

# The Eyas Express

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



The roots of education are bitter,  
but the fruit is sweet.

~ Aristotle

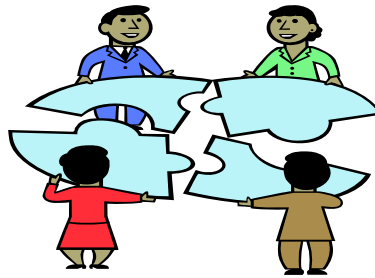
## Communication Solves Everything...

You talk or text on the cell phone; you laugh and shout in the hallway at school; you speak to your friends at lunch and between classes (and even during classes when you shouldn't)...and sometimes you even talk to your teachers. Talking is a useful form of communication

Communication is a means by which you express your thoughts, concerns, and ideas to another person. Of course, there are delivery methods for effective communication: positive speaking tone and positive body language. Even conflictual situations can have positive outcomes if effective communication is used. Try smiling at your teacher the next time you get upset at the grade you got

on an exam. If you have a question about the grade, chances are high that you will get a better response with the smile and a little courtesy, then with a scowl and discourtesy.

It's probably not a good idea to assume that someone knows what you are thinking. To make sure that you have effectively communicated your needs, ideas, and/or thoughts, check in by asking questions or making positive statements.



## Are You Talking to Your Teachers?

Why not? If you are having difficulty in a class, your teacher needs to know. Your parents are great resources and wonderful advocates, but you are the person who is responsible for your grades, your coursework, and for seeking help. A teacher cannot help you if he/she doesn't know there is a problem. As the saying goes, "We can't smell what you're thinking." Chances are, a few words to your teachers about the difficulty of an assignment may make all the difference in the world in terms of getting some assistance.

Teachers love to teach and they want to help you understand the content they teach. So talk to them; let them know that you may be struggling. If you're not a person who likes to speak in front of other people, find your teacher after class when other students are leaving. Even better: come to morning or afternoon tutorials to talk to them.

Here are a few other reasons to talk to your teachers:

1) Teachers can talk to you about a



### GPA Facts

GPA = Grade Point Average  
(usually on a 4.0 scale).

GPA for college begins **NOW**.

Colleges use your GPA for entrance requirements into their programs.

GPA is often used to determine scholarships.

Once a GPA is low, it is difficult to bring it up.

particular career in which you might be interested.

2) A teacher may know about grants and scholarships.

3) Teachers are often plugged into the community and may be the first to find out about local competitions, activities, or contests.

4) You may need a teacher to write a recommendation for you to apply to a college or for a job.



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### Remember Tutorials

Tutorial times are posted at:  
<http://hhs.lisd.net/staff/tutoring.pdf>

**Be sure to schedule a time with your teacher**

**Watch for the  
9th/10th Grade  
Handbooks coming  
in October!!!**

## **In the Next Issue: Why Plan For The Future?**

