

## UPCOMING EVENTS

- [JGF Monthly School Supplies Contest](#)
- [Childhood Cancer Awareness Month](#)
- [38th Annual National Suicide Prevention Week \(Sept 9th-15th, 2012\)](#)
- [ITP Awareness Month](#)
- [National Cholesterol Education Month](#)

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## The Race Within

Written by: Jenna Green

A goal can be defined as the result or achievement toward which effort is directed. It is the terminal point in a race. Well, when it comes to school, what is the race? The race isn't between you and other people in your classes, but the race is within yourself.

To win this race, you must know what your purpose is for being it. For instance, if you are in class your target goal is to obtain an A. Well, why are you spending your time to obtain it? It is rather simple, you want to show that you have learned as much as you can in the class. As a result of obtaining that A, you might get a certificate or a greater grade point average.

Your goals should be realistic and should not be too difficult to acquire. You can have many goals throughout your lifetime, but you should not concentrate more than 2-3 at a time or else you may lose focus or become overwhelmed.

Setting semester goals can seem intimidating, but if you tackle them in the right way, you will come out on top. First, you want to think

about the end of the semester. What do you want to have achieved by that time? What would help you succeed in the following semester? Think about your strengths and weaknesses, and what requirements you will need to fill by the end of the semester. If you need a passing grade to get into another course, then your goal can be to get an A or B in the class. If you want to become better at managing your time, or develop new study skills, then add that into your list of goals.

Next, you need to think about what will it take to achieve these goals, i.e cutting back on current activities, spending more time in the library, tutoring, or even finding new stress reliever tactics. Goal setting is more than words on a piece of paper it is a plan.

Throughout the semester, give yourself a self-evaluation on the status of achieving your goals. Just remember, goal setting is not hard, it is just an outline of what you want to achieve.



2012

Fill out an Entry Form at:  
<http://bit.ly/jgfcont> or [www.jennagreenfoundation.org/monthlycontest.htm](http://www.jennagreenfoundation.org/monthlycontest.htm)

**ENTER TO WIN!**  
No purchase necessary

Contest Deadline: September 30, 2012 12:59:59 PM EST  
For more information, please contact us at [jennagreenfoundation@gmail.com](mailto:jennagreenfoundation@gmail.com)

### Scholarships

1. [AFSA Second Chance Scholarship Contest \( Due: August 22, 2012\)](#)
2. [Boomer Esiason Foundation Scholarship Program \(Due: September 15, 2012\)](#)
3. [Coca-Cola Scholars Program \( Due: October 31, 2012\)](#)
4. [Voice of Democracy Scholarship Program \( Due: November 1, 2012\)](#)

## Preparing for Exams

Written by: Jenna Green

Getting a good grade in your class, is your number one goal. Usually, your grade will comprise of research papers, quizzes, worksheets, and exams. Majority of the time, your exam score will count as a large percentage of your final grade, therefore you will need to take steps to obtain a high grade on your exams.

Here are some steps for Exam Success:

1. Ask your professor what the best way to study for the exam is. For instance, should you study from notes in class, powerpoint presentations, study guide in your textbook, i.e.)
2. After each class, review what you have learned. Develop notecards with the end ( exam) in mind.
3. Find a study group or study partner. You may learn of a new way to approach a hard topic or experience a new perception on the material.
4. Outline what you need to study and cover each section, making sure you fully understand one section before moving to the next
5. Create a study cheat sheet on difficult material to go over every day before the exam



### Sites for Studying

[www.flashcardmachine.com/](http://www.flashcardmachine.com/)

[www.studygs.net/](http://www.studygs.net/)

[www.sparknotes.com](http://www.sparknotes.com)

[www.homeworkhelp.com](http://www.homeworkhelp.com)



[www.jennagreenfoundation.org](http://www.jennagreenfoundation.org)



[jennagreenfoundation@gmail.com](mailto:jennagreenfoundation@gmail.com)



<http://www.facebook.com/jennagreenfoundation>



[@JGFOUNDATION](https://twitter.com/JGFOUNDATION)

## Know Where Your Money is Going

Written by: Jenna Green

First semester is always full of fun activities. There are so many clubs to join, events to attend, clothes to buy, new technology fads that you feel like you just have to buy. In the midst of all the happy feelings that are flowing through your veins, you can't forget about your financial priorities. Yes, those ugly bills that you have to pay, textbooks for classes, school supplies, lunch, and even the rising cost of gas.

Putting off a bill until next month may seem okay now, but when you start getting used to it, you will find yourself behind on payments. Learn to take Self Control and know when you are able to afford a "want." Learn to budget your expenses each month and see how much you have left over to get those new shoes. Know exactly where your money is going each month.

Try out the following free websites below to track your money.

[www.mint.com](http://www.mint.com)

[www.pageonce.com](http://www.pageonce.com)

[www.manilla.com](http://www.manilla.com)

### Ways to Stop Procrastinating

1. Create early deadlines for your assignments. If it is due to your teacher on Tuesday, make it due to yourself the Friday before.
2. Just do it
3. Make an outline and break down the project into small tasks
4. Prioritize your assignment by dividing your assignments into categories: High, Medium and Low
5. Determine your studying style and figure out what can make you procrastinate
6. Ditch unproductive habits
7. Anticipate future assignments
8. Don't put assignments off until the last minute
9. Do hard assignments first
10. Work on large assignments in chunks
11. Use a planner
12. Avoid Distractions
13. Reward yourself for completing parts of the assignments