

# CDO COUNSELING Updates

## PREPARING FOR FINALS

### 12 STUDY TIPS FOR LAST 12 DAYS TIL FINAL EXAMS!



@CDO\_Counseling

#### 12 DAYS LEFT - DEC 8TH

CONTACT ALL OF YOUR TEACHERS AND MAKE SURE YOU'VE SUBMITTED ALL OF YOUR ASSIGNMENTS & PROJECTS!

#### 11 DAYS LEFT - DEC 9TH

GO FOR A 30 MINUTE WALK/HIKE/WORKOUT BEFORE SITTING DOWN TO STUDY TO BOOST BLOOD FLOW TO YOUR BRAIN!

#### 10 DAYS LEFT - DEC 10TH

SCHEDULE 2-3 STUDY GROUPS OVER THE NEXT 10 DAYS TO HELP YOU QUIZ AND LEARN FROM EACH OTHER!

#### 9 DAYS LEFT - DEC 11TH

REVIEW EVERY CLASS, EVERYDAY, FOR AT LEAST 10 MINUTES!

#### 8 DAYS LEFT - DEC 12TH

MAKE FLASHCARDS ABOUT MAIN POINTS AND DEFINITIONS/VOCABULARY FOR EACH CLASS!

#### 7 DAYS LEFT - DEC 13TH

CREATE AN IDEAL STUDY SPOT AND TURN OFF/REMOVE ALL DISTRACTIONS, ESPECIALLY SOCIAL MEDIA NOTIFICATIONS!

#### 6 DAYS LEFT - DEC 14TH

REWARD YOURSELF AS YOU STUDY. DON'T WAIT UNTIL AFTER THE TEST IS COMPLETED. TAKE BREAKS/HAVE SNACKS/ETC TO CELEBRATE YOUR EFFORTS.

#### 5 DAYS LEFT - DEC 15TH

READ THE MATERIAL, WRITE THE CONCEPTS, SAY THE IMPORTANT IDEAS ALOUD!

#### 4 DAYS LEFT - DEC 16TH

EXPLAIN WHAT YOU'RE STUDYING TO A PARENT/GUARDIAN/SIBLING/FRIEND. YOU'LL HAVE A BETTER UNDERSTANDING IF YOU CAN TEACH IT TO SOMEONE ELSE.

#### 3 DAYS LEFT - DEC 17TH

PLACE FLASHCARDS IN DIFFERENT AREAS OF YOUR HOME AND RECALL KEY CONCEPTS!

#### 2 DAYS LEFT - DEC 18TH

TEXT/SNAP/DM A CLASSMATE QUIZ QUESTIONS AND TAKE TURNS RESPONDING TO EACH OTHER!

#### 1 DAY LEFT - DEC 19TH

READING IS NOT STUDYING. STAY FOCUSED AND TRY TO UNDERSTAND THE MATERIAL AS MUCH AS POSSIBLE! GET PLENTY OF REST TONIGHT!

#### 1ST DAY OF FINALS - DEC 20TH

REVIEW YOUR FLASHCARDS. EAT A FULFILLING BREAKFAST. YOU GOT THIS!!!

## This Week in Counseling:

Happy Finals Week (and also the last week of Fall Semester)! Good luck on Finals everyone and have a wonderfully deserved winter break!

Thanks to everyone who helped us make our jobs easier this semester. Happy holidays and see you next year! =)

- Mrs. Bakken, Mrs. Parriott, Mrs. Dale & Mr. Hsieh



## WELLNESS FOR FINALS WEEK



## UPCOMING EVENTS

**12.18 Relaxation Monday in Cyber Cafe (Both lunches)**  
Awareness Club is hosting relaxation activities for all students to de-stress prior to Finals

**12.18 Riley, the Therapy Dog!**  
Hang out with Riley during both lunches in the Cyber Cafe!

**12.18 Cocoa & Cram in Cafeteria (4:15pm-5:30pm)**  
LinkCrew is hosting cocoa, cookies, studying for finals - freshmen only!

**12.19 Early Out**  
All classes are 35 minutes. Sack lunches available before school.

**12.19 Study Hall in Counseling (1:05pm-4:00pm)**  
Bring your friends to study together in Counseling's Wellness Room!

**12.20 Finals (Periods 1-4)**  
Bring your friends to study together in Counseling's Wellness Room!

**12.21 Finals (Periods 5-7)**  
Bring your friends to study together in Counseling's Wellness Room!

**12.22 No School Day**  
First day of Winter Break. No school until January 8th!

## FINALS BELL SCHEDULE

**FINAL EXAMS BELL SCHEDULE**  
Periods 1, 2, 3 & 4 meet December 20<sup>th</sup> and May 15<sup>th</sup>  
Periods 5, 6 & 7 meet December 21<sup>st</sup> and May 16<sup>th</sup>

*TUESDAY December 19 <sup>th</sup> & May 14 <sup>th</sup> (35-minute classes) NO FINAL EXAMS	WEDNESDAY December 20 <sup>th</sup> & May 15 <sup>th</sup> (80-minute FINAL EXAMS) Periods 1, 2, 3, 4	*THURSDAY December 21 <sup>st</sup> & May 16 <sup>th</sup> (80-minute FINAL EXAMS) Periods 5, 6, 7
Period 1 7:45 - 8:20	Period 1 7:30 - 8:50	NO PERIOD 1
Period 2 9:00 - 9:35	Period 2 9:00 - 10:20	Period 5 9:00 - 10:20
Period 3 9:42 - 10:17	Period 3 10:35 - 11:55	Period 6 10:35 - 11:55
Period 4 10:24 - 10:59	Period 4 12:10 - 1:30	Period 7 12:10 - 1:30
Period 5 11:06 - 11:41	Common Lunch: 1:30 - 2:00 Buses depart @ 2:05	*Sack lunches available at snack bar before school
Period 6 11:48 - 12:23		
Period 7 12:30 - 1:05		
*Sack lunches available at snack bar before school		
Buses depart immediately		Buses depart immediately

## MOTIVATION

"IN ORDER TO PERFORM WELL ON YOUR FINALS, YOU NEED TO PREPARE AND STUDY WELL FOR THEM" - CHRIS HSIEH

## LAUGHTER IS THE BEST MEDICINE

Q: WHAT KIND OF MUSIC DO BALLOONS HATE?

A: POP!

## CURRENT NEEDS



Throughout the school year, we spend a fair amount of our own money for programming, events, etc. If you're willing, we'd greatly appreciate your donations. **You can drop off these items in the Counseling Office.**

- Snacks and water for students
- Full size refrigerator for our lounge

## COLLEGE

Hey CDO Alums!

We'd love for you to share your post-CDO college experiences with our current students during the week of January 8th-12th!



Interested? DM us to schedule! It'd just be for one period during the school day!

## TEACHER CORNER

STARBUCKS ORDER:  
HOUSE ROAST WITH ONE PUMP CINNAMON  
AND OAT MILK



Mrs. Yeager

WORLD HISTORY & IB HISTORY TEACHER  
SOCIAL STUDIES DEPARTMENT CHAIR



# CDO COUNSELING

## Updates

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Holidays Around the World

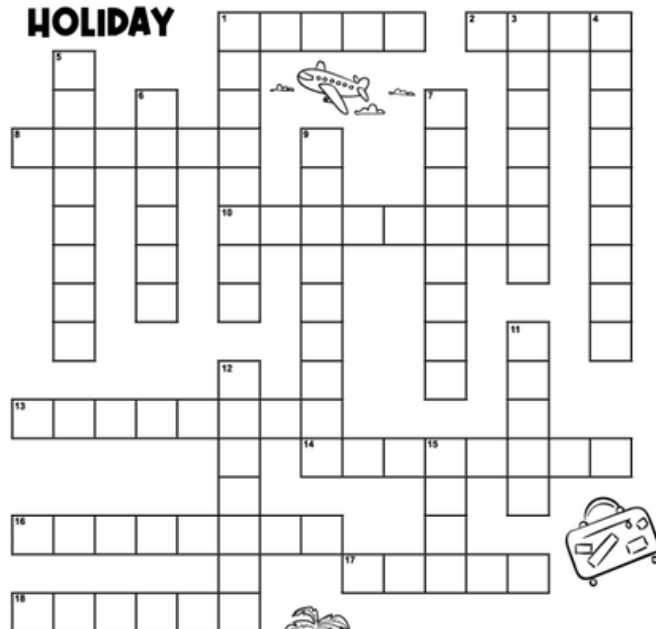
B R S L N P A N E T T O N E S W D F T C S H A N  
H Z T K M G I S H Q S R I X N C X G M E Z Q G T  
H P H A U L J E A U H U R Z M C Y N A H P I P E  
J A E B B Z P D I T A H G S S X X W N Y G C E J  
D L R O W E H T D N U O R A S Y A D I L O H C V  
N B G B H B A U Y A H J K P G A R Y P P O H E V  
A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

CANADA  
EPCOT  
GERMANY  
ITALY  
LA BAFANA  
MEXICO  
POINSETTIA

CHRISTMAS TREE  
EPIPHANY  
HANUKKAH  
KINARA  
LATKES  
NATIVITY  
SPEKULATIUS

DREIDEL  
FRANCE  
HOLIDAYS AROUND THE WORLD  
KWANZAA  
MENORAH  
PANETTONE  
YULE LOGS

### HOLIDAY



#### ACROSS

- having plenty of bright sunlight
- tiny loose pieces of rock that cover beaches
- to fly to the destination without stopping
- a flying vehicle with wings
- a period of time a person spends away from home in order to relax or travel
- relating to the part of the world that is near the equator where the weather is very warm
- a document you need when you go to another country
- spend time resting or doing something enjoyable
- a journey on a plane

#### DOWN

- a container to carry your clothing when traveling
- to have reached a place at the end of a journey
- the act of leaving a place to start a journey
- the activity of moving through the water by moving your arms and legs
- a place where people go for vacations
- a very beautiful place that seems to be perfect
- moving in an irregular or violent way
- an area covered with sand next to an ocean
- a place where aircraft can land and take off
- a body of water to swim in

Tree Valley Academy

2			5			6		8
	3	4	1			7	9	
			2			1		5
8	6			1	4		7	9
	5			9			2	3
9		3	7		2	8		
3		1	4		5			7
	8	6		2		3	5	
4						9		1

## CSU LIBS

### FINALS WEEK EDITION

Use your imagination to fill out this CDO Edition

I was studying for my \_\_\_\_\_ exam in Morgan Library and I must  
(class subject)  
have fallen asleep. Suddenly, Cam the \_\_\_\_\_ ran into the library  
(animal)  
singing \_\_\_\_\_ through a megaphone. Other students who  
(song title)  
were \_\_\_\_\_ in the library, cheered, then ran outside onto the Plaza.  
(verb)  
Everyone was \_\_\_\_\_ and celebrating the end of finals week, and  
(adjective)  
\_\_\_\_\_ was speaking on the stump! That's when I realized  
(person)  
I had one more exam in \_\_\_\_\_! I rode my bicycle as  
(CSU campus building)  
\_\_\_\_\_ as I could, but a train was blocking the street. I broke into a  
(adverb)  
\_\_\_\_\_ sweat! I would definitely fail \_\_\_\_\_ if I couldn't  
(adjective) (class subject)  
make it to the exam. That's when I woke up. What a \_\_\_\_\_ dream!  
(adjective)



Colorado State University