

March, 2015

**Announcements**

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**FAMILY**  
**NIGHT**

**Date/Time:**

Tuesday, Mar.10 (6-7 pm)

**Location:** Media Center

**TOPICS:**

- CTACE and Engineering
- Family Night

**Bring a family member and enter your name in the**

**DRAWING!**

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**U4T SENIOR SCHOLARSHIPS**  
**Applications are in!**

See Ms. Walton or Mr. Menzel for a flyer and an Application.

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**Good Reads**

**Moon Over Manifest**  
by Clare Vanderpool

**The Bronze Bow**  
by Elizabeth George Speare

**Fahrenheit 451**  
by Ray Bradbury

**Looking for Alaska**  
by John Green

# DRAGON HEAT BULLETIN

Published for Stranahan High School  
by Dr. Dorina P. Varsamis

Third Edition

## STEPS AND STRATEGIES TO SUCCESS

### Time Management

**Staying FOCUSED—** Why and How?

Managing your time, staying organized and focused is an effective way to stay ahead of the game, be productive, be proactive and not feel like you're about to drown!

**HABIT #3: Keep Your Eye On The Prize** – Stay focused and true to your vision, goals and objectives. It is just as important to know what **NOT TO DO**, as is to know, **WHAT TO DO!** For example, do not allow others to **DISTRACT** you and **NEVER** procrastinate. This means work on your goals every day, even if it is small steps, but this helps you to keep moving toward your end result.



“If there is no struggle, there is no progress.”

- Frederick Douglass

**ACTION STEPS:** Ask Yourself...

- 1) How do I plan my time daily, weekly and monthly?
- 2) Do I use a calendar or and agenda to help me organize my time? If the answer is no, then why not?
- 3) How often do I procrastinate and why?

### Action Steps Continued—

- 4) How do I prioritize my time? Which events, school activities, goals, and/or objectives, do I tend to do first and is this helping me or hurting me?
- 5) How often do I say yes to everything, but then accomplish nothing?
- 6) How often do I rush through tasks, because I never scheduled enough time?

### Focus on 5 Traits to Keep You Moving Forward....

- ~ Practice Self-Awareness
- ~ Be Determined
- ~ Be a Visionary
- ~ Stay Positive
- ~ Have Willpower

**EXIT SLIPS**—complete and return the slip(s) to the CDC or teacher to enter into weekly drawings. The more signatures and slips, the more entries and greater chance of winning a prize.

Student Name: \_\_\_\_\_

Attended **READING PREP**. Have teacher sign each day of attendance.

Wk of Mar 2 \_\_\_\_\_

Wk of Mar 9 \_\_\_\_\_

Wk \_\_\_\_\_ of \_\_\_\_\_ Mar 16

\_\_\_\_\_

Wk of Mar 30 \_\_\_\_\_

Student Name: \_\_\_\_\_

Attended **MATH PREP**. Have teacher sign each day of attendance.

Wk of Mar 2 \_\_\_\_\_

Wk of Mar 9 \_\_\_\_\_

Wk \_\_\_\_\_ of \_\_\_\_\_ Mar 16

\_\_\_\_\_

Wk of Mar 30 \_\_\_\_\_

Student Name: \_\_\_\_\_

Commendable **EFFORT**. Have teacher sign each day that may apply.

Wk of Mar 2 \_\_\_\_\_

Wk of Mar 9 \_\_\_\_\_

Wk \_\_\_\_\_ of \_\_\_\_\_ Mar 16

\_\_\_\_\_

Wk of Mar 30 \_\_\_\_\_



3) Is there something you know you should be doing right now, but you are not?