



# !?! What's Up @ CJHS ?!

## Crunch Time – Surviving Semester Exams

Well, here it is. End of the semester and exams are fast approaching. Everyone is talking about how important these tests are and how they absolutely *have* to score high on them...some to keep their grade point average up and others just to get their credit. And even though the teachers are offering exam review time and study sessions, it's hard to know what to study and how to prepare. So, we'd like to share with you some ideas and tips that can help you go into exams ready and confident that you can do your best.



First, you're not alone. Almost everyone gets a bit anxious about exams... even the teachers. Remember, not only do your teachers write the exams, but they all have been in your shoes. Having been through high school and (at least) four years of college, they've taken many exams in their day and they know just how you feel. And, believe it or not, they really want you to do well. So don't be afraid to share your feelings with them and ask them for ideas on how to prepare. Also, sharing ideas with your friends can be a great way to reduce stress and learn some new ways to get ready for big tests. Maybe even set up a study group with others in the same classes so studying doesn't seem so lonely and overwhelming. After all, learning can be fun if

you approach it the right way.

Second, don't wait until the last minute, or even until the first exam review session to begin studying. Even though you may not be finished learning some stuff that may be on the exam, there is plenty of material from the first part of the semester that you could be studying now. Reviewing your notes, going over old tests and quizzes, and rereading class handouts can all be helpful for shaking the dust off those things you learned back in September and October.

Finally, have a plan. Know when your exams for each class are, what material is going to be covered and what you need to score to get the grade you want. It's likely that some exams will be more important to your grades than others. Knowing which ones you really have to nail and which you can coast a bit on can really streamline the study process and take some pressure off. Set up a study schedule so you can use your time wisely and are prepared for each exam as they come. Also, plan your other activities so you are well rested and can have a good breakfast on exam days.

These may be the first exams you've taken, but they definitely won't be the last. Getting prepared and doing well on them can be a great way to boost your confidence set yourself up for future success. Good luck.



## Exam Schedule

### Wednesday, January 19

8:15-9:45 ~ 1st Hour  
9:50-11:20 ~ 2nd Hour

### Thursday, January 20

8:15-9:45 ~ 3rd Hour  
9:50-11:20 ~ 4th Hour

### Friday, January 21

8:15-9:45 ~ 5th Hour  
9:55-11:30 ~ 6th Hour

## Important Dates

### Ice Skating

Every Friday at the WEX  
3:00-6:00 ~ \$5  
broomball, free-skate,  
dodgeball, concessions

### Ski Club

Every Thursday  
(weather permitting)

### School Delays & Closings

Posted at  
[www.vikingnet.org](http://www.vikingnet.org)

### End 1st Semester

Friday, January 21

### End 2nd Term

(8th Grade Electives)  
Friday, March 4

### Silent Reading

Every Wednesday during  
VIP ~ don't forget a book!



## Cadillac Area Public Schools

### ! ? What's Up @ CJHS ? !

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## CJHS Vikings

*! ? What's Up @ CJHS ? !* is a print and online publication. We hope you enjoy reading it as much as we enjoyed creating it.

**Our mission** is to acknowledge the accomplishments of the students and staff @ CJHS and to inform our readers of upcoming events and opportunities.

**Copies** of this publication are available in rooms 2, 139, and the office at CJHS. It is also available online at [www.vikingnet.org/cjh](http://www.vikingnet.org/cjh) on the Important Info page.

Respectfully,

The What's Up Staff

## Something to Think About . . .

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors.....

but they all have to learn to live in the same box.



## One Board, or Two?

### CJHS Ski Club Hits the Slopes

With local ski resorts reporting solid base snow and great slope conditions the CJH ski club have begun their weekly trips to Caberfae Resort. Whether you're a skier or snowboarder, beginner or experienced, it's a great opportunity to get out and enjoy some winter fun for a very reasonable price.

Every Thursday between Christmas break and spring break, weather permitting, the ski club bus heads out to Caberfae resort. The bus leaves the school at 3:15 PM and returns around 8:00 PM. Free lessons are offered to all every week and skis, poles, boots and snowboards can be rented at a discount rate. There is a small fee (\$3.00) for riding the bus each week.

For safety, the ski club highly recommends that all participants wear helmets and that snowboarders wear wrist guards. And although you can't bring your skis or snowboards in on the normal bus routes, there is storage offered every Thursday morning in the CJH gym between 7:30 and 8:10 AM.

Participation in the ski club has grown steadily over the years and we hope to get lots of students taking advantage of this great opportunity again this season. A heartfelt "thank you" goes out to the ski club adviser, Laura Stewart, for all her hard work and dedication to make this student centered activity come together each year. If you're interesting in getting involved, see Ms. Steward for details in room 12, or call 876-5729.

## Helping Others

Students at CJHS have been busy this year with some very worthwhile fundraising activities. The annual Project Christmas canned food drive netted over 2000 items, with Mr. Andy Whipple's class winning the competition between classes with over 1400 items collected. They were rewarded with an ice cream sundae party.



Way to go!

The pop tab collection for Ronald McDonald house is another charity CJHS students have been involved with. Mrs. Liabenow's class won the competition for November and enjoyed a pizza party for their efforts. The school received a letter of thanks from Ronald McDonald House for our donation of over 40 pounds of pop tabs so far. This fundraising endeavor will continue through the rest of the school year, with the next prize to be awarded near the end of January.