



November Newsletter

Trinity Middle School 2023

IMPORTANT DATES

2nd – Pittsburgh Steeler Day (wear your black and gold)

5th– Remember to turn clocks back an hour

7th – Make-Up Picture Day

7th – End of 1st 9 weeks

15th – 50th Day of School (Dress like the 50's)

16th–18th – The Music Man Jr. Musical

16th – Pittsburgh Penguins Day

22nd Two-Hour Early Dismissal/Staff Development

23rd – 27th Fall Break – Happy Thanksgiving

PRINCIPAL NEWS...

It's amazing to think our first nine weeks of school has gone by so quickly and our school year is well underway.

How time flies! The first nine week grading period ends on November 7th and report cards will be posted on Wednesday, November 15th.

REMINDER...

Order your yearbook today at:



www.ybpay.com

code: 10046224

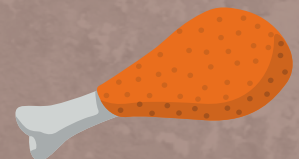


Make-up Picture Day has been changed to November 7, 2023



When picking up students, please arrive by 2:25pm due to bus interference.

Give Thanks



OCTOBER STUDENTS OF THE MONTH



**EVAN KLINK
AND
DAESHA PLESKO**



PINKOUT

Decorative banner with pink hearts below the title.





TRINITY

SPORTS







E-sports



STUDENTS HAD A BLAST
COMPETING AT THE TMS
E-SPORTS TRYOUTS!
STUDENTS BATTLED IT
OUT FOR A SPOT ON OUR
FALL ROSTER, WHICH
WILL FEATURE THE
GAME ROCKET LEAGUE!
STAY TUNED FOR
UPDATES!!



**ABOUT SO
MUCH MORE
THAN RUNNING**



Last year, Range Resources donated over \$5,000 to help fund the creation of the new E-Sports room at TMS. Range employees were able to return in October to see the completed E-Sports room and meet some of our students. Several of Mrs. Gojmerac and Mr. Walsh's TMS gifted students taught the Range employees to play Rocket League on the E-Sports computers. Afterward, everyone enjoyed a catered lunch from Texas Roadhouse! Thank you to our student leaders who helped with this event!



OUR MIDDLE SCHOOL GIFTED STUDENTS HEADED TO WVU TO PARTICIPATE IN THE 34TH ANNUAL PUMPKIN DROP ON OCT. 27TH! THEY WERE TASKED WITH CREATING A CAPSULE THAT WOULD PROTECT A PUMPKIN DURING AN 11-STORY DROP! SADLY, NONE OF OUR PUMPKINS SURVIVED THE DROP, BUT IT WAS A FUN WAY TO PUT THE STEPS OF THE ENGINEERING DESIGN PROCESS TO THE TEST!





Several of our middle school gifted students volunteered to help at Trinity South's annual Trunk or Treat/Family Fun Night on October 13th. Thank you to Caleb, Owen, Charlotte, Cameron, Zach, Ryan, and Ethan for helping to run the games in the gym at Trunk or Treat! It's great to see our students giving back to our community and having some fun along the way, too! Mrs. Gojmerac and Mr. Walsh are so proud of you!



Frau Knight's students learned about Oktoberfest in the German classroom. 7th graders enjoyed making Bavarian hats.





USA



JROTC
IN EXPLORATORY



S.E.E.D. PROGRAM

Students Extra Educational Development Program

What is S.E.E.D.?

For almost 35 years, SHOP 'n SAVE has proudly hosted the S.E.E.D. (Students Extra Educational Development) program.

We've been able to deliver thousands of fun educational programs from The Pittsburgh Zoo & PPG Aquarium and Carnegie Science Center to kindergarten through grade eight students in hundreds of public and private school systems throughout Western Pennsylvania, Ohio and West Virginia.



Trinity Middle School is now registered in SHOP 'n SAVE's S.E.E.D. program.

We have the opportunity to earn free educational assemblies from the Carnegie Science Center and Trinity Middle School is now registered in SHOP 'n SAVE's S.E.E.D. program. We have the opportunity to earn free educational assemblies from the Carnegie Science Center and Pittsburgh Zoo for TMS students. Please help us bring these wonderful assemblies to our school! Here's how:

- **Get a SHOP 'n SAVE Perks Card**
- **Visit shopnsavefood.com or open the SHOP 'n SAVE mobile app**
- **Log in to your Perks Card account and go to S.E.E.D.**
- **Search for Trinity Middle School, click**

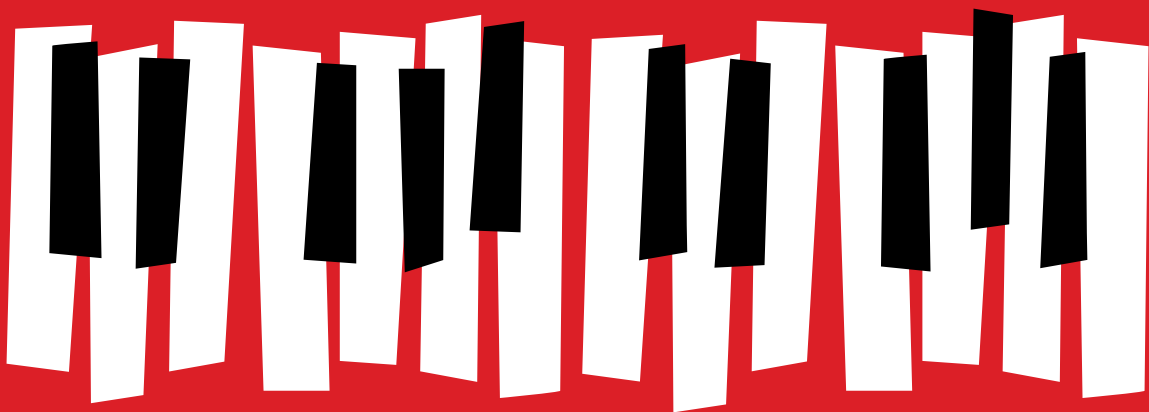
**Please ask friends and family to register their Perks Card to support TMS!
Thank you for your support!**



Trinity Middle School will proudly present "The Music Man Jr." November 16-18 2023 at 6:30 PM in the THS Auditorium. Tickets are \$10 for adults and \$8 for students and will go on sale November 1.

**Here is our online ticket sale link:
<https://admin.eservicestech.com/p/trinity/events>**

We will be having a basket raffle, 50/50, candy grams, and concessions at the event!





Trinity Area School District

Music Department Winter Concerts

December 4th - Elementary & Middle School Chorus
Elementary - 6:00 PM | Middle School - 7:00 PM

December 6th - Middle School Band & Orchestra
6:30 PM

December 11th - Elementary Band & Orchestra
Orchestra - 6:00 PM | Band - 7:00 PM

December 13th - High School Band, Chorus, & Orchestra
6:30 PM

December 18th - High School Jazz Band & Percussion Ensemble
6:30 PM

Trinity High School Auditorium

Free Admission





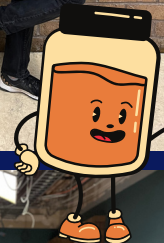
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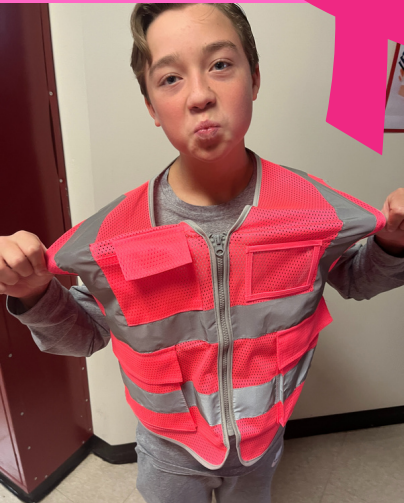
HAWAIIAN DAY

SPIRIT WEEK



TWON
DAY









TRICK
or
TREAT



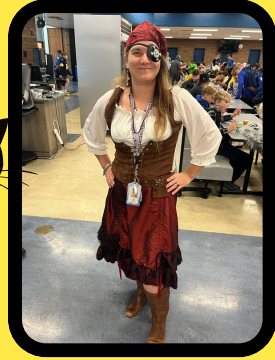
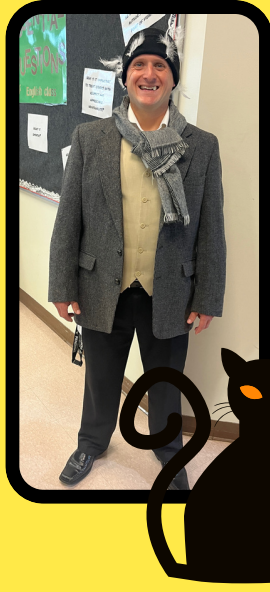
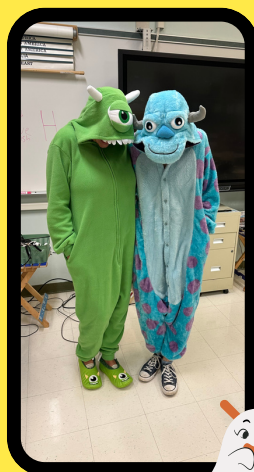
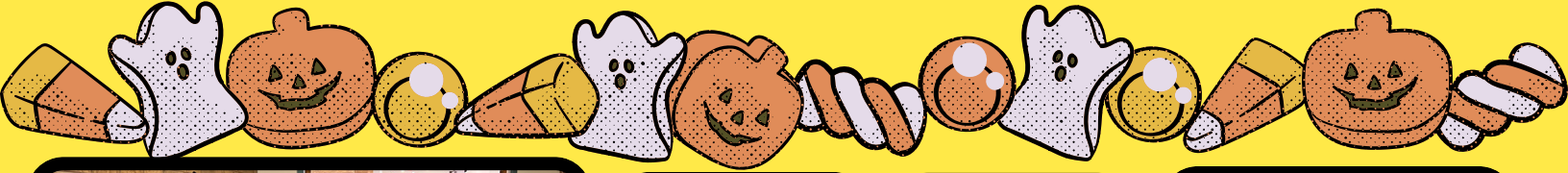
SPOOKY



HALLOWEEN

BOO!







HALLOWEEN PARTY

BOO

LET'S GET SPOOKY





Mr. Walsh and Mrs. Gojmerac's gifted students participated in the SciYinz Chain Reaction Competition at The Carnegie Science Center. Our students were up against 25 other teams of middle and high school students from Washington and Allegheny counties. In class, students have been learning about Rube Goldberg and simple machines and, at this event, students used their knowledge and DIY skills to create a 10-step machine that would raise the Jolly Roger! It may sound simple, but this was a tough challenge. Great job Hillers!





The Trinity Trailblazers Exploratory took a Community Based Instruction trip to the Oglebay Good Zoo last week! We all had a great time!!

The Trinity Trailblazers matches students with disabilities with their peers to strive to eliminate social isolation and provide engaging and integrated events and activities with the leadership of teachers and students.



FUNDRAISING NIGHT!



**Trinity Middle School
Sunday, November 19th
11am-10pm**

10% Donation Night

Support this cause by
presenting this invitation to
the listed Texas Roadhouse®
location and Texas Roadhouse®
will donate 10% of your total food
purchases to the fundraiser!



(724)222-4900
311 Washington Road

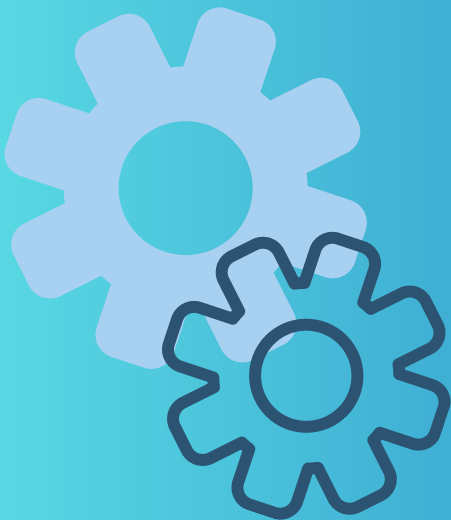


STUDENT COUNCIL NEWS---



The TMS Student Council is having a Spirit Wear sale! Follow the link below to check out all of the new styles and designs that are available for purchase. Update your current wardrobe or grab some gifts for upcoming birthdays/Christmas! All orders placed prior to October 4th will have the option to be picked up at TMS to save you on shipping costs! Get your orders in today!

<https://stores.inksoft.com/trinity>



BeeGraphix.com

TRINITY SCHOOL DISTRICT SHOP THE ONLINE STORE!

A collage featuring a smiling student in a blue "TRINITY HILLERS" t-shirt and a grey hoodie with "TRINITY HILLERS" and a "T" logo.

<https://stores.inksoft.com/trinitysd>

WANT TO TRY WRESTLING?

- Open to all Kindergarten - 6th Grade Females who are currently a Student at a Trinity Elementary School and interested in trying Wrestling.
- Please Join us for the upcoming Youth Girls Try it Night **Thursday October 26th, 6:00 PM- 7:00PM**
- No Wrestling Equipment Necessary, Wear a pair of athletic shorts or sweatpants, T-Shirt, and shoes.
- Sign Ups are October 24th and November 6th 6-730 PM At Trinity High School Wrestling Room

TRINITY YOUTH GIRLS WRESTLING 2023 - 2024



A LOOK AT TRINITY GIRLS HISTORIC FIRST SEASON

- 1ST IN ENTIRE STATE OF PA IN NUMBER OF STATE QUALIFIERS
- 2ND IN ENTIRE STATE OF PA AT GIRLS PLACING IN STATE TOP 12
- 12 STATE MEDALISTS, 25 STATE Top 12, 36 STATE QUALIFIERS
- 3 TEAM CHAMPIONSHIPS, 80% WINNING PERCENTAGE IN DUALS
- WHEN ESTABLISHED IN MAY 2022 TGWC HAD ONE WRESTLER, TGWC GREW TO 30 GIRL WRESTERS IN MAY 2023. TGWC CONTINUES TO GROW

Can't Make it or playing a fall sport?
No worries you can still join. Ways to get in contact are listed below

CONTACT

EMAIL-

Andy Migyanko

a1migyanko@trinityhillers.net

Grant Lowther glowther@liberty.edu

GROWTH OF GIRLS WRESTLING

PA GROWTH



240%
INCREASE
SINCE 2020

USA GROWTH



112 in 1990,
52k in 2023

WPIAL GROWTH



From 0 to
19 schools
in 2 years

COLLEGE GROWTH



From 1 to
115 Colleges
since 1990's

AREA 4 GROWTH



400%
INCREASE
2022 TO 2023

WORLD GROWTH



620%
INCREASE
SINCE 1987



Trinity Girls Wrestling Club

Youth Girls Sign Ups

When: Tue October 24 & Mon November 6th

Time: 6:00 – 7:30pm

Where: Trinity Wrestling Room (Door 22)
231 Park Avenue Washington, PA

Cost:

\$100 Registration

(Includes Warmups the wrestler keeps; warmups will be in before pictures in December)

\$100 Volunteering Fee

A \$100 Check will be given back after season or shredded if you volunteer at least 2 of the 4 girls home events. Separate from Volunteer Fee- Fundraisers will have a buyout option if you choose not to participate. Participation is preferred.

\$50 Singlet

Youth Girls will be using the same singlets as last year, if you are new or your singlet from last year doesn't fit the cost will be \$50 for a singlet. Singlets will be ordered Nov 6th.

Sarris Fundraiser

We will be selling boxes of Sarris candy bars (\$48) or pretzel rods (\$72) as our next fundraiser. You will be given a box of candy to sell or buy yourself. Direct Fundraising questions to Kassi Riffle at (724)747-9686.

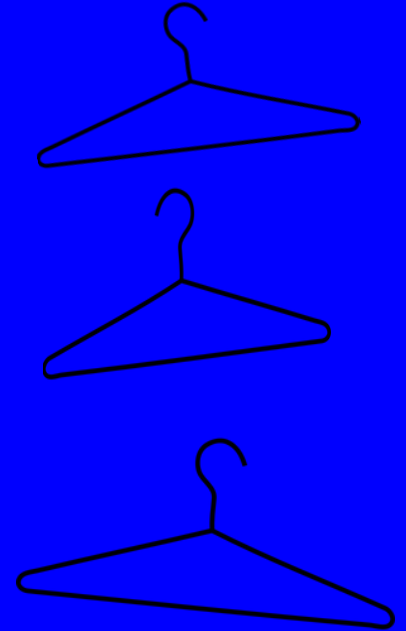
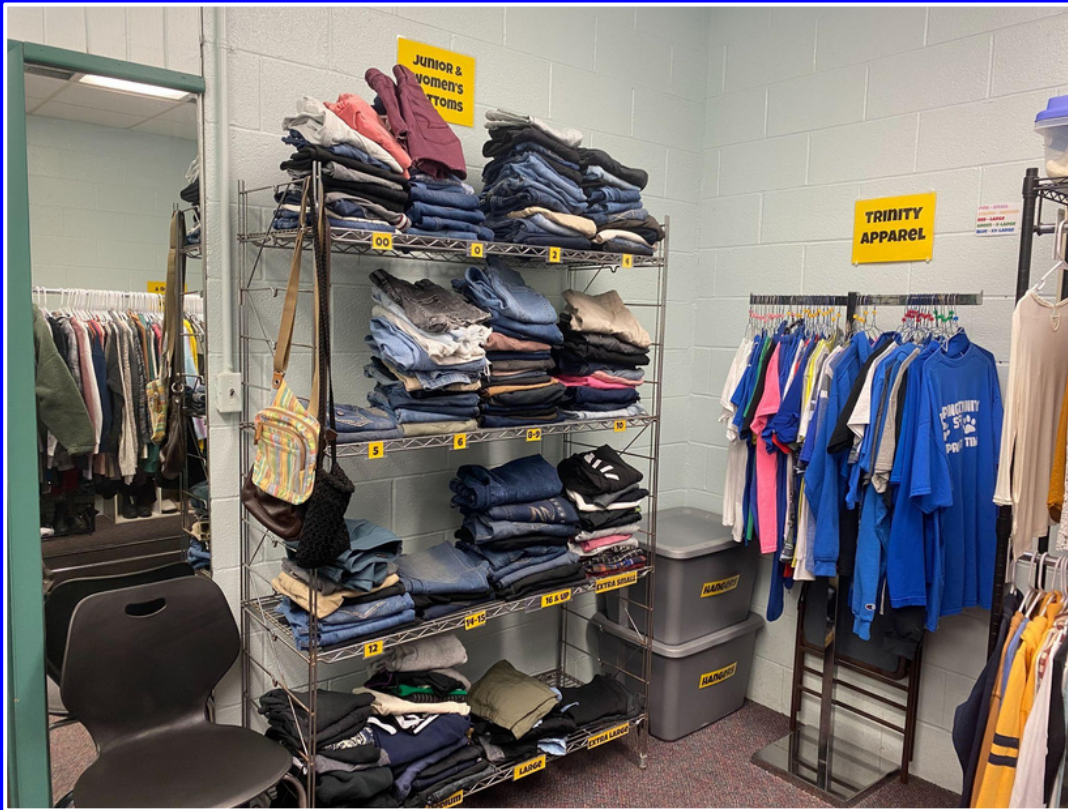
Contact: Grant Lowther at glowther@liberty.edu with any other questions

TMS Clothing Pantry

The TMS Clothing Pantry is stocked and ready to assist our students! The purpose of the Clothing Pantry is to remove barriers to education and provide assistance to students and their families.

Clothing Pantry Contact:

★ Mrs. Gojmerac - hgojmerac@trinityhillers.net 724-228-2112 x5147
Students can also contact their School Counselor to access the Clothing Pantry.



The Clothing Pantry is always accepting donations of gently used clothing and shoes in adult sizes. Donations can be dropped off in the TMS Main Office.
Unfortunately, we do not have space to store clothing or shoes in children's sizes.

Thank you for your help!

Do you need supplemental food, school supplies, hygiene items, or clothing?

W E ' R E H E R E T O H E L P !



TMS FOOD PANTRY

For more information, to make a donation, or to sign up for a weekly delivery, contact either

fcortese@trinityhillers.net

mbristor@trinityhillers.net

BREAKFAST



Trinity Area School District November 2023 - Trinity School District Breakfast *MENU SUBJECT TO CHANGE*				ALL MEALS SERVED WITH MILK CHOICE OF: 1% WHITE, 1% CHOCOLATE 100% Fruit Juice		
Students must take the full meal or pay ala carte price. Menu Subject to change without notice due to availability. Universal Free breakfast is offered each day. Call 724-223-2000 ext 6504 with questions.						
 <p>DID YOU KNOW? Students that eat school breakfast have higher test scores, increased comprehension, improved classroom behavior, and reduced tardiness!</p>		November 01 WG Breakfast Pizza WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 02 WG Breakfast Sandwich WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 03 WG Funnel Cake WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	<p>What is a MEAL? You must choose at least 3 of the 5 components available for the school lunch price. A minimum of a 1/2 cup of fruit or vegetable must accompany a reimbursable lunch. Components are</p> <p>Meat or Alternative Grain/Bread Choice of Vegetable Choice of Fruit</p> <p>Milk Selections are 1% White Chocolate</p> <p>All complete Breakfasts are FREE</p> <p>Please send checks made out to Trinity Cafeteria and write your student's name in the memo section</p> <p>We also accept cash but do not give change back.</p> <p>Parents can also pay using eFunds which charges a convenience fee</p> <p>Meals can take 2 fruit servings, but only 1 juice. 2 vegetable servings & 1 milk. Milk cannot be substituted</p>	
November 06 WG Pancakes w/syrup WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 07 Smoothie & Mini Muffin WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 08 WG Pop-Tarts WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 09 WG Cinnamon Roll WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 10 WG Breakfast Pizza WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties		
November 13 WG Toasted Bagel WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 14 WG Breakfast Pizza WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 15 WG Waffle w/syrup WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 16 Breakfast Sandwich WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 17 Scrambled Eggs & Biscuit WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties		
November 20 WG Muffin WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 21 WG French Toast W/syrup WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 22 WG Breakfast Pizza WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 23 	November 24 		
November 27  Break	November 28 Yogurt Smoothie & Mini Muffin WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 29 WG Pop-Tarts WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties	November 30 WG Cinnamon Roll WG Cereal w/mini muffin Fruit Selections and Juice Assorted Milk Varieties			

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Questions?? Contact Nicole Bazant Pilel, Food Service Director (724) 223-2000 ext 6504 EARN WHILE YOUR CHILD LEARNS...NOW TAKING APPLICATIONS - Cafeteria Substitutes

NOVEMBER

LUNCH

Menu

Trinity Area School District
November 2023 - Trinity Middle School
MENU SUBJECT TO CHANGE



ALL MEALS SERVED WITH MILK CHOICE OF:
1% WHITE 1% CHOCOLATE
100% Fruit Juice

Students must take the full meal or pay ala carte price. Menu Subject to change without notice due to availability. Universal Free breakfast is offered each day. Call 724-223-2000 ext 6504 with questions.



		<p>November 01</p> <p>Mini Corn Dogs Chicken Filet Sandwich Hiller Hoogie PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 02</p> <p>Baked Chicken w/biscuit Chicken Filet Sandwich White Pizza PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 03</p> <p>Chicken Alfredo Pasta w/roll Chicken Filet Sandwich Meat Lover's Pizza PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>What is a MEAL? You must choose at least 3 of the 5 components available for the school lunch price. A minimum of a 1/2 cup of fruit or vegetable must accompany a reimbursable lunch. Components are:</p> <ul style="list-style-type: none"> Meat or Alternative Grain/Bread Choice of Vegetable Choice of Fruit <p>Milk Selections are:</p> <ul style="list-style-type: none"> 1% White Chocolate
<p>November 06</p> <p>Build A Burrito Bar Chicken Nuggets w/Garlic Knot Mexican Pizza PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 07</p> <p>Meatball Bowl w/breadsticks Chicken Nuggets w/Garlic Knot Buffalo Chicken Flatbread PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 08</p> <p>Nashville Chicken w/breadstick Chicken Nuggets w/WG Cookie Hiller Hoogie PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 09</p> <p>General Tso w/Rice & Egg Roll Chicken Nuggets w/Cheez its Personal Pizza PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 10</p> <p>French Toast Breakfast Chicken Nuggets w/noodles Italian Dunkers w/sauce PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>All complete Breakfasts are FREE</p>
<p>November 13</p> <p>Popcorn Chicken w/Churro Cheeseburger Buffalo Chicken Pizza PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 14</p> <p>Sliced Turkey, Stuffing, Brownie Sliced Turkey, Stuffing, Brownie Sliced Turkey, Stuffing, Brownie PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 15</p> <p>Buffalo Chicken Dip w/WG Chips Cheeseburger Hiller Hoogie PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 16</p> <p>Homemade Chicken Enchilada Cheeseburger BBQ Chicken Pizza PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 17</p> <p>Bosco Sticks w/sauce Cheeseburger Meat Lover's Pizza PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>Please send checks made out to Trinity Cafeteria and write your student's name in the memo section</p>
<p>November 20</p> <p>Orange Chicken w/Rice & Egg Roll Chicken Filet Sandwich Panini Sandwich PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 21</p> <p>Pulled Pork Nachos Grande Chicken Filet Sandwich Italian Dunkers w/sauce PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 22</p> <p>Spicy Chicken Tender Basket Chicken Filet Sandwich Hiller Hoogie PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 23</p> <p></p>	<p>November 24</p> <p></p>	<p>We also accept cash but do not give change back.</p>
<p>November 27</p> <p></p>	<p>November 28</p> <p>Pasta w/meatballs & Breadstick Chicken Nuggets w/Breadstick Italian Flatbread PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 29</p> <p>Hot Dog Wrap w/Cheese Chicken Nuggets w/Breadstick Hiller Hoogie PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 30</p> <p>Soft Tacos Chicken Nuggets w/Breadstick Cheese Stick Appetizer Basket PB&J, Grab & Go Sandwiches Soft Pretzel w/yogurt Homemade Pizza Fruit, Veggie, and Juice Selections Assorted Milk Varieties</p>	<p>November 30</p> <p></p>	<p>Meals can take 2 fruit servings, but only 1 juice. 2 vegetable servings & 1 milk. Milk cannot be substituted</p>

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NOVEMBER

Order your yearbook today!

Order online at
www.ybpay.com

YEARBOOK CODE:

10046224

Order deadline:

April 15, 2024



Scan to order today

Shutterfly Lifetouch®



After School Tutoring

Trinity Area School District's top priority is student achievement. We are committed to delivering quality educational programs with academic rigor. We are aware that not all students master academic concepts in the same way or in the same amount of time. In order for students who are having difficulty meeting classroom and state standards, Trinity Middle School will provide after-school tutoring opportunities to help students academically.

You do not need to have the teachers listed below utilize the tutoring service. Please bring homework or problem areas to tutoring. If you need tutoring in another area, please notify the teachers and they can accommodate other content areas as well.

Students will meet the teachers in the auditorium with second and third dismissal students. Tutoring is from 3-4PM. Please pick up students promptly by the flagpole at 4.

****Students do not need to attend tutoring every day if they sign up, but if they are not signed up for the program by a parent/guardian, they will be unable to stay and attend. Parents will not be contacted when students fail to attend tutoring.**

Parents will need to complete the form: <https://forms.gle/T6jFabNDag5YH4wF7> to sign up for the after-school program. All students who are staying for tutoring should be sent to the auditorium with second and third dismissal.

******After School Tutoring starts on Monday, September 11, 2023.**

**Monday ELA- Huffner
Math- Leichliter**

**Tuesday Math- Ewing
ELA- Zewe**

**Wednesday Math - Leichliter
ELA - Nicholson**

**Thursday Math- Leichliter
ELA Science - Coyle**

Trinity Middle School

Counselors

Mrs. Opferman

Last names A-K

724-228-211- ext. 5506

eopferman@trinityhillers.net

Ms. Watson

Last names L-Z

724-228-2112 ext. 5510

hwatson@trinityhillers.net

**It's Okay.
Let's Talk.**

What we do...

We work with students for many different reasons, we are here for you!

Examples:

- **One on One counseling (difficulties at home or school)**
- **Group counseling (peer conflicts, coping skills)**
- **Academic support (talk to your teachers first!)**

How to make an appointment

- 1. Email your counselor**
- 2. Ask your teacher to call and see if we are available**

Staying organized in middle school
Ask yourself: "Do I have everything I need?"

1. Organize Your Time-use your planner

2. When completing assignments on CANVAS please remember to hit the SUBMIT button

2. Prioritize Your Activities-can't do everything at once! You need a plan.

3. Organize Your Home Environment--do you have a place to study? To write on?

4. Organize Your School Environment-look at your locker, desk, bookbag. Are they neat and orderly

1. Learn to say 'no' -it is okay to turn down an offer from a friend if you are busy.

2. Make decisions-making decisions and following through will decrease worry and confusion.

3. Look ahead and make goals-short-term, mid-term, and long-term. Stay flexible.

4. Get your mind and body in shape-make time for exercise and sleep. Use stress management techniques.

5. Tackle the toughest part of the assignment or job first-take advantage when you are fresh and ready to being work!

6. Overcome procrastination-start NOW and take it one step at a time.