CHOICES in EDUCATION

STUDY SKILLS 7 TIPS FOR HIGH SCHOOL STUDENTS MUSIC MATTERS HOW THE ARTS BENEFIT ACADEMIC PERFORMANCE

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OUTSIDE THE CLASSROOM

7 study tips for high school students

Assessments such as quizzes and exams help educators recognize areas where students are excelling and where they might need a little extra help. In addition to tests in the classroom, high schoolers generally take standardized testing for state or provincial assessment purposes.

Testing may come easier to some students than others, but having solid study techniques can improve students' performance on a wide range of exams. In fact, research by Stanford scholars, whose data was published in Psychological Science, found that applying a strategic approach to studying helped college students improve their exam scores by an average of one-third of a letter grade.

The testing preparation resource PrepScholar says it is important to build and maintain strong study habits to help students avoid undue stress and lastminute cramming. The following are seven techniques that may help foster good study skills.

L. Find value in the lessons. Many students lament that what they learn in school just isn't relevant in daily life. That can make the subject matter feel less important and uninteresting. Finding value in what one is learning and seeing how it can be applied outside of the classroom may make a student more inclined to learn and retain information.

2 . Avoid distractions. Study time is time to take a break from social media, video games and any other distractions that can pull a student away from studying. Constantly checking notifications can interrupt thoughts and make it hard to learn the material.

3. Establish a study schedule. Develop a system and a schedule for studying. Students should establish a fixed habit of studying each day or week whatever is best for him or her.



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Testing may come easier to some students than others, but having solid study techniques can improve students' performance on a wide range of exams.

Over time, studying will become routine.

4 . Establish dedicated study spots. Students should locate places that work best for them as study and homework stations. Certain individuals may need the quiet of a library or a bookstore. Others may do best with the hum of conversation around them or in a group. There's no right or wrong study spot. Maintaining consistency will help the mind associate a place with studying.

5. Use grades as benchmarks and motivators. Blaming a teacher for a poor grade won't get a student anywhere. Rather, grades should indicate how well one is learning the material, and in turn, the effectiveness of students' studying habits. Students can tweak their habits if they find their grades are not where they want them to be. **6** . Rephrase material. Textbook language can be dry and unappealing. Students can try putting the material into their own words or rephrase passages to make them easier to remember and recall. Similarly, teaching or sharing the material with another person also may improve retention.

7. Make a formula sheet. Depending on the subject, having a sheet with short-

cuts, formulas or diagrams can put the material into smaller bursts of information that are easier to digest. Along this same vein, writing information down can help improve recall.

These are a few study tips that high schoolers can utilize to improve their grades so they can be more successful in school.

Story courtesy of Metro Creative Connection

CAREER PATHWAYS

Career options for people with art degrees

Creative individuals may be compelled to pursue degrees in the arts when enrolling in traditional colleges or universities or specialized schools. Studying the arts can be exciting, and an arts degree makes it possible to pursue an array of professional opportunities.

Students interested in the arts may question their desire to pursue an arts degree. Since technology is now ingrained in daily life, some students may wonder if they can chart a successful career path with a degree that does not fall under the STEM umbrella?

Thankfully, art degrees can prepare students for a wide range of jobs. Here are some career options to explore.

 Illustrator. Someone with an arts degree can work in many areas of illustration. This may include fashion illustration, medi- tration, and even children's book cal illustration, comic book illus-



PHOTO COURTESY OF METRO CREATIVE CONNECTION

Art degrees can prepare students for a wide range of jobs.

illustration.

• General artist. An artist line publications, product packworks with different media to cre- aging, and marketing materials.

ate and sell original works. This Art directors work in conjunction may include weaving, glassblowing, painting, or knitting.

 Production artist. Production artists produce high-quality print materials, packaging and displays across a variety of industries.

 Curator. Curators specialize in particular subjects and work in museums. Curators also may work as educators.

• Graphic designer. Graphic designers primarily work in digital artwork for editorial products, company brands and logos and product packaging.

 Industrial designer. Industrial designers develop the look of manufactured products, such as cars, toys and home furnishings, among other items.

 Art director. Art directors develop the visual style for various items, including magazines, onwith graphic artists.

• Art therapist. Art therapists are mental health professionals who use creative outcomes and tools to help patients deal with a variety of mental and emotional issues.

 Interior designer. Artists with an eye for home design will need to take some interior design courses in school, but this can lead to a career making spaces beautiful – both for private and corporate clients.

 Architect. Artistic individuals who also are interested in designing buildings and other spaces can pursue careers in architecture. Illustration skills are a valuable asset to have in this field.

Art degrees can open doors in a variety of fulfilling fields.

Story courtesy of Metro Creative Connection

Royal Oak is a K-12 school district that also offers preschool programs, alternative education programs, adult ESL classes, and high school completion at the Churchill Community Education Center. Our school communities offer a variety of programs to reach every student. In addition to the city's national recognition as one of the best places to raise a family, the school district is consistently recognized for what it offers.

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IN THE CLASSROOM

How the arts benefit academic performance

The cost of products and services continues to rise and organizations everywhere have increasingly been feeling the pressure to reevaluate budgets. It's no different in school districts nationwide, with school boards making difficult decisions about which programs to keep and which will have to go in order to save money.

Music and arts programs often are the first to be cut when school budgets are tightened. The organization Save the Music says that, during the Great Recession in 2008 and 2009, per-pupil spending in public schools decreased by approximately 7% across the country. This led to a trickledown effect that resulted in the cancellation of art and music programs. Since then, many districts have continued to cut arts programs due to budget limitations. COVID-19 also did little to help the situation.

Art program cutbacks are rarely met with open arms, and that resistance has a lot to do with the positive effects such offerings have on students' academic performance.

Better test performance

Numerous studies have found a correlation between early introduction to music education and a number of benefits for children. Music education can help develop communication skills, brain plasticity, language, and motor skills. A study conducted by the University of California, Los Angeles used a database of more than 25,000 mance on tests, a review in Fronmiddle and high school students. The researchers found that students involved in arts thetic experiences with "broad performed better on standardized achievement tests than students with lower arts involvement. Furthermore, data from 2015 from The College Board, which produces the SAT, found students who took four years of arts and music classes while in tion of the arts can have an impact alive in schools can benefit stuhigh school scored an average of 92 points higher on their SATs than students who only took one-half year or less.



Music and arts education are important to students' development.

Improved emotional states

In addition to better perfortiers in Psychology examined several studies linking arts and aesimprovements" in people's emotional states. Those improvements included greater psychological and physical well-being.

Community involvement

Participation and even appreciaas well. Researchers from the Department of Public Administration at the University of Illinois Chicago Story courtesy of Metro Creative found that being an art curator or Connection

audience member leads to high levels of civic engagement and social tolerance.

The support and therapy company Evolve Treatment Centers reports that involvement in music and arts leads to overall higher GPAs, higher scores in math and reading and a reduced risk of behavioral problems and suspensions

Music and arts education are important to students' development. Keeping these programs dents in many ways.



Art program cutbacks are rarely met with open arms, and that resistance has a lot to do with the positive effects such offerings have on students' academic performance.



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PARENTING

At-home strategies that can improve reading comprehension

Strong reading compre- years past. Data from the hension skills are one of National Assessment of the foundations of a suc- Educational Progress instudents with strong read- or more a day declined by ing comprehension skills 4% between 2017 and 2019, get a big boost in all sub- dipping below 50% overall jects, including math and in the latter year. science.

reading comprehension are dents now read less than well documented, many they used to. students are struggling in ics. Officials with the Na- comprehension can try tional Center for Education these strategies to bolster Statistics note that, over this highly valuable skill. the last decade, students have made no progress in like. The tutoring profesreading performance. That sionals at Oxford Learning likely comes as no surprise report that 73% of students children to their local li- the more their comprehen- reading to children. When help children bolster those to seasoned educators, as indicate they would read braries and letting them sion skills develop. data indicates students more if they found books choose which books to are reading less outside of they liked. Parents can adschool than they have in dress this issue by taking tice kids get with reading, that reading aloud to chil-

cessful academic career. dicates the percentage of According to the Institute public school students who of Reading Development, said they read 30 minutes

There's likely a multi-Though the benefits of tude of reasons why stu-

Parents concerned about this area of their academ- their children's reading

• Let kids read what they



PHOTO COURTESY OF METRO CREATIVE CONNECTION Strong reading comprehension skills can help students reach their academic potential.

check out. The more prac- Various studies have found benefits of this activity by Story courtesy of Metro

• Read aloud to children.

literacy development. One ing what, when, where, study from the National why, and how can encour-Association for the Edu- age children to look for ancation of Young Children swers to these questions found that listening to while they're being read others read helps children to. As students advance develop key understanding and then read more on and skills, including how their own, parents can enstories are written. In ad- courage them to ask these dition, the Reading Rock- questions of themselves ets project, which aspires (if they're not already doto bring reading research ing so on their own). Askto life in the hopes of help- ing and answering these ing young children develop questions is a great way to into strong, confident read- strengthen reading comers, notes that children can prehension skills. listen on a higher language level than they can read. hension skills can help stu-That makes complex ideas dents reach their academic more accessible.

reading to children, par- skills. ents can compound the asking youngsters ques- Creative Connection

dren significantly benefits tions about the book. Ask-

Strong reading comprepotential. Parents can em-Ask questions when ploy various strategies to

WHATEVER IS

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OUTSIDE THE CLASSROOM Tips to help kids learn a foreign language

children in myriad ways. adults, Dr. Eleonore Smalle For example, a 2014 study of Tilburg University in the published in the Journal Netherlands indicates that of Experimental Child Psy- adults tend to translate chology found that bilin- from their first language gual children have a higher when trying to learn a new vocabulary range than language. In an interview monolingual kids. In ad- with the United Nations in ucational Research found to adopt language rules that bilingual students typ- they already know results ically have stronger work- in a "less stable consolidaing memories and attention tion of the new language spans than their monolin- into memory." Children, gual counterparts.

gualism are undeniable, language rules and even but learning a foreign lan- use newly acquired words guage can be challenging. in everyday life. That, Dr. However, that challenge Smalle says, benefits longcould be less significant term memory consolidafor youngsters. Though tion. there are different theo-

Bilingualism benefits guages more readily than dren may find it easier to dren just beginning fordition, a 2010 review pub- Western Europe, Dr. Smalle dow of time to get that ball lished in the Review of Ed- said that adults' attempts rolling before kids could on the other hand, uncon-The benefits of bilin- sciously implement the new from the classroom. Chil-

It's important to note ries regarding why chil- that researchers, including

learn a foreign language eign language lessons can up to adolescence, at which time their conscious memory begins to develop more strongly. So parents who want to help their children a foreign language. When learn a foreign language have a relatively long winfind it more challenging. Parents also can try some additional strategies to help kids learn a foreign language.

 Bring lessons home dren learning a foreign language in school or via a private tutor can be encouraged to bring those lessons home and continue to develop those skills in a fun way. Play games in a foreign language at home on fam-

be encouraged to count to 10 when playing hide-andseek at home.

• Shop for groceries in grocery shopping with children in tow, parents can point to foods around the store and ask kids to say each item in the foreign language they're learning. Make a list before going to the store and reward kids who name all of the items on the list with a special treat at checkout.

 Read books in the language the child is learning. This could be tricky if parents are not bilingual. However, in that scenario, reading books to children in a mendations from teachers home. foreign language provides or tutors. a great way to reverse roles dren seem to learn lan- Dr. Smalle, feel that chil- ily game night. Young chil- and let children teach their ism are significant. Par- Creative Connection



PHOTO COURTESY OF METRO CREATIVE CONNECTION Parents can try various strategies to help kids learn a foreign language.

parents everything they've ents can try various stratlearned from their teachers egies to ensure foreign lanor tutors. Keep stories sim- guage lessons learned in the ple and even seek recom- classroom are reinforced at

The benefits of bilingual- Story courtesy of Metro

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GH SCHOO

Mercy Open House **SUNDAY, OCTOBER 30** 1:00pm-3:00pm

OUTSIDE THE CLASSROOM

How to help student athletes navigate social media

student athletes in myriad ways. Competitive sports teaches students how to cope with the thrill of victory and the agony of For example, NBA All-Star Kevin Love has defeat, while providing firsthand experience that emphasizes the value of working and depression. These issues confound with others in pursuit of a common goal. Student athletes often apply these lessons long after their playing days have ended, benefitting from their experiences in competitive sports throughout their lives.

Athletes of all ages can relate to some of the common experiences of competitive letes' own comments on social media. It's sports. At one point or another, all com- not just negative thoughts from disgrunpetitive athletes must learn to handle losing. But modern student athletes have a dia a minefield for young athletes. Sturelatively recent phenomenon to contend with that was not around when their parents played sports: social media. Social media can connect people in ways that were previously unimaginable, but it also poses unique challenges to modern student athletes. Parents and coaches can help student athletes navigate social media so it additional 7% acknowledged rescinding ofdoes not adversely affect their scholastic fers due to social media content. Fair or sports experiences.

ous professional athletes have bravely acknowledged their mental health struggles. shared tales of his struggles with anxiety many athletes and can be exacerbated by negative comments on social media, particularly after a loss. Student athletes can avoid the negative aspects of social media by avoiding it during the season.

tled spectators that can make social medent athletes' own negative comments can have some lasting and unfortunate effects as well. A 2017 survey from the American Association of Collegiate Registrars found that 11% of respondents indicated they had denied admissions to an applicant based on social media content. Furthermore, an unfair, these decisions highlight the very • Consider shuttering accounts dur- real effects that comments made on social

Scholastic sports participation benefits ing the season. In recent years, numer- media can have on young people's futures. Sports often generates highly emotional responses, and parents and coaches can urge student athletes to avoid voicing negative or knee-jerk reactions about opponents, officials or even games they're not involved in via social media. Such commentary could have unforeseen consequences that adversely affect student athletes for years to come.

 Highlight how student athletes can use • Emphasize the potential effects of ath- social media to their benefit. Social media can be a minefield, but it also presents opportunities for student athletes to showcase themselves in a positive light. Parents and coaches can emphasize how student athletes can use social media to show good sportsmanship. Win or lose, urge athletes to praise their teammates and opponents after a big game. Positive commentary on social media can be just as beneficial to student athletes as negative commentary can be harmful. Student athletes who showcase their maturity and sportsmanship on social media can improve their standing among college coaches and ad- Story courtesy of Metro Creative missions officers.



PHOTO COURTESY OF METRO CREATIVE CONNECTION Parents and coaches can help student athletes navigate social media so it does not adversely affect their scholastic sports experiences.

Student athletes who learn to successfully navigate social media can reap the rewards of those efforts for years to come.

Connection



THE OAKLAND PRESS SPECIAL SECTION 13

OUTSIDE THE CLASSROOM

Sportsmanship principles all young athletes should know

Competitive sports have a lot to offer young people. In addition to exposing children to the thrill of competition, competitive sports can set a foundation for a lifetime of healthy living. One study published in the American Journal of Preventive Medicine in 2014 found that afterschool physical activity programs were the most effective strategy to reduce childhood obesity among children between the ages of six and 12.

Competitive sports also teaches valuable lessons about humility and respect. Sportsmanship is a vital and valuable component of competitive sports, and that's a lesson no athlete is too young to learn. Coaches and parents can work together to emphasize these principles of sportsmanship to young athletes.

In the era of instant replay vital component of good dwindling in recent years, in professional sports, criti- sportsmanship. Coaches and it's contributing to a cism of officials has become and parents can set the tone coaching shortage in youth more common. Such criti- for this by encouraging kids cism can easily move from to play by the rules during the professional to the amateur arena if players are hering to rules governing not taught to always respect practice times and offseathe officials. Unfortunately, many amateur sports of- is watching too closely. ficials continue to be the victims of overaggressive Showing respect for oppobehavior on the parts of nents is another principle coaches, parents and athletes, and many have simply chosen to walk away rather than subject them- athletes to disparage their selves to abuse. Estimates opponents before and after from the National Associa- games. Such platforms have tion of Sports Officials indi- even proven too tempting to cates that the group's mem- resist for some professional bership has dropped by athletes. But showing remore than 20 percent since spect for opponents, even in March 2020. Coaches and defeat, illustrates to parents parents can practice what they preach when teaching letes are mature and cogniyoung athletes to respect of- zant of the fact that particficials at all times, regard- ipation in sports requires less of how games unfold on good sportsmanship. the playing field.



PHOTO COURTESY OF METRO CREATIVE CONNECTION Coaches and parents can work together to emphasize these principles of sportsmanship to young athletes.

• Respect the rules. Re- sportsmanship also involves spect for officials should coexist with respect for the game itself. Every game has rules, and knowing and ad-• Always respect officials. hering to those rules is a the games, but also by adson workouts when no one

> Respect opponents. of good sportsmanship. Social media provides a readily available platform for and coaches that young ath-

Respect coaches. Good Creative Connection

respecting coaches, even when they make decisions players and their parents do not necessarily agree with. That respect has been sports. One survey of more than 200 coaches in the Syracuse, N.Y., area found that nearly 60 percent of coaches had considered quitting over conflicts with parents. Many coaches volunteer their time to teach young people the game, and players should be taught to respect coaches at all times. That includes those times when players feel like they aren't getting enough playing time or when they disagree with coaches' ingame decisions.

Sportsmanship is a vital component of sports participation. Teaching young athletes the principles of sportsmanship adds one more unique benefit to sports participation.

Story courtesy of Metro



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