

# Endings & Beginnings

## Updates & Delays

By: Max Hansen

December and the first half of January were full of delays. Not only did our Christmas issue of Fravadacus have to be delayed several times and eventually canceled, but because of the recently discovered Omicron variant, school had to be delayed for about a week. Although the campus still re-opened on January 4th, as originally planned, it was only for staff to prepare for the upcoming week and increased protocols. To further add insult to injury, the high school ski trip, scheduled for January 12th, also had to be canceled due to heavy rainfall. Needless to say, the long break made several students throughout the high school a bit too relaxed for their first week back.

## Martin Luther King Jr. Day

By: Faith Macaraig

Monday, January 17 2022, is an important day: It's Martin Luther King Jr. Day. As high school students who consume media through your handheld devices on a daily basis, you would all know that Martin Luther King Jr. was an important figure in the start of the Civil Rights Movement.

The Civil Rights Movement was a battle for social justice that took place in the 1950's and 60's, for Black Americans to gain equal rights under the law of the United States. Through nonviolent protests, the Civil Rights



Movement fought against racial segregation. The main calls of this movement were to stop Black voter suppression, racism in the school and workplace, equal rights and opportunities, and the right to suitable housing. This piece of time was incredibly impactful. It educated the masses about the daily struggles that Black Americans faced.

A key part of this movement occurred on August 28, 1963. It was the day of the official Civil Rights March in Washington DC. It was there where Martin Luther King Jr. delivered his infamous speech entitled "I Have A Dream." It was a heartfelt call for equality and freedom. It's a defining part for the movement, and one of the most iconic speeches in American history.

Today, Martin Luther King Jr. is an icon who is remembered as a peaceful man who had a great sense of love, justice, and a desire to see all people treated equally.

"Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred."

"Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice."

- Martin Luther King Jr., I Have A Dream.

## Pyjama Day

By: Emma Mowat

Pyjama Day occurred on the 14th, as it was delayed because school started up again later than expected. Despite the new restrictions

that disabled the high school from eating breakfast together in the cafeteria, it was a success. Students arrived at school in their

pyj's, many carrying pillows and/or blankets, and found their complimentary breakfast in their homerooms. The breakfast consisted of muffins, mandarin oranges, hash browns, vegetarian stripples, and juice boxes. The breakfast was prepared by members of the SA and a few teachers, including myself, all of whom arrived at school early to do so. Special thanks to Mrs. M, Mrs. Sabot, Pastor Max, Alex and Jeremy, that helped to make this special day possible.



## Basketball Recap

### Sr. Boy's vs. MRCS

By: Emma Mowat

This was the first game for the boy's basketball team this season. It started off rough, with our team captain getting injured in the first five minutes of the game. After that, team morale was low, but the boys still tried their best and played fair. Even though the game ended in defeat, the boys displayed impressive adaptability and sportsmanship.

### Jr. Girl's vs. KSS

By: Emma Mowat

The Jr. Girl's Basketball game on the 18th of this month was one to behold! It was FVAA vs. KSS, and our girl's team had no subs, so all players played for the entirety of the game. Despite their shortage of players, the girl's had incredible endurance and played a very close game. Unfortunately, the victory went to KSS in the end, but the game was one of the best I've seen for a Junior Girl's team; the team showed amazing teamwork and resilience.

### Sr. Boy's vs. KSS

By: Bono Siago

On Wednesday January 19, 2022, the boys played against Khalsa Secondary School. It was pretty even starting out at the beginning of the game. The boys were keeping up with points for a bit, and then the point gap started to widen. The other team's size was overwhelming us, they were getting a lot of rebounds and shots in, and the boys weren't able to size them up as much. Regardless of how things were going, everyone was still trying their best for the team. We lost, but I'm so proud of the boys for still doing their best despite how big the point gap was. The score was 82 - 35. Good job boys!

## Study Tips and Techniques

By: Caleab Onyango

As exam week is coming up, most of us are getting pretty stressed and confused. Some of us are attempting to cram in as much studying as possible before the upcoming exams. Studying for exams (and studying in general) can be confusing and intimidating, especially

if this is your first time having exams. In this article, I will present a couple tips and techniques to help you study more effectively and do better on future exams and tests.

### Study Tips

A couple general study tips are:

1. Sleep well. We often neglect sleep in favour of studying a little longer. Unfortunately, this will have negative consequences on our performance and health. All-nighters have become a common occurrence during the days leading up to exams, but in addition to hurting your academic performance, all-nighters and sleep deprivation can potentially cause weight gain, depression, illness, bad moods, skin issues and many other problems.
2. Study before bed. You shouldn't replace your bed time with study time, but studying before your bed time can improve your recall. As a bonus, studying before bed can also help you fall asleep, because it uses a lot of mental work.
3. Exercise. Apart from the physical benefits, exercise can also help you study better. Any type of intense physical activity causes blood flow to the brain. This in turn fires up your neurons and promotes cell growth. Just twenty minutes of exercise before studying can improve your concentration and focus. You don't have to do a full workout; just going out for a 5-minute walk can help.
4. Switch up your study environment. Studying on your bed or in your bedroom can sometimes reduce your efficacy when it comes to studying. Going to a quiet place with minimal distractions and good lighting like a library or a Starbucks can improve your overall productivity.

5. Eliminate distractions. Distractions can prevent you from getting into a state of flow when studying. Having as little distractions as possible can greatly increase focus and concentration. If you like to listen to music when studying, maybe listen to ambient noise instead, to reduce the level of distraction. Also, put your phone away. The moment you pick

up your phone, you risk getting distracted and spending the rest of your day on it. There are some apps like Flora that can help you from getting distracted by your phone.

6. Practice regularly. Sometimes cramming is necessary, but try to avoid it as much as possible. Having a set time each day to study is a far more beneficial way for you to learn something and keep remembering it for a long time. It doesn't have to be long; ten or twenty minutes of studying per day is far better than sixteen hours of studying right before the exam.
7. Set a goal. Blindly studying things can hinder your progress and make you study things that are not relevant. Pick a topic or a number of practice problems you want to do and just do it. Don't wait for motivation. Sometimes you just have to make yourself work, even when you don't feel like it.
8. Ask yourself questions. Asking yourself questions forces your brain to work harder when studying, and as result you will be more likely to remember the information when its needed.
9. Use interactive games. These are a fun way to study, especially in stem subjects. Making studying fun can reduce the stress of studying.
10. Do your homework. I might sound like a parent or teacher right now, but homework does really help you learn things. For example, math homework can greatly help you remember all the formulas you might encounter. If you really think about it, homework is just practice questions with a grade attached to it.

### Study Techniques

There are a bunch of study techniques out there, some better than others. Here is a list of a few that I have tried and have worked for me.

1. Flashcards and spaced repetition. Using flashcards is one of the more popular ways to study. To use flashcards, you first have to make them or find pre-made ones. In my experience, making them is more beneficial

than finding premade ones. You can make flashcards physically or online. For physical flashcards, you can cut up paper into cards or find premade cards. On one side of the card, you write a question about whatever topic that you are studying. An example of this can be, "What is the power house of a cell?" You then flip the card over and write the answer ("the mitochondria"). Congrats! You have officially made a flashcard. You can study this flash card by looking at the question side and writing down or thinking of the answer. You then flip the card over and see if you got it right. If you didn't, you do the flashcard again. Once you have a few of them, you can rotate through them. There are apps like Quizlet, Anki, Remnote and more that allow you to make the flashcards online. I like apps like these because they allow me to study whenever I feel like it, since an app like Quizlet allows you to access your flashcards via your mobile phone. Once you've made your flashcards, you can use a technique to program the times when you study them, like spaced repetition. Spaced repetition is a method of reviewing material at systematic intervals. When you first start reviewing something, the intervals are shorter, and as you continue on, the intervals get longer and longer.

2. Practice questions. Practice questions from practice tests, quizzes, homework, or just made up by yourself, can be a great way to study.

3. Pomodoro. Pomodoro is a time management technique developed by Francesco Cirillo. When using this technique, you study for a certain amount of time (e.g., 25 minutes) and have a break for a certain amount of time (e.g., 5 minutes).

4. Feynman technique. The Feynman technique in simple terms is basically trying to explain a concept to a five-year-old. After learning something, try to simplify it to a level where a five-year-old could understand it. This process forces you to think deeply about the subject and understand it, because you can't really simplify something you don't understand.

5. Mind mapping. Mind mapping is a way

to visually organize information. When you mind map, you start with a central topic and link it to other sub-topics. This process makes you think about the various connections between topics and creates a better mental picture of what you are studying. An example of a mind map:



Last but not least, be kind to yourself. A score on a test or exam does not signify your worth or mean that you are not intelligent. Even if you fail, every mistake can be an opportunity to learn and grow. Have a good exam week!

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