

Sophomore Newsletter

MRS. KIMOSH
◆
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Time to Reflect and Plan

As you begin a new semester, take some time to reflect on how the first half of the year went. Reflection is an important skill for school and for life. Ask yourself where you excelled first semester. Did you stay organized? Participate more in class? Perform well in a particular class? Recognize your strengths and think about how you can build on them.

Once you've identified where you did well, think about how you can stay consistent in those areas. You may even want to challenge yourself further! Maybe you want to set a higher academic goal (like improving your test scores or bringing your grade up 5%). Is there a way to take on more responsibility in a class or activity? You could ask your teacher, parent, or coach how you could stretch yourself in an area/activity where you feel confident. You might be surprised by the ideas you hear from people who know you well and want to see you succeed.

It's just as important to honestly consider where you struggled. Everyone has areas that need improvement, and identifying them is a sign of maturity. Instead of feeling discouraged, focus on creating a plan. Could you spend extra time studying? Should you ask for help or find a tutor? What habits can you adjust to help yourself improve?

Small, intentional changes can make a big difference. Learning how to honestly reflect and make adjustments towards new goals is a life skill that will help you prepare for whatever you are pursuing next year and after high school!

If you need a little structure, [this website offers a printable](#) SMART goals worksheet. If you enjoy reading and really want to dig into maximizing your efforts, you might read [The Motivation Myth](#) by John Haden or [Atomic Habits](#) by James Clear. Mrs. Kimosh has copies of both if you're interested in previewing them.

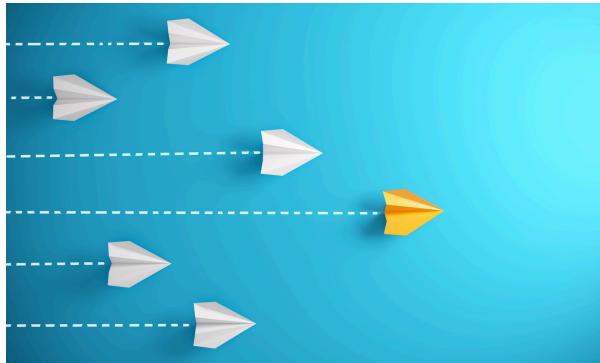
In this newsletter you can expect:

Reflect and Plan

Leadership

PSAT 10

Book Resources



Leadership Opportunities

Sophomore year is a season to grow academically, socially, and personally. Make the most of it by getting and staying involved in your school. Clubs, sports, service opportunities, and student leadership groups help you build friendships, discover your strengths, and learn how to work well with others.

If you haven't already, start by looking for leadership opportunities. Leadership doesn't always mean holding a title. It's also showing initiative, being dependable, encouraging others, or serving quietly behind the scenes.



PSAT 10 Preparation

All freshmen will take the PSAT at OCS on March 25th during the school day. The best way to prepare is to continue doing great work in your classes at school and read challenging, thoughtful material outside school. Consider taking practice tests (Khan Academy has free SAT practice) to review and practice taking timed tests.

You have plenty of time to prepare for the SAT next spring. Consider taking an SAT early in junior year so the spring test can serve as a retake. You might also try the ACT to see which test suits you better, and explore free online test prep resources if you like.

This is also a good time to think ahead to junior year. Ask yourself what activities you might want to continue or grow in next year. Trying new things is encouraged, but aim to choose one or two activities you genuinely enjoy and commit to them. Depth and commitment over time is more meaningful than doing a little of everything.

Staying involved and pursuing leadership helps you build skills for your future while thoughtfully using the gifts God has given you.



Resources and Events

Book Recommendations: Make College Count: A Faithful Guide to Life and Learning by Derek Melleby

The Motivation Myth by John Haden. This book looks at how motivation comes as we engage, rather than waiting for motivation before we get started on our goals.

Atomic Habits by James Clear. This book focuses on how we can build good habits and break bad ones in ways that actually last!

Mrs. Kimosh has copies of all three if you'd like to look through any of them!