Enrichment Activity - Learn to DJ

Making it count

Here are 5 tips on how you can prepare for the shift that happens in high school in order to manage expectations, wants, needs and stress.

1. Change your Mindset - Leave all of the baggage that you have carried with you from kindergarten to eighth grade at your eighth grade graduation. When you come to high school, the figurative white board in your mind is wiped clean. The drama, gossip, and bad interactions with adults or peers are in the past!

2. Be Humble - Always ask for help. Statistics show that students who ask for help are more likely to succeed. This is because the student is confident in knowing that receiving help does not imply that they are not smart, but that they are resourceful. Be resourceful, respectfully speak up for yourself and get the help that you deserve.

3. First impressions matter! - The person who writes your recommendation letter for college remembers the first time they met you. There are some adults that you will be closer to than others, but you must always be mindful of how you carry yourself, and that should be with respect and professionalism.

4. “Birds of a feather flock together” - Be an eagle! You are the company you keep and this is true not only in high school, but college. Surround yourself with friends who have personal and academic goals for their future.

5. Always respect and love yourself - Saying doubtful and hurtful things about yourself only brings down your self-confidence. Remember that self love can make even the shyest people feel unstoppable.

SENIOR SPOTLIGHT

Tabitha Laurent has the high school GPA and college entrance exam scores students would love to have. After applying to 20 highly selective colleges and universities, from Stanford to MIT, Tabitha was concerned that her profile would not be competitive enough to receive an acceptance. The long list of prospective colleges was intimidating to some, but out of all of them stood her dream college: Spelman College.

It was during the junior end of year trip that Tabitha fell in love with Spelman. As she toured the Atlanta campus, she witnessed young women that looked like her, all determined to do one thing - learn and change the world. Tabitha felt at home at Spelman and was determined to apply come senior year.

Fast forward to December 2017 during holiday break. Tabitha arrived at home one day to find that beautiful light blue envelope sitting on the kitchen table. Quickly, she hurried to open the envelope to reveal a letter saying, “Congratulations…” Everything else was a blur. She screamed and jumped with excitement at the thought of Spelman accepting her.

Some students would be content at learning of the acceptance of their dream college. Essentially, no other school really matters. Not Tabitha. Even after such a monumental acceptance, she is still working on her college applications, sending in additional documents in hopes of receiving more. She consistently visits the College Office to discuss updates related to her applications to schools such as Amherst College, Boston University, Johns Hopkins University and Vanderbilt University. Your most compelling lesson about Tabitha’s story is to remain relentless even after your goal has been achieved.

“Accepted to my Dream College”
- Tabitha Laurent
I connect with my students by getting to know more about who they are- what they like, don't like, what their passions are, etc. I use the facts about those students to build relationships and to make the curriculum. AP Capstone Research greatly revolves around your interests and passions. In this course you get to pick topics you are interested in or want to know more about, make your own research question, and then dive in. You spend about 6 weeks researching your topic, then produce a paper and public presentation to share your knowledge of the subject. When you research you have to see many points of view, you cannot just address your research question from one perspective, but need to be able to explain at least 3 standpoints. My role in the classroom is to give students research tools. I never tell you what to research or what perspectives are the best- that is all up to the student. Students have chosen research topics this year that have included: LGBTQ, the American Dream, what success means, how material goods make you popular, how American actions impact the environment, and if AP courses actually make students perform better in college. I truly believe all my students will be prepared for college level papers. This course teaches students how to manage their time, reach out for assistance proactively, and address situations from multiple views. I hold my students to high expectations with their vocabulary, their use of credible sources, and with their ability to give peer feedback on papers. Students this year are working really hard, and have already started their AP exam. I'm excited to continue teaching this course because so many interesting ideas and topics are researched.

**SPORTS & ENRICHMENT**

At GOLCHS, we offer a variety of different enrichments and sports. This newsletter features our winter and spring sports with updates from our Athletic Department.

**BASKETBALL:**

We want to give a big shout out to both Varsity Basketball teams as their hard-work, dedication, collaboration, and continuous commitment has paid off. We’re excited to announce that they have advanced into the post season! The enthusiasm for both basketball teams has been evident - with “standing room-only” crowds coming out and showing their support! We couldn't be more proud of our scholars/athletes and look forward to building an even stronger, integrated and collaborative Athletic Department/program across all campuses.

**Track:**

Our Spring track season (which starts in March) is quickly approaching and Ms. Counts (GOLCHS Assistant Athletic Director & Head Coach) is proactively preparing her “interest lists” now. Ms. Counts is very excited to implement some new strength training tips she learned from our new H.S. Physical Education teacher, Mr. Mat'e.

**Enrichment:**

Every semester, Great Oaks Legacy High School offers after school sports and enrichment activities that serve to strengthen staff and students’ connection to the Great Oaks Legacy community, expose students to team sports and creative arts, help students embrace and develop extracurricular skills, and provide an additional outlet for students to shine within the school environment. This spring GOLCHS offers the following enrichments: National Honor Society, The Ultimate Fashion Experience, Creative Writing, Big Sister, Little Sister/Big Brother, Little Brother, Learn to DJ, Chess Club, Glamour Girls, and Zumba!