

KHS AVID

November 2020



Mrs. des Lauriers



Ms. Nordstrom



AVID GAZETTE

MEET OUR KHS AVID SITE TEAM MEMBERS

Mrs. des Lauriers has taught for 11 years in 3 different states. She graduated from Rutgers University with a BA in English, and a master's in Education. She loves writing, reading, singing, painting and walking her dogs. She also loves the kids and staff at Kimball, and is inspired to be able to share AVID strategies with them.

Ms. Nordstrom previously taught for 1 year at Tracy High School & 15 years at Woodside High School in Redwood City. I graduated from the University of Oregon w/a BA in English (minor in Spanish) & have studied, while living w/host families, in Peru, Mexico, Ecuador & Spain. I love movies, hiking, biking, photography, drawing & painting. I also love the staff & students @ Kimball! My interest in AVID stems from a terrific 2-day workshop I attended, alongside Mr. Wall & Ms. De La Mora, in Sacramento in the summer of 2019. My name is David Brown and this is my 19th year teaching in Tracy Unified School District. I am a product of the Tracy School system having attended K-12 here. I am currently the TUSD AVID Coordinator and teach the AVID Elective at Kimball High School. I have been involved with AVID for over 10 years. I look forward to working with both students and families in order to provide the best education possible for our students!



UNIVERSITY OF CALIFORNIA SYSTEM AT A GLANCE

3 National Laboratories

10 Campuses

160 Academic Disciplines

430,000 Jobs Supported

5 medical Centers

280,380 Students

800 Degree Programs 227,700 Employees

64 Nobel Laureates

2.0 Million Living Alumni

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1st Quarter Reflection:

What aspects of your effort and preparation were most effective? (What do you think you were successful at this quarter and how did you achieve that)

I think I was most successful at understanding real world events going on and applying it to government for Gov. this quarter. This is because I achieved it through keeping up with news and watching the presidential debates. I was educating myself in any way even through social media.

What aspects of your effort and preparation were least effective? (What do you think you think you did that was not successful during this quarter and why do you think you were not successful)

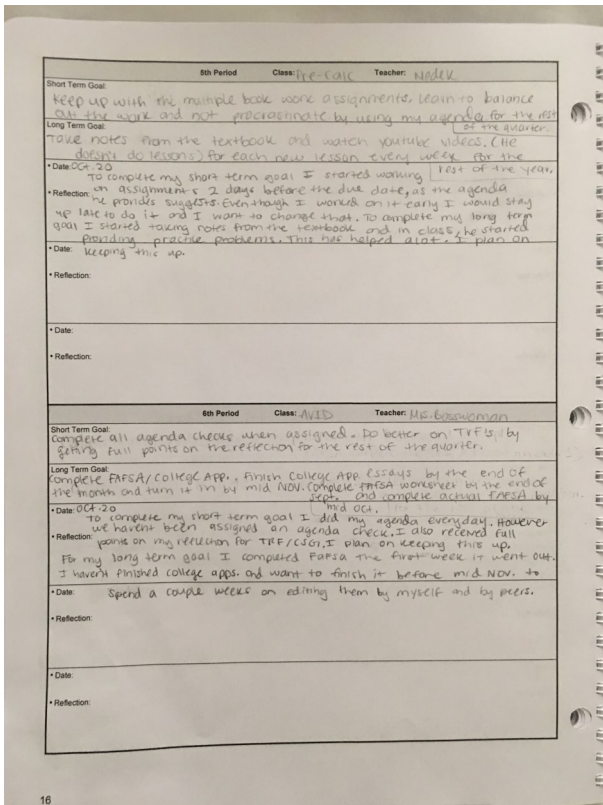
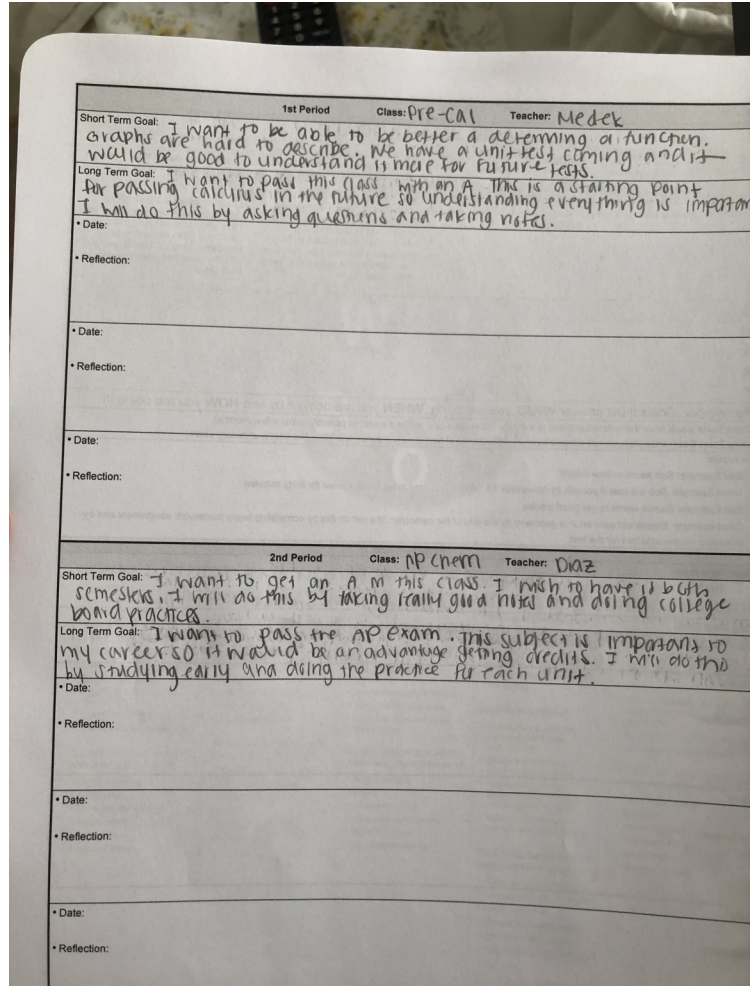
Something I think I did that was not successful this quarter was keeping up with the assigned book readings every day. I think I was not successful because I often waited to read at the end of the day after I finished the rest of my homework which was very late. Since it was late at night, I often pushed it to the next day since I was tired.

What specific action or actions will improve your performance? (What changes can you make during 2nd quarter to make your efforts more successful)

This quarter I plan on actually doing my homework during the asynchronous time window. I procrastinate on doing homework till the end of the day because I am a night owl, but I need to change that.

What will you do differently starting this week? (Create one goal that you want to achieve by the end of this week or next)

This week (and next week) I plan on getting up out of bed at seven a.m. so I can be fully awake and pay attention better in class (not feel so sluggish specifically during Chem.) and start healthy habits. I will also do my homework during asynchronous time of course.



Goal Setting Student Samples



COLLEGE OF THE MONTH

University of California-Davis, California

5,300-acre campus in Davis (population: 68,986), 15 miles from Sacramento. Served by bus and train; small airport on campus; major airport serves Sacramento. School operates transportation to Sacramento Medical Center. Public transportation serves campus.

Web: <http://www.ucdavis.edu/>

Phone: (530) 752-1011

Type of Environment: Suburb: Small

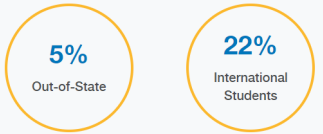
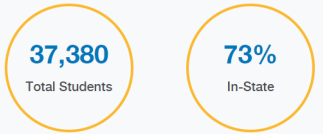
Institution Type: Public, 4-year or above

Term Type: Quarter

Type of Degrees Offered: Postbaccalaureate certificate, Doctor's degree - research/ scholarship , Master's degree, Bachelor's degree, Doctor's degree - professional practice , Post-master's certificate

Campus Snapshot

- Housing Availability:** Yes
- Religious Affiliation:** Not applicable
- Student Government:** Yes
- Student Newspaper:** Yes
- Literary Magazine:** Yes
- Yearbook:** Yes
- Radio Station:** Yes
- Television Station:** Yes



ADMISSION FACTS

- Application Fee: \$70
- Common App. Accepted: No
- App. Deadline (Priority): NA
- App. Deadline (Final): Nov. 30
- Early Decision Program: No
- Early Action: No
- Admission Interview: Some required
- SAT/ACT Req'd: SAT or ACT (SAT Subject Recommended)
- Application Type: UC Application
- Acceptance Rate: 43%
- Avg. High School GPA: 4.03

APPROXIMATE COST

- Tuition & Fees: \$14402
- Room & Board: \$15645
- Additional Fees: \$3994
- Books & Supplies: \$1136
- Total: \$35177

AVID STRATEGY OF THE MONTH

Our AVID Strategy of the Month for November is **Goal Setting**. A goal without a plan is just a wish. SMART Goals are designed in such a way that are less intimidating and break the goal into manageable pieces. Goals should be (S) specific and easily understood. What you are going to do? Why it is important? What do you want to accomplish? Goals should have concrete criteria for (M) measuring progress. What data will you use to measure your progress toward your goal? Goals should be (A) action oriented. What actions are you going to take to accomplish your goal? Goals should be worth working toward and (A) attainable. How do you know that it is reasonable for you to be able to accomplish your goal? Goals should be achieved within a specific (T) time frame. When is your deadline for accomplishing your goal? Answer these simple questions and you are well on your way to achieving your goal!

Directions: Use the form below to complete the GPA outline.

G Goal	Use the space below to describe your goal. Is to stop procrastinating so much and actually studying for myself even if i don't need it which most of the time i do.	<input type="checkbox"/> short-term goal <input type="checkbox"/> mid-term goal <input type="checkbox"/> long-term goal
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P Plan	Use the space below to briefly explain your plan. the first thing i want to do for myself is to stop using my phone so much or listening to music that have words in them because i get distracted easily. also for geometry (since thats my lowest a in my grades) is going to study groups. even if i dont need it ill go because i just might be wrong about something. and for world history, my goal for that class is to actually study by using the book and reading most of the chapter we're learning about.
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A Action	Use the space below to list the action steps that are needed to achieve your goal.
	<ol style="list-style-type: none"> 1. get my phone out of my sight 2. stop getting out of my room every 10 mintues 3. stop quoting "ill do it later" 4. reading 30 minutes or an hour a day 5. at least take some breaks to cool of but not too many 6. stop asking for peoples help and try to figure it out on my own 7. _____ 8. _____ 9. _____ 10. _____

S Specific	Goals should be specific and easily understood. What you are going to do? Why it is important? What do you want to accomplish?
M Measurable	Goals should have concrete criteria for measuring progress. What data will you use to measure your progress toward your goal?
A Action-Oriented	Goals should be action-oriented. What actions are you going to take to accomplish your goal?
R Realistic	Goals should be worth working toward and attainable. How do you know that it is reasonable for you to be able to accomplish your goal?
T Timely	Goals should be achieved within a specific time frame. When is your deadline for accomplishing your goal?

SMART Goal #1:
One of my personal goals is to get better at tennis before tennis season starts so that when it does start i'll know what im doing.

SMART Goal #2:
One of my academic goals is to bring my chemistry grade up to an A from a B, so that i'll have all As before the semester ends.

SMART Goal #3:
Another personal goal is to get better at my digital art skills by the end of the year so that i can do commissions and make money.

STUDENT SPOTLIGHT

Our Student Spotlight focuses on 11th grader **Nialah Auten**.

What are three interesting things about you?

- When I was a younger child I would hang out with a lot of older people so I've always been good at socializing
- Some people thought I was bit by a shark after I got a crazy scare on my foot from stepping on glass
- I have traveled out of the country

Do you have brothers and sisters?

-Anthony (25), Jazmine (23), Amyrrah (22), Aaleena (14)

Years in AVID

-3 years in AVID

What do you like most about AVID?

-I like the community aspect that Avid has given me within my class. It's great having a group of people my age who have similar goals as I do, which allows us to push each other and open up to each other. AVID isn't only a program, it forms a family and a community that is there to support you.

How has AVID helped you?

-I like that AVID helps stay focused and on track with my graduation and college requirements. I tend to get a little side tracked, so being on a plan and having a teacher continue to guide and understand my plan is really an asset to my learning as well as my future.

What is your dream job/career?

-I have always had an interest for science and i've been very interested in engineering recently, so that's most likely the career path going to take.

What college do you want to attend or which college are you planning to attend?

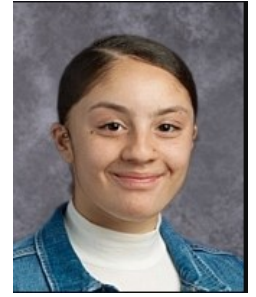
-I'm not sure which college I want to go to yet. I would like to keep my options open and see what I feel is they best fit for me when I start applying.

Why do you want to attend college?

-I want to attend college to further my education, in hopes to be prepared for adulthood and have a successful career. However, I don't only see college as a learning opportunity, i think of college as the "best time of our lives" and love to have the opportunity to experience that.

What do you plan on studying?

-Based on how I feel about a career path, in leaning towards studying petroleum engineering as my major and possibly electrical engineering as a minor.



WINNING AT WICOR

Mr. DiFabio has been selected by a number of his students for Winning at WICOR!

Mr. DiFabio is one Of Kimball's new Jaguars and is a teacher in the science department.

His students have been enjoying all aspects of WICOR in his classroom this year. One of the activities that received high marks was using a program called Near-Pod to graph motions. In addition to graphing, students reflected on areas that they needed to improve upon. This activity had heavy emphasis on Writing, Inquiry, and Reading.

Thank you Mr. DiFabio for helping our students and WICORizing your lessons!

You truly are Winning at WICOR!

Mrs. des Lauriers has also been selected by her students for Winning at WICOR!

Mrs. des Lauriers is a member of the English department as well as a member of the KHS AVID Site Team. The lesson that caught the eye of her students was a lesson on "A Sound of Thunder."

Students were to read and note human issues within the book. They were then tasked with creating a story board. The students truly enjoy the readings and are challenged to think deeper.

Thank you Mrs. des Lauriers for helping our students and WICORizing your lessons!

You and your students are truly Winning at WICOR!





CONTACT INFORMATION

Head Counselor/AVID Counselor

Mr. Edwards: tedwards@tusd.net

KHS AVID Site Coordinator/12th Grade Elective

Mrs. Mason: smason@tusd.net

TUSD AVID District Director/10th Grade Elective

Mr. Brown: davbrown@tusd.net

9th Grade Elective

Mr. Pruett: dpruett@tusd.net

11th Grade Elective

Ms. Soto: ausoto@tusd.net

