



SeniorLeadership Weekly Digest

ACPA Answers

answers you'll *only* get from people who've been there!



"The Breakfast Club" (1985)

September 25th

Hi beloved readers! Welcome to the first ever issue of "ACPA Answers," brought to you by the Senior Leadership Team. We're coming at you with answers to all your questions on classes, the community, or simply to send some advice your way. If you want to read some honest answers from ACPA's senior class, **read on!**

Your trusty editor,

Iris



"10 Things I Hate About You" (1999)

Hopeful Homebody

Dear **ACPA Answers**,

How can I stay positive when stuck in the house all the time due to COVID? What can I do to pass the time?

Sincerely, **Hopeful Homebody**

Dear **Hopeful Homebody**,

I think finding hobbies that you can do at home could be very helpful. Something else is writing down **personal goals** for yourself and using your time in the house to complete those goals, academic or otherwise. Make sure you try to reach out and talk to the people you are friends with. Try to change how you view the situation. View it as a time to try out new things.

From, **Alliyah**

Personally, I love to **cook** so being able to cook for my family and trying new recipes kept me positive.

From, **Emmy**

It can be hard to stay positive while stuck in the house all week. Some great tips that I have are **trying things you never had the time to do before!** Start drawing in a notebook, watch shows that you haven't been able to (my personal favorites are Gravity Falls and We Bare Bears), find recipes for things like pancakes, and call up your friends when you feel a little lonely. These are only a few ideas

but send in another question if you want more!

From, Bleu

Eat good food. Watch funny videos. Get good sleep. **Hot girl summer.**

From, Alisa

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"Moesha" (1996-2001)

Friend of the World

Dear **ACPA Answers**,

How do you make friends without live classes?

Sincerely, **Friend of the World**

Dear **Friend of the World**,

To be honest, you have to be kind of outgoing in order to make friends sometimes. I'm not an extrovert, so I know it's hard, but you kind of have to **advertise yourself as a cool person**. Also, participating in ACPA helps a lot, so you can meet people who do the cool stuff you do. Don't make it awkward in break out rooms. Turn your camera on. Be active in the chat.

From, **Alisa**

ACPA has lots of fun clubs to join. There are a variety of clubs for many interests, so I'm sure you can find one to join. **Clubs** can be great for getting to know people with similar interests as you. Also, the Senior Leadership Team, is currently brainstorming a new way for students to socialize and meet

people, so look out for that!

From, Benito

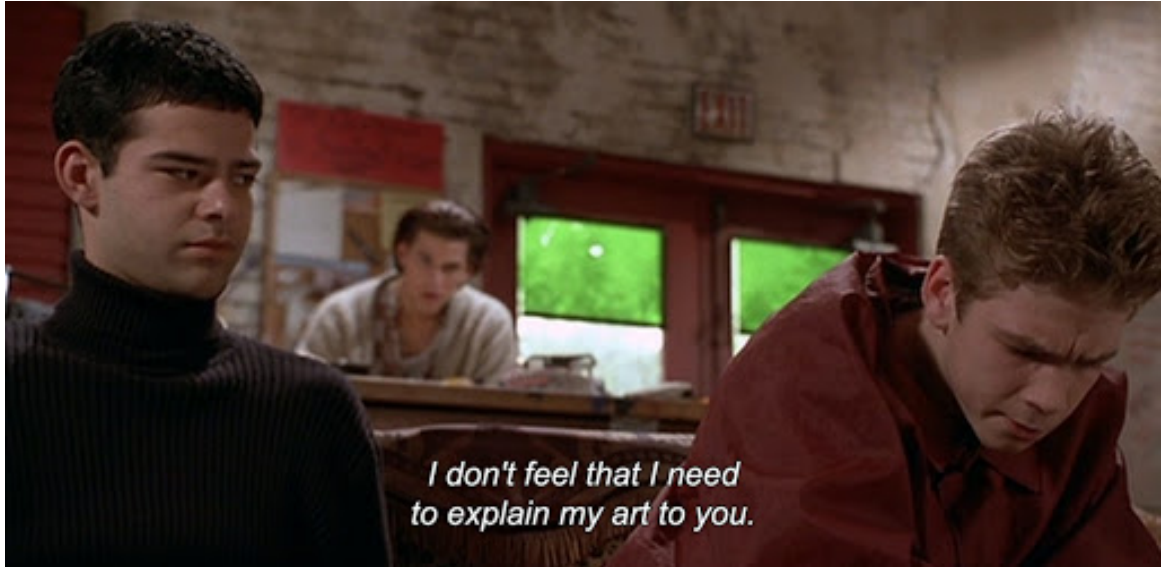
Hi! I know this is such a daunting idea right now, and it's so difficult feeling like you have no way of connecting with anyone at the moment. I was listening to NPR or some equally pretentious podcast and there was this story about a middle school aged girl who decided to email some kids in her class in attempts to get to know them. As silly as this may sound, I think there's something there we could use; **simply emailing** someone in your English class about the assignment, or even asking their favorite food or movie or something, can lead to a conversation, which can lead to a friendship! I think there are still so many opportunities to befriend classmates, we just have to look a little closer.

From, Iris

This is one of the hardest questions to answer and one of the hardest things to do during this time. It can be hard making friends if you're shy but this is the time to **put yourself out there**. Your peers are probably just as nervous as you to make new friends. If you notice someone in your class who looks cool, maybe shoot them an email, get their handle for Instagram, or get their number. It all starts there.

From, Bleu

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"Empire Records" (1995)

Art Lover

Dear **ACPA Answers**,

Any advice for being in AP art and design? Just some overall tips for keeping on track with the class.

From, **Art Lover**

Dear **Art Lover**,

First of all, congratulations on starting AP Art and Design and finishing that summer homework. I know from experience that it can be *a lot*, and is definitely not easy! I took this class last year as a junior, and I'm going to be super honest and say that this class is very challenging. My number one tip is to **ask for advice** whenever and wherever you can. There were pieces I made where I didn't know how to finish it until we did a class critique, so getting outside input will be helpful. I'm sure you know this, but your teachers are there to help you, especially in AP Art. The art teachers at ACPA are some of the most passionate, caring, and helpful individuals I've ever met. As for staying on track, it's going to become crucial to dedicate a good chunk of time to your art making. Especially with online learning, the lack of in person studio time will probably become a challenge (I know it would for me!), and I'm sure you've already talked in your class about this, so I'll just reiterate: take time out of the week to work on pieces and **ASK** for input!! Hope this helps!

From, **Iris**

Expect them to make you do a presentation on your art. Be ready to talk about it. Don't apologise for your work.

From, **(a much more concise) A'lisa**



"Real Women Have Curves" (2002)

Concentration Nation

Hi **ACPA Answers**,

How do I focus..? It is really hard for me during online school, and even normal school.

From, **Concentration Nation**

Hi **Concentration Nation**,

This was another question submitted by a lot of students, and that definitely makes sense. We're stuck at home, with no friends or lunch breaks or the colorful hallways of ACPA. But, don't give up just yet. The first step I suggest is to change up the scenery. Try taking your homework out to your yard! Even just moving from your bedroom desk to your living room coffee table can serve as a refresher and make working a little easier. Whenever you get distracted, **re-evaluate** your current understanding of whatever you're doing: *Did I get anything in that passage I just read?* If the answer is a no, *I didn't understand any of that!* then I say it's time to give yourself a break and come back to the work in a little bit.

From, **Iris**

Pace yourself, set personal deadlines, and say "**I am going to get this done by this time and this day.**" It helps out a lot. Reward yourself when you finish the work.

From, **Alisa**



"Gilmore Girls" (2000-2007)

AP Anonymous

Dear **ACPA Answers**,

How did you get through AP classes and what are some good tips and tricks that people should know?

Sincerely, **AP Anonymous**

AP Anonymous,

Communicate, communicate, communicate with your teachers. I'm begging of you. If you need help tell them, If you need more time tell them. They are there to help you.

From, A'lisa

I think something that is helpful is **sectioning off time** to do specific work. If you know your assignments ahead of time then plan accordingly. If you have chapters to read for an AP class then make sure you give yourself an appropriate amount of time to do so. Looking up resources outside of class can also help. For example if you're in AP U.S History then Adam Norris is a good resource to look up on youtube.

From, Alliyah

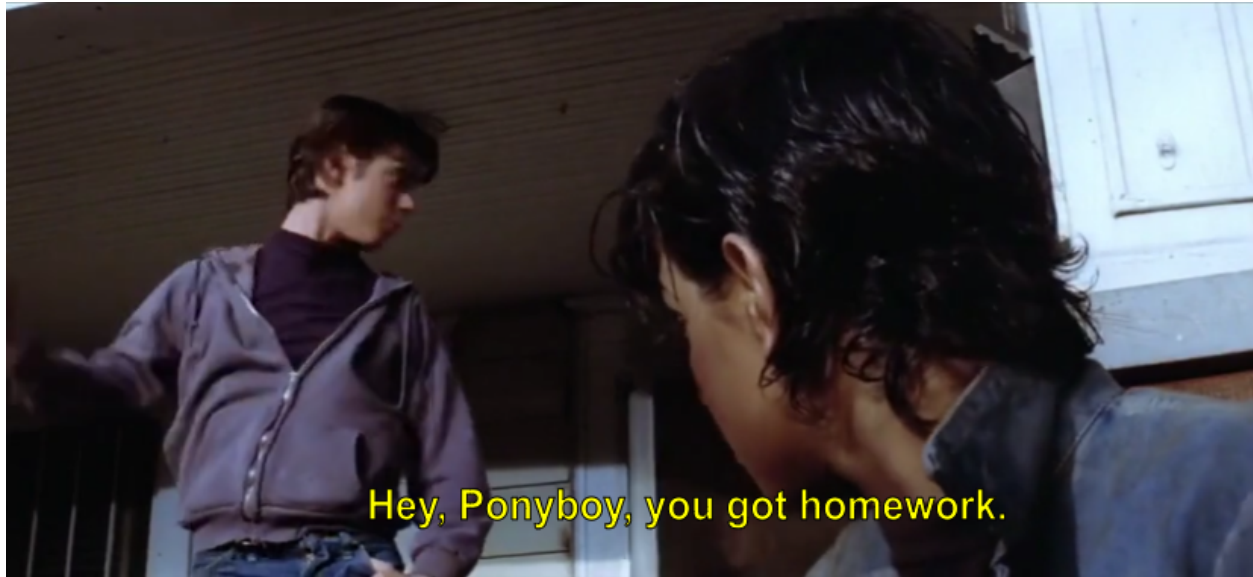
In a lot of AP classes you'll have **textbooks**. I used these a lot in previous years to create my own study guides, pull terms for flashcards, and use as a resource for essays and other projects. It should become your best friend (sounds dorky, huh) and something you can use to study from outside of class. I'm being so serious when I say make flashcards for everything and review them all the time. In the car? Watching a boring show? On a walk? Whip out the flashcards. My biggest overall tip is to dedicate a lot of time to your AP class. Whether it's AP Art or AP Psych, you're gonna need a lot of time to study outside of class, so keep that in mind!!

From, Iris

Stay on top of things and don't get overwhelmed. AP classes are a lot so it may not be a good idea to take a bunch at a time. Take one or two classes or as many as **you can handle**.

Benito

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"The Outsiders" (1983)

Due Date Dread

ACPA Answers,

How do you personally prevent overworking yourself or overstressing, and avoid procrastination?

From, Due Date Dread

Dear Due Date Dread,

I truly believe that you combat procrastination with **rewards**. If you do (insert activity here), then you get to watch whatever you want, for instance. As for how I keep myself from getting overworked, I don't. It makes me happy to do a bunch of stuff. Does it stress me out? Yes. But I enjoy doing the projects I do for clubs and all that.

From, A'lisa

I set small goals for each day rather than trying to do all of my work in one day. This allows me to get my work done in a timely manner without overworking myself. You should hold yourself accountable when you find yourself procrastinating. Set a reasonable goal for the day and if you don't complete that goal then you should do a sort of self correction. If you don't meet your goal, no video games for the next day or you have to do extra work the next day. It's all about pushing yourself to get into the habit of getting things done on time, **persistence is key**.

From, Emmy

Moderate the projects you take on. Look at everything you want to do and if things seem like too much, you may have to drop some stuff. For example you may have to leave a club or activity if it is getting to be too much. If you want to take lots of AP and CCP classes, that's great but try to only do as many as you can manage. Make sure you can handle your workload. Remember, you have to

commit to it. You have to keep telling yourself that you won't procrastinate and catch yourself if you start slipping. **Plan** when you'll work on assignments. If everything is due Friday, set some due dates for yourself that are before that. Space your work throughout the week so you can pace yourself and get work done.

From, Benito

It's so important to keep it straightforward when it comes to your workload. Look at your assignments for the week and write them all out so you can see them (planner, calendar, post-its). Checking things off is so satisfying, and can help keep you from procrastinating. When you've got everything planned to a T, it's hard to find an excuse!

From, Iris

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"Arthur" (1996-)

Need to Know

Dear **ACPA Answers**,

What's it like to actually be inside the building? I've never been and would love to hear you describe what the building is like.

From, **Need to Know**

Need to Know,

From my first day there, ACPA was always such a **cool looking building**. After the new additions, there's a *real* lunch room (a step up from the hallway where we previously ate!), that doubles as an auditorium with a stage and all kinds of lighting gear; the hallways are lined with lockers like any other school, but they're also home to many murals done by the student's of ACPA. If this didn't help you get a picture, read A'lisa's.

Iris

Picture **Hollywood Arts** from *Victorious*, then tone it down 5 notches. There ya go boo boo.

From, **A'lisa**

There are two main parts to the building: the middle school and the high school. I'll stick to the high school for now! When you first walk into the building, there is a long hallway that leads you to the high school classrooms. My favorite part of the high school is the big space in the middle called the **Extended Learning Area** (ELA). This is a place where you can study with friends or go during classes if you're allowed. There are beautiful murals covering the walls that have been made by students. There are blue lockers that have stickers all over them. ACPA's building is amazing, just wait 'til you see it in person!

From, Bleu

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The Writers

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"Clueless" (1995)

ACPA Answers is brought to you by the Senior Leadership Team (SLT) as a special project created for students by students. It focuses on the help that can only be provided by the kids who have been there, putting an emphasis on community building and problem-solving. New editions released weekly, accompanied by a monthly live edition of "ACPA Answers" presented on ACPA Hour. See you next week, ACPA!!