

CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor



The Commonwealth Governor's School

Let's get organized!

Set and commit to a schedule

You are busy and likely have after-school commitments. The most important part of getting organized is controlling your schedule. Start on Saturday or Sunday and look at your week ahead. Use an agenda or calendar (paper or electronic) to document your commitments (sports, club meetings, job, etc). After that, add to your schedule WHEN you will complete your homework and study every day. Each day, check your calendar and add or delete as needed. **Do you like color?** Try color-coding subjects to create a visually stimulating system.

Organize your school supplies, notes, binders, etc

Is your backpack a mess? How about your study space at home? If so, take time to go through each class and get organized. Get rid of papers you don't need and then organize the rest. Once you have everything in order it will help you find what you need when you need it.

Ask for help

Feeling overwhelmed? Don't be afraid to ask for help. People to ask: parent/guardian, teacher, gifted resource teacher, or school counselor. Personally, I love organizing and love helping my students with it! Email me if you need assistance with this.

Practice and patience

Creating a new habit takes time so give yourself some grace. If you try a new way to organize your time and it doesn't work, try something different. You need to find what works for YOU so don't give up. Finding a system that works will help you be a better student and will be a skill you will use for the rest of your life.

SCHOLARSHIPS AND OPPORTUNITIES

Seniors: Fraternal Aerie of Eagles #412
(See your counselor for information)

Seniors: 2023 Capital One Virginia Military Dependents Scholarship

Senior volleyball players: D4D Scholarship
(See your counselor for information)

Virginia Tech Agriculture Dept. Open House - Nov. 17

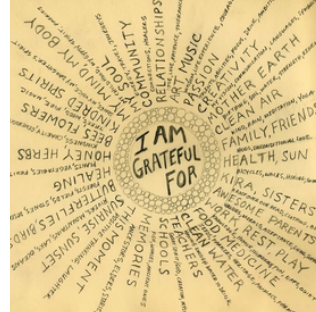
United States Military Academy West Point: schedule a visit

Germanna Community College - Campus Tours

University of Virginia - Open Houses and Tours

Visit your school counseling office and website for additional opportunities!

What are you grateful for?



Take a few minutes and write down 5 things you are grateful for. Take a step further and make it habit every day to reflect on all that is good!

A positive mindset is a powerful tool.

Call for students!



FXBG Chamber of Commerce Student Voice Subcommittee!

From Mrs. Morganti - I hope you all have a wonderful holiday season with your family and friends. As always, if you need something, let me know!