

# The Eyas Express

August 2009  
Volume 1

A monthly newsletter for Hebron High School Ninth Graders and Their Parents



"Success is not measured by what you accomplish, but by the opposition you have encountered, and the *courage* with which you have *maintained* the struggle against overwhelming odds."

~ Orison Swett Marden

## Tutoring: A Must not a Maybe

Tutoring. If you think it's just another option, you're wrong. Tutoring is now the way of life at Hebron. Tutoring can help reinforce an assignment or lesson that you may not understand. It's also a good time to build a connection with your teacher. All teachers at High School offer tutoring times.

Don't wait until your grade takes a nose-dive. Make attending tutorials a habit.

Which time of day is better for you? If you are more alert in the morning then schedule your tutorials in the morning before school. Is afternoon your peak performance time? Then schedule your tutorials in the afternoons after school. Extracurricular activities can work around tutorials. Collaboration is the key.

The point is... Tutorial time is not a 'Maybe', it is a 'Must'.



**TUTORING TIMES WILL BE POSTED ON THE HHS WEBSITE**

### Tutorial Facts

Tutorials are opportunities for you to have one-on-one time with the

All teachers have tutorial times

Tutorial times are given the first day of class

Tutorials are usually posted in teacher syllabi and classrooms.

Math Club offers tutorials — Look for posters and listen for announce-

## Seniors 2013, We're Glad You're Here!

## Change it Up!



If you're thinking to yourself, "things don't feel the same," don't worry. You are making a major change in your life as a Ninth Grader; the saying, 'Change is inevitable' is true, but that doesn't mean that it always feels good at first. You are experiencing a physical change (going from one school building in one area to another school building in another area), a social change (no

longer having classes and/or lunch with your friends), and an emotional change (feeling isolated or unsure). You're experiencing what most people, including adults, feel when they experience change. If you feel unsure or isolated, or if you feel overwhelmed, then talk to someone (friends, parents, counselors, teachers, principals, coaches). You'll find that many people are experiencing or have experienced those same feelings.

One way to weather change is to find a group that has similar interests as you. Look for school activities that match your likes and hobbies.

There is plenty to do at Hebron. With a wide variety of groups from Anime Club to Amnesty International, you just have to decide. Check out the *Organizations* page of the Hebron Website.

Change takes time but soon you'll find yourself moving along the hallways and feeling comfortable with your new surroundings and new opportunities. As a song says, "The change will do you good."



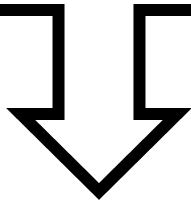
Class of 2013,  
We're glad you're here!

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**September 17th**  
Prestonwood Church  
Christian College Fair

**September 22**  
UNT  
Nortex College Fair



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**Christine Jackson, jacksoncn — A-Cox**

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**Debra Denson -Whitehead, denson d — Rb- Van**

**Charlene Nelson (Lead Counselor), nelsoncg — Vao- Z**

### Notes on the Quote

#### Who is: Orison Swett Marden?

Born - 1850/Died - 1924

An American writer who promoted positive-thinking and the cultivation of will-power. He wrote several books on these topics during the turn of the 20th Century.

## In the Next Issue:

**Is it too early to think about graduation?**

