



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



As we approach the last two months of school, it's crucial to maintain good study techniques to finish strong. We've all had thoughts like "I can't do this" or "I'm going to fail this test" when faced with a difficult exam. Our minds often fixate on the difficulty of the test and the vast amount of information we need to remember. Even if it feels like you'll never break free from this mindset, there are ways to study stress-free.

One effective method is to rewrite your notes in your own words. This helps you build a better understanding of the material you're studying. If you find it challenging to rewrite your notes, it might indicate that you need to deepen your understanding of the topic. You can use online resources or ask someone for help until you feel comfortable with the material.

Another way to make studying enjoyable is by incorporating fun elements.

Don't hesitate to study with friends or add some creativity to your notes. Friends can quiz you or discuss different topics with you. Similarly, you can use mnemonic devices (acronyms, associations, songs, etc.), highlights, colors, and doodles to make your notes more engaging. This way, you won't be stuck looking at boring words all the time.

While studying, be mindful of distractions and avoid overworking yourself. Remove potential distractions like electronic devices. Study for a while, then take breaks when needed. If you feel tired, take a snack break or do something you enjoy. Once you're re-energized, return to studying. It's essential to balance your study and break time.

Study in a way that suits you best. Listen to music, create a study schedule, or do whatever makes you comfortable while studying. As long as you don't get distracted or lose track of time, you can customize your study methods to fit your preferences.

In conclusion, studying doesn't have to be a burden when you take control of your study methods. Study in a way that keeps you stress-free and comfortable. With these techniques, your grades are bound to improve. Remember, doing things on your own terms is essential, both in school and in life. Let's finish these last two months strong!

-Sally Zeng



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May Your Efforts Bring Out Your Best

Being the best version of yourself means trying your hardest to improve every day. Here are some simple tips to help you be the best you:

- 1. Believe in Yourself:** Always think positively about yourself. Even when things are tough, tell yourself, "I can do this."
- 2. Set Goals:** Decide what you want to achieve. It could be getting better grades, learning a new skill, or being a good friend. Write down your goals and work towards them step by step.
- 3. Stay Organized:** Keep your things tidy and plan your day. Use a calendar or a planner to keep track of homework, projects, and other activities.
- 4. Be Kind:** Treat others the way you want to be treated. Help your friends, be polite to everyone, and be a good listener.
- 5. Work Hard:** Always do your best in everything you do. It's okay to make mistakes as long as you learn from them.
- 6. Take Care of Yourself:** Eat healthy foods, exercise regularly, and get enough sleep. This helps you stay strong and focused.
- 7. Ask for Help:** If you're stuck, don't be afraid to ask your teachers, parents, or friends for help. Working together makes things easier.

Remember, being the best you takes time and effort. Keep trying, and you will see yourself improve every day.



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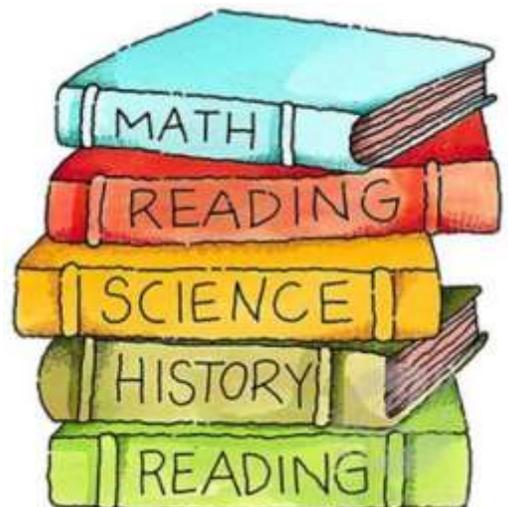
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As the school year draws to a close, it only gets more exciting and fun! Students gleam at the thought of the last day of school, knowing that the next morning they will not have to wake up at the dawn of sunrise. The end of the year is a time for celebration, reflection, and preparation for the future. Change is inevitable. School may hold some tough times, but it also bears treasures. When experiencing happy times, one can forget all about the stress they have endured. **Congratulations** on making it this far! Now, let's think about what you should do for what lies ahead.

6th graders, after this year is over, you have to think about your behavior. You have finished your first year of middle school without experiencing much hardships. As you climb up in grades, it will only get harder, whether it is academics, drama, or simply just your mindset. You are still young and naïve. Do not think that you know everything yet. At your age, you still have time to think on what study habits worked well and what can be improved. Practicing time management, asking for help when needed, and participating can give you an idea of a smooth, stressless 7th grade year.

7th graders, you are going to be seniors soon. Stay away from any unethical or unnecessary drama or issues. In this year, you will realize that you are going to mature as each month passes. By the time you finish the year, you are going to look back and realize how foolish you were when you were just newborn 6th graders or mere 7th graders. You should plan out your interests, favorite subjects, and activities throughout the summer. 8th grade is going to be a tough year, so make sure you have an organized, neat routine. Not all 8th grade teachers are going to be as laid-back and composed as your 6th and 7th grade ones. Teachers are not exaggerating when they say classes are going to get hard. This is why you need to make sure you have a strict schedule and good time management. Do not cram for exams and get at least 8 hours of sleep.





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8th graders, your time in middle school is unfortunately up. I am sure this year has been rough so far, and that is okay! You now have something to look forward to, besides the regents for all the honors classes. That is, of course... senior activities!! 8th graders, you have to remember that it will not take long for June to come and for your graduation to arrive. In the summer, you should reflect on everything you have gone through and learned throughout middle school. You will not be seniors anymore, but freshmen in high school. Preparing for high school means setting personal preferences and goals, and exploring new interests. You have to maintain good habits like keeping a well-spread-out schedule so you are able to take on numerous assignments and meet all the deadlines. Or, being able to study for several classes at the same time without cramming. With everything in preparation, the switch between the grades will be much smoother and less intimidating than you think.



Do not worry about minor issues, like making new friends or getting used to your new school. Remember, you were once a 6th grader who was new to middle school too. Look at where you are now, all comfortable in middle school, hesitant to leave. You will adjust to high school soon and, of course, make friends. Remember, fellow seniors, focus on your academics currently, you still have much to learn!

With the year passing by in a breeze, take some time to look back and give yourself credit for everything that you have achieved so far. Be proud of yourself and your achievements. Times have been rough, but there is so much more to look forward to! The changes ahead are not something to fear but something to embrace. Every grade level holds its own lessons, challenges, and adventures. Enjoy the next few months before they pass by in the blink of an eye! Remain positive, and all will go well!

-Amber Zheng



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Smart Goals



- achievable
- action plan
- reasonable
- attainable
- time frame
- time bound
- measurable
- realistic
- specific
- flexible
- tangible
- personal
- business
- relevant
- design
- defined
- written
- future
- vision
- health
- school
- clear
- dream

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 B T P R K E F U E M A R F E M I T C Q B M E C N
 C D N X E B B Q M E C K S W J W H F Y E S G Z P
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 J C A Q E G T P V B Y N O I S I V X E L H B X K
 S W U I C L E L B A N I A T T A A E M N Z J C M
 C B H S C H O O L Q V J M M O W X Z K V W K I A
 O C X E P E M O E I D J W N J U Y D Y N G S I A
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Product of the **S.E.A.L.** Team

Katie Chan, Chloe Chen, Adrian Chow, Venice Koek, Eric Lin, Erik Lin, Emily Liu, Winnie Liu, Isabella Palazzolo,
 Emily Rodriguez, Celine Zeng, Amber Zheng, Winnie Zheng (8th grade)
 Elisabetta Berardi, Alexia Carletta, Esther Chen, William Chen, Maria Katsaros, Kara Manuela-Cruz,
 David Zhang, Grace Zhang (7th grade)

