again on one page. Once complete, have your son reread the page several times until he can verbalize everything he knows and understands.

*Use Cornell Notes* – Cornell notes are another great way to help one study. This system helps a student learn to summarize a lot of content about an important topic. Write down the main topic at the top of a blank page. Then, using a ruler and pen, divide the blank piece of paper into three sections under the title or main topic by drawing a vertical line about three inches from the left side of the page, and approximately  $\frac{3}{4}$  down the page. This left section is used to write Important Topics, Names, and Dates. Following this, draw a horizontal line across the bottom of the vertical line across the page. The viewer should now see an image resembling an upside down “T” with three sections. The right side of the page is used to write or explain definitions or key points about the important topics, people, or dates outlined on the left side. Use this space to also draw images such as cells for Science. The bottom of the page is used to summarize the information already outlined in the first two sections. To fill this in, verbalize what is known about the specific topic and then write down the information that is shared in 3-5 sentences. The Cornell Notes are visually appealing and easy to follow when it is time to reread and study.



\*Samples of the T-Chart and Cornell Notes can be found in the CASTLE Room. Pick yours up today!

#### 4. “Two Heads Are Better Than One” - Study or Explain Your Answers with Others

Studying with a friend can be fun and rewarding because each student can learn from the other. Study partners can explain to one another what each knows about a topic and record important key notes using one of the graphic organizers suggested above. If studying with a friend is too distracting for your son, have him share with you and explain what is understood through written word after reading his class and study notes. Give sample questions and have him explain his answer to it. Highlight any areas that may need more work and continue to review.

#### 5. Take Regular Breaks

There are some students who prefer to “cram”, but many students cannot study properly under such pressure. Once a study timetable is set in place, study 20 – 30 minutes on one topic, take a 5 minutes break and review the studied information for another 10-15 minutes. Taking short breaks in between studying sessions helps students remember what they have just learned. Elementary students have short attention spans and, with short bursts of learning, the mind is more attentive and alert in the beginning. For young learners, it becomes more difficult to concentrate for a longer period of time, especially if two or more topics are reviewed together.

#### 6. Eat and Sleep Well

Try to avoid a lot of sugar or junk food. Too much sugar and carbohydrates create a “high” followed by an instant “low” in body energy. Students who eat sugar and junk food feel tired and inevitably lose concentration and focus. Prepare healthier snacks and meals. Healthier meals provide the right energy to be alert and to study. It is also important to have a full 8 hours of sleep the night before an exam. The brain needs enough rest to function properly the following day.

By keeping these tips in mind, the informed student is bound for success. It is important to remember the profound insight by Benjamin Franklin, “By failing to prepare, you are preparing to fail.”

**Karolina Siauciulis**  
**CASTLE Program Director**

## Bring a Friend to School Day

On Friday January 22<sup>nd</sup> we are excited to be able to give friends of our K-Grade 4 boys the chance to come and enjoy a day at Northmount!

For parents of boys in the T(C)DSB, this date is a PD day and may well solve their daycare needs. It also serves as an opportunity for us to share that “*je ne se qua*” of Northmount. We all know that justice cannot be done to Northmount without experiencing it in person.

So, do you know a young man in your son’s network of friends who might be interested in a fun, engaging and memorable day as a Northmount Knight? If so, please reach out to their family and make the connection.

Please RSVP to Chris Ruch, [chris.ruch@northmount.com](mailto:chris.ruch@northmount.com) along with the attached permission form.



— Everything is —

**BETTER**

WHEN YOU BRING YOUR FRIENDS

**FRIDAY, JANUARY 22, 2016**

The graphic features three fingers with simple black drawings of faces and arms, appearing to smile and wave. The text is in a mix of purple, grey, and black fonts, with 'BETTER' in large, bold, grey letters.

## Character Corner

In January we focus on the virtue of *obedience*. Here is an appropriate article:

### Obedience as an Act of Love

<http://muffindome.com/obedience-as-an-act-of-love/>

## Kiwanis Choir Auditions are Here! Come out and show your vocal talent!

The Kiwanis Choir is open to all students in Grades 3 to 8. Students should prepare one short piece of his choice and be ready to sing a short part of Mr. Stevenson's choosing. Students will have maximum of 3 minutes to present.

Auditions begin at 4:02pm on Wednesday, Jan. 13, Friday, Jan. 15 and Monday, Jan. 18.

Kiwanis Festival is to be held on Wednesday March 2nd at Crescent School (transportation will be provided by the school). Come one and all and sing your heart out!

## A Request From the Art Department

January is a great time to clean out our closets after the Christmas season. Please donate to the Art room any extra long sleeve men's size small, medium, and large dress shirts or casual shirts. There will be a drop off box set up at the front of the school by Mrs. Withers' desk. These shirts will be used for grades 5 - 8 students when they are painting or creating sculpture. A new set of art smocks have been purchased for grades Kindergarten - 4 to use in Art classes.

## Upcoming Events

Tuesday, January 19, 2016	Grades 7-8 Exams
Wednesday, January 20, 2016	Grades 6-8 Exams Clubs Begin
Thursday, January 21, 2016	Grades 6-8 Exams
Friday, January 22, 2016	Grades 6-8 Exams Bring a Friend to School Day
Sunday, January 24, 2016	Family Mass and Potluck Dinner
Monday, January 25, 2016	Spirit Week—Hot Chocolate Day
Tuesday, January 26, 2016	Spirit Week—Crazy Hat Day
Wednesday, January 27, 2016	Spirit Week—Crazy Hair Day Pizza Lunch and Dress Down Day
Thursday, January 28, 2016	Spirit Week—Crazy Tie Day Grades 7-8 Camping Trip
Friday, January 29, 2016	Spirit Week—House Colours Day K-6 Trip (AM) and Talent Show (PM) Grades 7-8 Camping Trip