

# MT. GIDEON BAPTIST CHURCH TEENS NEWSLETTER

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## Transitioning with Faith

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May 2016 had finally approached and my emotions were at an all-time high. By the grace of God and with the support of my family, I was finally graduating from West Feliciana High School with Honors. All my hard work from elementary school through high school had paid off. Now it was time to encounter new experiences. I was more than eager to begin my new journey at Southern University. I prayed that God will continue to guide me on the right path. In July, I attended a three day orientation at Southern University. During this time, I learned what I would encounter during my matriculation. It was a lot of information to grasp but deep down I knew I would overcome this fear. Finally, August hit and my emotions were starting to overwhelm me. Just days before classes started, I begin to wonder how the classes would be, would I have good professors, etc. The fall semester began August 22, 2016 and everything was going smoothly. Midway through the semester, I started struggling with Chemistry. I decided to take the initiative and find methods to learn what was being taught. Although we

didn't take a midterm for this class, I was in good standing. My goal was to maintain the grade I currently had or earn a higher grade. I was reminded of my Pastor's words of wisdom. He often encourages us to do our very best. In his words, "if a B is your best, then it's okay." As the semester was slowly coming to an end, our professor informed us with information that would be covered on the final. I stressed for weeks studying the information I needed to know, often neglecting my other classes. Through this difficult time, I reminded myself of my favorite scripture: Philippians 4:13, "I can do all things through Christ which strengtheneth me." The day of the exam came and I had faith knowing I would conquer this exam. With the help of God, I passed the exam and ended the semester with a 3.1 GPA. Although things may seem rough, never forget God is always with you. Keep him first in whatever you do. Can you do all things through Christ? Yes, you can do absolutely anything through God's power. Nothing is impossible.

## The Ten Study Habits of Successful Students

**S**uccessful Students:



- 1. Try not to do too much studying at one time.**

If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

- 2. Plan specific times for studying.**

Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

- 3. Try to study at the same times each day.**

Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

- 4. Set specific goals for their study times.**

Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value. You must be very clear about what you want to accomplish during your study times.

- 5. Start studying when planned.**

You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.

- 6. Work on the assignment they find most difficult first.**

Your most difficult assignment will require the most effort. Start with your most difficult assignment since this is when you have the most mental energy.

- 7. Review their notes before beginning an assignment.**

Reviewing your notes can help you make sure you are doing an assignment correctly. Also, your notes may include information that will help you complete an assignment.

- 8. Tell their friends not to call them during their study times.**

Two study problems can occur if your friends call you during your study times. First, your work is interrupted. It is not that easy to get back to what you were doing. Second, your friends may talk about things that will distract you from what you need to do. Here's a simple idea - turn off your cell phone during your study times.

- 9. Call another student when they have difficulty with an assignment.**

This is a case where "two heads may be better than one."

- 10. Review their schoolwork over the weekend.**

Yes, weekends should be fun time. But there is also time to do some review. This will help you be ready to go on Monday morning when another school week begins.