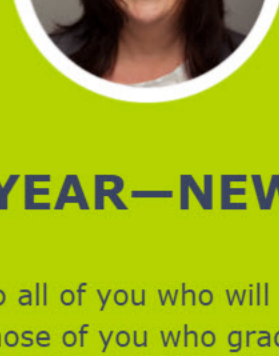




## STUDENT-ALUMNI NEWSLETTER

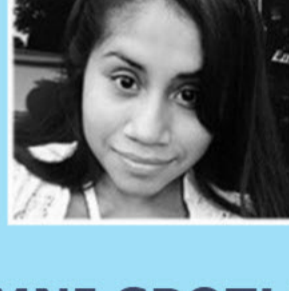


### NEW YEAR—NEW YOU!

Happy New Year! Here's to all of you who will become high school graduates in 2016—and those of you who graduated in 2015 joining the ranks of our thousands of alumni! The New Year marks an opportunity for a fresh start. Below are a few ideas to help you start 2016 with your best foot forward:

- **Decide what to change:** Do you need to be more organized? Are there roadblocks getting in your way? Before we can make a change, we must first determine where change is needed.
- **Reflect on last year:** Think about what worked for you last year and what didn't. Keep what worked; change what didn't.
- **Overcome roadblocks:** We all hit obstacles. Whether your current roadblock is learning a subject that is hard for you or a difficult life circumstance, talk to someone such as your Academic Coach to come up with strategies to push past obstacles to achieve your goals.
- **Make a routine:** Routine is key for online students. Look at your responsibilities, including work and family obligations. Make a schedule, writing in when you will do your schoolwork. If it is in your calendar, you are more likely to actually do it.
- **Get organized:** Organize your work area by having a folder for your notes, divided by lesson. Have pens, pencils, and paper near your computer. Having an organized workstation can help you manage your time better and avoid feeling overwhelmed.
- **Stay positive:** Give yourself a pat on the back for accomplishments, no matter how small they are. Feel good about passing a test, completing a course, or reaching the 50% mark in earning your diploma. Always say, "I can do this"—you can, and you will.

—Teresa Salafrio, Principal



### ALUMNI SPOTLIGHT

Rosa Mercado left high school early when she had a difficult time juggling her job and her studies. She wanted to become a nurse but needed to make money for her family.

Rosa enrolled in our program in March 2015 and finished in June. She is proud to be the first in her family to graduate from high school. Just a month after earning her high school diploma, Rosa enrolled at her local state college and started studying to become a registered nurse.

"I always knew I would graduate, but this program made it so much easier. I really liked the certification aspect and learned a lot in my classes. This is the kind of learning that really works for me!"

TELL US YOUR STORY!



### COACH'S CORNER: STAY MOTIVATED – KEEP THE FIRE ALIVE

Making the decision to complete high school is huge! When we finally enroll in school we are motivated and excited. That feeling may stay with us for several days, or even weeks. But then, something happens and we lose momentum. We might begin to procrastinate—tell ourselves we will get to our schoolwork tomorrow. The fire that fueled our dream of earning our diploma is gone. Sound familiar? Don't worry; you're not alone! Here's how to keep that flame going with just a few steps:

1. Write down your goal of earning a high school diploma and how good you will feel when you accomplish it. Describe what will change for you and your family. It may seem silly, but writing down your goals is a powerful tool that helps makes them happen. It makes them real—your goals are no longer just a dream locked away in your head.
2. Put the written goal somewhere you will see it at least once a day. This could be on your computer, the refrigerator, the coffeepot, the bathroom mirror, the dashboard of the car—even on the TV or your pillow. It doesn't matter where; seeing it clearly each day enforces what you want to accomplish.
3. Share your goal with family and close friends—people you love, trust, and respect who will encourage you when you have obstacles and celebrate your successes with you. This reminds you that you are not alone and that your goal is important to them, too.

It takes hard work to achieve major goals. Writing our goals, seeing them every day, and sharing them are three simple things we can do to stay focused on them. Instead of drifting along and reacting to what life brings us, we take positive steps to create the future we want. We can't control all of the things that happen to us, but by taking charge of our goals, we can take charge of the things in life we really want—like our high school diploma!

—Linda Freeman, Academic Coach



### UPCOMING

**Monday, January 20, 2016 2:30–3:00 pm CT**

Seminar: How to Take Notes  
*Learn More: Log in to the classroom. Click "Events"*

**Wednesday, February 3, 2016 2:30–3:00 pm CT**

Seminar: How to Effectively Manage Your Time  
*Learn More: Log in to the classroom. Click "Events"*

**Wednesday, February 8, 2016 2:30–3:00 pm CT**

Webinar: Professional Networking – Add Value to Your Connections  
*Learn More: Log in to the classroom. Click "Events"*



### STAYING ON PACE CONTEST

Congrats to the recent winners!

**June: Logan**  
**July: Jessica**  
**August: Mary**  
**September: Mykio**  
**October: Kelly**  
**November: Derbenz**  
**December: Carroll**

Each month, students who completed 2 courses in the previous month and are on pace to graduate are automatically entered to win a gift card.

All you have to do is stay on track and you are eligible.

Are you on pace so far this month? There's still time! You can do it.

# 2016

## Time to succeed

#### Mission

Career Online High School is committed to preparing students for the workforce and post-secondary education by delivering innovative career-based education in a supportive, engaging environment.

