

Alumni Corner

Senioritis

by Jahvon Stephen

Senioritis symptoms include laziness, the excessive wearing of sweatpants, lack of studying and a generally dismissive attitude. The only known cure is a phenomenon known as graduation. Senioritis is easy to catch and hard to get rid of. It can also be dangerous for your future plans. Every year colleges take back their offers of admission or re-structure financial aid packages because of senioritis.

But of course, sleeping late and not doing homework is a feeling many teens just can't resist. Believe it or not, sleep plays an important role in thinking and learning. Lack of sleep impairs attention, alertness, concentration, reasoning and problem solving. This makes it more difficult to learn efficiently. Also, during the night various sleep cycles play a role in consolidating memories in the mind. So get some rest!

To avoid senioritis one should write down the goals you want to achieve. Maintaining good grades for example, is challenging enough without having to resist the urge to slack off because there is nothing making you achieve high marks. When its time to hit the books it is important to turn off the TV, put your phone on silent and log out of your social media. Good study practices ward off senioritis like garlic to a vampire.

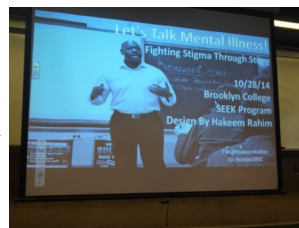
So go! Write your goals for the New Year. And if you've already done so, then take a nap. And when you arise, think, Have I done all my homework? Good Luck!

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where students received up-to-date information on Canton's application process and why it may be a great fit for college.

Besides college visits and information sessions, we conducted two SAT preparation workshops and regularly scheduled afterschool tutorials. The number of students participating in tutorials has increased and we hope that you claim your spot in our upcoming spring tutorials.

Lastly, we had the pleasure a variety of guest speakers. Attending "Let's Talk About Mental Illness" was Hakeem Rahim who gave our students his own firsthand experience as a college student realizing he has a mental illness, dealing with it, and joining the work world with it. He explained his condition and encouraged the audience to look passed the stereotypes that make people judgmental and afraid of people with mental illness in general. We also brought our guest speakers to you. Undergraduate college students visited George Westinghouse, College Preparation, School for Human Rights, Brooklyn Bridge Academy, and Youth Community Development. These students shared valuable advice about how to prepare for college and the do's and don'ts for college success. I am excited about all that we have accomplished thus far, but I am even more enthusiastic about the wonderful events that the ETS team has put together for each of you. I encourage you to take advantage of as many events as possible. Please feel free to share your ideas for events if you do not see something that interests you on our second semester calendar.



All the best to you all! Let's finish out this school year strong and together!

Meet the Staff!

Ms. M. Gordon

Brooklyn College has played an interesting role in my life, way before I started high school. I had my junior high school graduation in the Whitman Auditorium. My mom looked around before going inside and said "It would be nice if Michelle went to school here." My mom got her wish twice over, when I completed my undergrad and graduate studies in English at Brooklyn College. After graduation, I thought I would be a journalist and see the world. However, something told me that I would end up back at Brooklyn. And here I am. Being a part of the TRiO Program has pushed me into exploring my new goal of becoming a teacher. My mom and sisters took over the role of being my teachers, before I started school in the second grade. Thanks to the encouragement of my mom, getting an education was always something my sisters and I strived for. My relationship with my autistic brother is another reason for my wanting to be a teacher. Knowing that your students learn so many things from you, and you from them, it's important to leave a positive and lasting impression. I want them to question everything, even things I tell them. Never let that sense of wonderment fade. If you want to know more about me, watch "Daria." She's kind of my alter ego.

Mr. B. Gill

Hey Guys! So what has two thumbs, absolutely loves to mentor, enjoys an increased heart rate and has the ability to become invisible??? The answer is "THIS GUY!" Hello there, My name is Brian Gill. I am a new Pre College Counselor at the Brooklyn College Talent Search Program, TRIO. ~> I am a first generation American. My parents are Eastern European and came to this country like most to find a better life for them and their family. They didn't know much but knew that I NEEDED to go to college. Unfortunately since they were new here when the time came, they didn't

really know the proper protocol for applying for higher education. Confounded by the fact my guidance counselor wasn't as helpful as I would have preferred, the college process was a difficult and tumultuous time for me. In all fairness I was not assertive enough to ask questions due to shyness, but all the same it could have been easier. Eventually I did find my way, and continued working tirelessly towards two masters degrees in the counseling field. The experience in high school had left a lasting impression though as my ideal profession was becoming a guidance counselor. Well let me just say first off that to help students so they wouldn't have to go through what I went through during that challenging time for college decisions. I firmly believe in this program because of the personal and emotional ties I have to TRIO's program goal. As I stated I am first generation and fall into a low income social economic status as well. I believe today's youth, particularly those who fall into both categories have a difficult time with their education and college selection process and that's why I wholeheartedly believe in TRIO's mission of helping the youth of Brooklyn get into higher education. Aside from my professional counseling, I have a strong love for martial arts.

I have trained in several martial arts including Muay Thai, western Boxing and Brazilian Jui Jitsu. I have and continue to compete for my personal sense of satisfaction but I also train youngsters in the martial arts as well. I believe that the arts teach a youngster more than self-defense techniques. Confidence, leadership, teamwork, etc are all notions that are taught and brought forth when teaching these youngsters martial arts. There is a similarity in coaching sports and motivating/counseling students in an educational setting as well and I thoroughly enjoy both. I hope to make a lasting impression on each and every student I come across. Unfortunately that probably isn't going to happen as I always say "you can take a horse to the river but you cant make it drink." But I do the best I can and come from the heart and every student I can help and every student who wants my assistance will get the best quality aid possible.

Ms. C. Simeon

Hi, my name is Carly Simeon (yes - identical to the singer Carly Simon, and no - I don't think the song is about me but, this bio prompt is Lol!) I graduated from SUNY Old Westbury with a bachelor's in Criminology/Sociology. I've worked and continue to work with students academically, socially, and emotionally providing a safe outreach for youth to develop and prosper as young adults. As the latest edition to the Brooklyn College TRIO program one of my goals is to make sure all of my students have a smooth transition into their next stage of life; hopeful all of my students can become mini college experts. As a proud Brooklynite I've always wanted to come back to my community and mentor young adults as they mature and become great adults. In my spare time I like watching Netflix, butchering my favorite songs during karaoke, and hanging out with family and friends.

Mr. A. Ybarra

Greetings! Well let's see. What can I tell you? I'm from the great state of Texas. While living there I attended and graduated from The University of Texas at El Paso. Go Miners!!!! I earned a Bachelor's degree in Political Science and years later I earned another Bachelor's in History. Because history is cool! I am currently attending Hunter College and aim to earn my Mater's degree in Adolescent Education. To me, promoting higher education within the underrepresented communities of our great country is a privilege I take great pride in doing. I feel that for human beings, education is the great equalizer. I am honored to serve as your Assistant Director at Brooklyn College Talent Search and look forward to seeing you reach for and attain your college goals.

Ms. J. Webster

Educational Talent Search at Brooklyn College is blessed to have within their staff Ms. Webster. She comes to us by way of Guyana where she learned at an early age that education is a privilege worth investing in. She has served Brooklyn College Educational Talent Search members for eight years now.

Aside from her wit and clever sense of humor she brings to the table a level of professionalism rarely seen today. Should you need college counseling or academic guidance I would strongly urge that you knock on her door. Which is always open to students and colleagues alike.