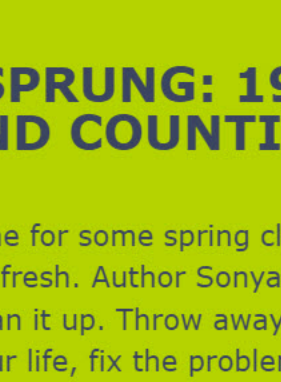




STUDENT-ALUMNI NEWSLETTER



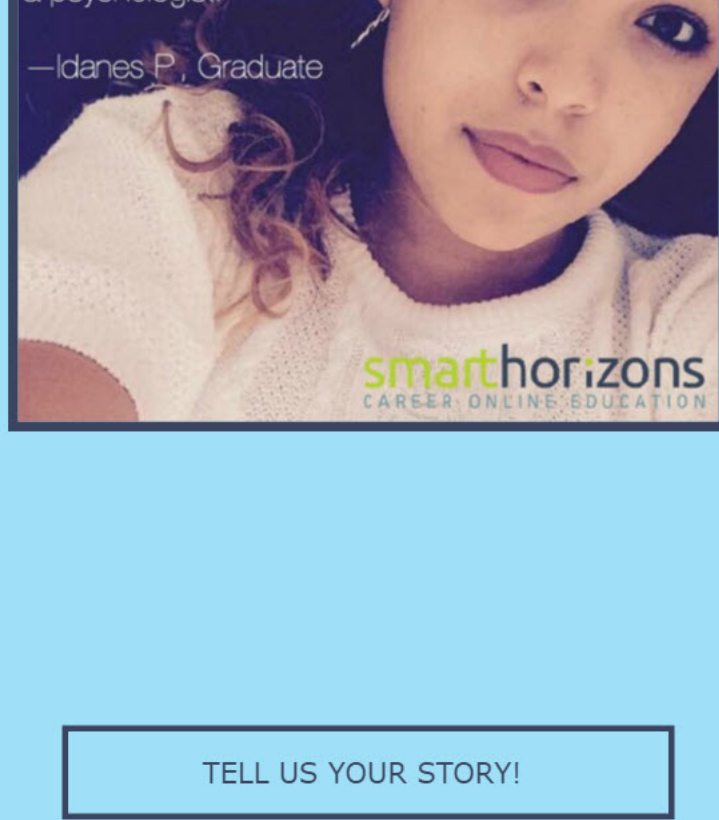
SPRING HAS SPRUNG: 194 GRADUATES AND COUNTING

Spring is here and it is time for some spring cleaning! This is when we clean things out and start fresh. Author Sonya Parker shared this quote: "If your life is a mess, clean it up. Throw away your excuses, sweep the negative people out of your life, fix the problems that you can fix and pick up the pieces of your life one at a time."

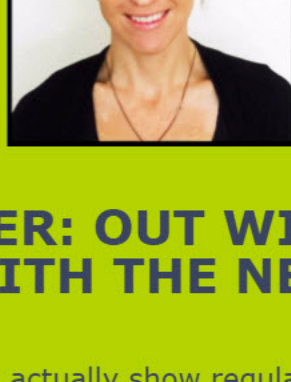
I am excited to announce that so far in 2016 we have had 194 graduates! These graduates earned their high school diplomas and now are onto their fresh start, whether that means starting a new job, earning a promotion, or moving on to a college or vocational program. I look forward to many more graduates throughout this 2016 spring season!

—Teresa Salafrio, Principal

IN YOUR WORDS



TELL US YOUR STORY!



COACH'S CORNER: OUT WITH THE OLD, IN WITH THE NEW

Did you know that studies actually show regular physical, mental, and social benefits of "spring cleaning"? It's true! Spring is a great time to let go of anything standing in the way of your goals. What are the things, people, and situations that are making it hard for you to meet your goals? Can you let any of those things go? If you stop doing something—will it let you try something new?

The more space you clear out in your life—negative people, old and unused things, or outdated ideas—the more space you have for positive people, new experiences, and motivating opportunities. When you let go of the old and unnecessary things, you feel healthier, think clearer, and have more energy. That means you are more likely to focus on achieving your goals and making your dreams to come true!

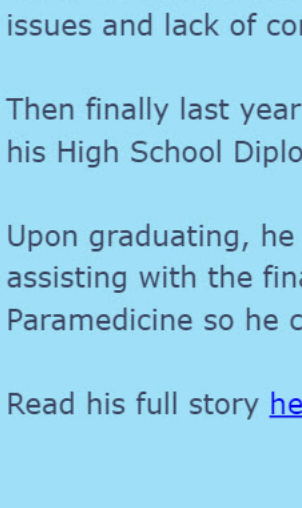
Here are some suggestions:

1. Clean up your relationships—focus on relationships that make you happy.
2. Get rid of clutter—clean out the garage, a corner of the room, the car, or your closet.
3. Clear your schedule—look at your routines and see how you can rearrange your day to focus on meeting your goals.

Getting rid of the old opens up the great possibilities of the new!

—Koleena Schmidt, Academic Coach

ALUMNI SPOTLIGHT



"Graduating from COHS gave me a sense of self-worth and more confidence. The program helped...me believe that I can actually go to school and succeed!"

Christopher E. had his fair share of personal struggles. All through school he suffered from heart problems and a learning disability, until finally his doctor recommended he quit high school. Christopher was forced to drop out.

His dream had been to become a paramedic, but because of his health issues and lack of confidence in his ability to learn, he gave up hope.

Then finally last year Christopher found our program. He has now earned his High School Diploma and Certified Protection Officer certificate!

Upon graduating, he applied to an associate's program for medical assisting with the final goal of getting a Bachelor of Science in Paramedicine so he can fulfill his dream of becoming a paramedic!

Read his full story [here](#), then [tell him congrats on our Facebook page!](#)



UPCOMING

Wednesday, March 30, 2016 2:30–3:00 pm CT

ONLINE SEMINAR: THE SELF-DIRECTED LEARNER

Learn More: Log in to the classroom. Click "Events"

Monday, April 11, 2016 2:30–3:00 pm CT

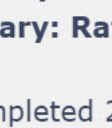
WEBINAR: WORKING WITH DIVERSE GROUPS

Learn More: Log in to the classroom. Click "Events"

Wednesday, April 13, 2016 2:30–3:00 pm CT

ONLINE SEMINAR: TIPS FOR WORKING PARENTS

Learn More: Log in to the classroom. Click "Events"



STAYING ON PACE CONTEST

Congrats to the recent winners!

December: Deed C.

January: Julia M.

February: Rattha C.

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.

Dream Big
work hard,
Stay Focused,
and surround
Yourself with
Good people.

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.

