

## GEARUP SUCCESS PARTNERSHIP

UPCOMING EVENTS  
at Cincinnati Public Schools

## Monday, August 27

Board of Education meeting  
7 p.m., Education Center  
2651 Burnet Ave. Auditorium

## Aug. 27–31

Ohio Achievement Test (OAT)  
Pre-testing

## Monday, Sept. 3

Labor day, schools closed

## Monday, Sept. 10

Ohio Graduation Test (OGT) practice  
Grades 9 and 10

## Sept. 17–21

Midterm week

DID YOU KNOW?  
COLLEGE PAYS!

Scholarships are money for college that you don't pay back, and they are often based on factors other than financial need. Good grades attract scholarships, but you might be surprised at other reasons scholarships are awarded, such as:

- Chosen major or program
- Gender and race
- Military background
- Parents' place of work
- Artistic ability
- Religious affiliation
- Leadership ability

Check out this link for local college and university scholarships:  
[www.strivetogether.org/resource\\_center/Scholarships64.htm](http://www.strivetogether.org/resource_center/Scholarships64.htm)



Serving 3,800 students in 23 Cincinnati Public Schools

For more information:  
phone 513-556-3611  
or fax 513-556-1037

# Back To School ready to learn



## Skills for School – and for Life!

**W**hether this is your first year in middle school or your last year in high school, you can improve your grades by mastering these basic skills. They'll help you do — and be — your best in class, on the field, in clubs and at home. And they'll serve you well beyond high school, into college and throughout your life.

- **Manage your time and you manage your life.** We all have the same number of hours in a day to work with. Getting that time under control isn't always easy, but it's worth it. Use a planner *every day*, and use a calendar to plot the bigger projects over weeks or months. Enter due dates, tests and events, no matter how obvious they seem. You might think you'll remember everything, but your life is fuller than you real-

ize. Don't risk paying the price for something you miss! Set priorities: what's urgent, what's important, what's "a need" vs. "a want." Be disciplined, but flexible.

- **Develop good study habits and watch your grades improve.** Don't skip class, come prepared, and do your assignments. Schedule daily study time, work in the same place and keep all supplies there. Studying with a partner can be helpful, but often turns into a talk-fest. If you have trouble staying on task with a study buddy, it's better to go it alone.

Note-taking skills are vital; they train your brain to focus on the important stuff and help you recall it later. Take good notes and review them often (don't just cram before a quiz!) Need help with note-taking? The Web site below has great tips you can download and print. Or ask your librarian or GEARUP resource coordinator for a book or an article. [www.dartmouth.edu/~acskills/success/notes.html](http://www.dartmouth.edu/~acskills/success/notes.html)

- **Learn to motivate and reward yourself.** Most teachers try hard to motivate students, but it's really up to you to find a reason to learn and to commit to academic success. Even if a class or a teacher is "boring," look for something positive you can take away. Think of it as a challenge to overcome, or focus on what it will do for you ("Doing well in this class will help me get into the college program I want.") Then reward yourself at term's end with a new CD, a night out at the movies, or a special treat you've saved for.
- **Deal creatively with problems and learn from your mistakes.** Life isn't always smooth, and the road to success is usually paved with challenges! Just as you won't build muscle without resistance training, you won't develop character without a few obstacles that push you out of your comfort zone. Remember, failure isn't final. When things go wrong, figure out why and plan to do something differently next time. Don't be too hard on yourself. The only people who never fail are those who never try.

### Does your brain need to go on a diet?

You may think there's not much you can do to "grow" your brain power, but there is! Your brain is an organ, after all, and it thrives on good food just as your other body parts do. A fit brain means clearer thinking, more manageable emotions, fewer mood swings, "smarter" behaviors. What better time than the start of a new school year to start eating the foods that will nourish your body and improve your brain power?

#### The Well-fed Brain

To function at its best, your brain needs:

- "Good" fats to make the cells that allow you to think and feel
- Protein to create your brain-cell network
- Carbohydrates for energy to move and motivate you
- Micronutrients to protect brain cells from damage

These are some of the foods to include in your diet in order to build up your brain.

**Fats** — fish rich in omega-3 essential fatty acids, like salmon, sardines, trout, tuna; avocados; fresh coconut; extra virgin olive oil; lean meat and low-fat dairy products.

**Proteins** — lean meats; eggs; milk and yogurt; dried beans, peas and lentils; green leafy vegetables; whole-grain breads and cereals; nuts and seeds.

**Carbohydrates** — starchy vegetables like potatoes, winter squash, cooked carrots and beets; whole-grain bread, cereal and pasta. To avoid the "blood-sugar spike" from carb overload, combine these with protein-rich foods (a burger and ear of corn, an egg with toast, etc.) and choose multi- or whole-grain carbs when you can.

**Micronutrients** — at least five servings daily of fruits and vegetables. Eat a variety of types and colors, preferably fresh, in season and locally grown. A serving is one medium fruit or one-half cup of fruit, and a cup of raw leafy greens or one-half cup of cooked veggies.

