

# GUIDELINES

February 2024



## UPCOMING EVENTS

### Wellness Wednesday

#### **How to Get Unstuck: Ways to Manage Your Anxiety**

Wednesday, February 7, 2024

7:00 - 8:00 PM

The River Dell High School Library

[Click Here](#) for More Information

### Upcoming Hawk Day

On Friday, February 16th, RDMS will be running a special Hawk Day, featuring our incredible staff. Students will have an opportunity to join a staff-led passion room and engage in fun activities ranging from mindfulness to karate to wilderness training! This will be a great chance for students and staff to come together over shared interests and have some fun heading into the winter break!

### Halfway Done: Time to Reflect!

With the school year halfway complete, now is a great time to reflect on both academic and personal progress. We encourage students and families to take the time to evaluate their goals, celebrate achievements, and identify areas for improvement. Students are encouraged to reach out to their teachers and counselors for support, and continue to foster a collaborative effort to ensure a successful and fulfilling second half of the academic year!

### Our Staff

201-599-7200

Marnie Ross  
7th Grade  
Counselor  
x7254

Demetra Binder  
8th Grade  
Counselor  
x7256

Erin Kirkby  
Director  
x7224

Nancy Boettger  
Admin Assistant  
x7255

Derek Giorgio  
Student  
Assistance  
Counselor  
x7281

### Antibullying Slogan Banner Contest

Congratulations to Ms. Kovalik's Period 6/7 class, who won our annual Antibullying Slogan Banner Contest. The class designed a beach-themed banner stating, "Your words can crash down on the sand or softly flow into someone's heart." They celebrated their hard work and winning design with a class pizza party!



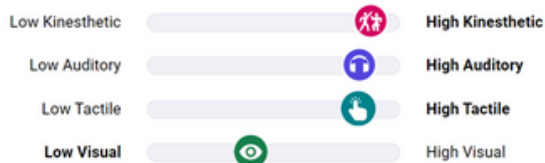
## Counselors Visit RD101: 7th Grade Naviance Lessons

As part of their recent RD101 lessons, students were not only able to create their unique Naviance accounts, but also learn more about the comprehensive resources available on Naviance. These resources include the AchieveWorks Learning and Productivity assessment. One of many assessments that students will complete during their six years at RD. Learning and Productivity allows students to explore preferences that can guide success in school. This includes traditional considerations like preferences for auditory versus visual learning, but also unique environmental considerations like lighting and temperature. We encourage students to continue reviewing their results and consider how they may be able to make small adjustments to find greater success!

### Your Learning and Productivity Preferences

#### Sensory Preferences

You learn with four senses. You may like to learn with only one or two, but research has shown that you benefit most when learning through multiple sensory modes. So it will help to use more than just your preferred senses.



### Sensory Preferences

#### SKIP TO SUBSECTION:

- Auditory Learning  
 Kinesthetic Learning  
 Tactile Learning  
 Visual Learning

You learn with four senses. You may like to learn with only one or two, but research has shown that you benefit most when learning through multiple sensory modes. So it will help to use more than just your preferred senses.

To get started, try learning new and difficult topics by using the modes for which you have a higher preference. As you become more comfortable with a topic, begin to use your less-preferred preferences as well. Over time, you will adjust to using **all** of the sensory modes and your learning will become easier and more effective.

For example, if you prefer visual learning, you can start learning a topic through reading, pictures and diagrams. As you become more familiar with the topic, discuss it (auditory) and get involved in activities related to it (tactile and kinesthetic).

Click each preference to figure out how you learn best.

### Tactile Learning

Low Tactile High Tactile

Tactile learning involves touching and handling objects related to what you are learning. Examples include measuring objects in math or dissecting a specimen in science.

You have a high preference for tactile learning – learning through touch. Lessons that use models and other physical objects usually help you to learn a concept. You can take advantage of this ability and develop it further through practice. Use the recommendations below.

#### ★ Recommendations

Use the following recommendations during situations that involve tactile learning. These will help you use other modes of learning at the same time, assisting your overall ability to learn.

#### During Instruction or Activities

- Take notes in class. The physical act of writing will help you remember the important points.
- Look for opportunities to "do" things in your classes – like science experiments, writing, using math-related objects, working with materials, and so on.

#### Working on Assignments or Independent Tasks

- When reading, highlight the key ideas and then write a summary of them. Engaging your hands in the reading process will help you remember what you've read.
- Use real objects to help you learn. For example, if you're studying levers in physics, find a simple one and try using it in different ways. For geography, use a globe or map to aid in studying.

#### Preparing for Tests or Presentations

- Keep your desk clear of distracting objects. Your tactile sense should be focused on what you are learning, not unrelated things.
- Don't forget to review notes from labs and activities that involved tactile learning. Try to remember what it was like to use your hands and what you felt with your sense of touch in those activities.