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VIRTUAL Voice

Tulsa Learning Academy



U.S.S. Enterprise
National Air & Space Museum,
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More great stuff inside!!



ACT Tips and Strategies

By Aubrey Siess

Food for Thought: You may think that ACT preparation includes countless hours of flashcards, Pythagoreans theorem memorization, and last but not least, learning the ways of speed reading. But you may be surprised to find that the ACT is not only about the brain, but also about the stomach. Here are some eating tips for the big day.

*Drink a lot of water the day before and the morning of! Take some water to the test if your testing center permits it. When our body consumes water it sends the oxygen in it to our brains. More oxygen means more circulation in our blood and throughout body. This will help you stay focused and alert while trying to remember all of your equations!

*Blueberries. That's right, take blueberries with you or even convince your parents to make blueberry pancakes that morning. Blueberries are known as a super food, and also brain food. They contain antioxidants that help you stay in good shape before the test and are also helpful in brain activity and memory.

*Peppermint. Another antioxidant strong herb can help you stay alert throughout the test.

Here is a list of other foods to help you get through the stressful four hours as stress-free as possible.

http://www.ehow.com/about_6171683_brain-foods-exams.html

Time-Management: When taking the test, it is important to not get caught up in the time, especially since you are only given so much time to take it.

* Pace yourself- It's easy to get stuck on a question you don't understand, the best thing to do is to move forward, and come back if you have time at the end of the test. It's better to spend a lot of time on questions you know the answer to, then to spend a lot of time trying to figure out one question.

* Memorization- Although memorization usually happens before the test, memorizing formulas and equations before the test can make it easier to get fly through questions, than to sit there and try to recall what “e” equals, and how to find the mid-point.

*Don't worry- The worst thing to do before or during a test is to worry. Stress makes it difficult to concentrate and can confuse our brains when we are trying to solve a problem.



Study Tips: There's nothing better to do on a Friday night than study, right? Well to avoid having to cram the night before your early Saturday morning, here are some tips:

*Try to set aside small times every day for studying. A little bit everyday can make it easier to remember and focus on specific subjects.

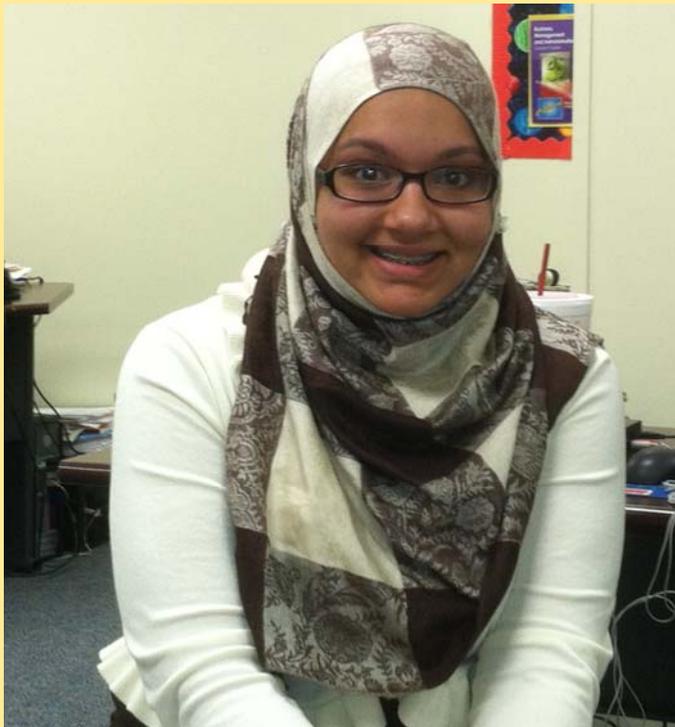
*Make a note card that is specifically for Math that covers all of the equations and formulas that are used on the ACT. Most of these equations are finding area, volume, and trigonometry (cos, sin, tan.) Also, you can make one for English that has definitions of the words you may have a hard time remembering the definition of i.e. metaphor, simile, analogy, and other literary elements. Carry these note cards with you to study whenever you have free time or are waiting in a restaurant or waiting for the bus.

Tips for Success

By Sabiel Bhuiyan

***Stay on task** - "Let's be real," it can be boring to sit on a computer and strictly do homework when there are so many other more interesting options. Being that we're an online school, you also have access to your social sites, music, and shows. Outsiders might say that you're lucky for having these privileges every single school day, but really, it's just another distraction you have to overcome.

***Just get it done** - The quicker you finish, the less time you have to log and the faster you'll be finished with the entire school year. This is our second semester of the 2012-2013 school year. Do you know what that means? CRUNCH TIME - or maybe not! No one, student, parent, or teacher, likes to be rushed, pushed, or prodded. If you have a steady pace going in which you're for certain you'll finish all of your schoolwork before **May 17th, 2013**, then keep it going. At the beginning of the school year, we were all sent emails



informing us that we had to get 5.5% finished of each class a week. How's that goal treating you? Not too well I presume, because of all the people I saw lined up to take their cumulative, last minute, regardless of actually finishing their classes last semester.

So here's a suggestion: Work on one course class (Science, Math, English, etc.) a day, and then

switch to another the next day. This way you stay on topic and in the right frame of mind. If you feel like you need to increase your percentage in order to get all of your classes finished before May 17th, then do so. No one else is going to do this for you, you need to *just get it done*, or accept a failing grade for this semester. It's your future.

***Exhaust your resources** - TLA is a school full of resources. When you or your parents chose to enroll in this particular online school, they made the right choice. TLA is an online school that provides you with the option to work at your own pace, while giving you goals to meet (like any other school), and provides certified teachers for you to come meet with. I've heard time and again from teachers that not even 30% of their students come in for any type of help in classes. Sure, not everyone needs help, but when you're failing the cumulative (final exam) because you don't properly know all of the information, there's a problem. Grade levels are set up kind of like a trail of dominoes, you learn one thing and crush down your domino. Learn the next, and out goes the next domino. By the end, all of the dominoes are gone, or should be. If you aren't truly learning the information provided by the E2020 system, you're leaving several dominoes up and standing. These dominoes that are left standing hold no purpose, so you might as well learn your information and knock them down, too. All in all, our teachers are here to help you - so use them.

***Time managing issues** - Five hours per day. That is all the school requires of you. When you aren't finishing your hours, we can only assume that you aren't finishing your classes and your progress isn't progressing. Again, I will repeat, THIS IS THE SECOND SEMESTER OF THIS YEAR. We are in quarter THREE. If you do not get on track with your classes and hours now, as in this minute - day - week, you are going to be treading on thin ice in quarter four. I don't know about you, but I want to pass my grade level!

Hello TLA'ers and future TLA'ers,

If you are going to Tulsa Learning Academy, or are planning to attend this school, you probably already know that this school is different from other general education schools. You do most of your work online, with special programs like e2020, and usually only come into the school for help from a teacher, orientation or testing.

For many of you this is exactly what you were looking for, but for some of you, you might miss the social interaction you get from being in a regular style school. Well if you miss the contact, there is an option for you at TLA. We have a Student Council, which has the same function as Student Councils in other schools. We act as a liaison between the school and the student body. We let the school know how the student are reacting or accepting certain school practices, and we also let the students know what the school has in store for them, and what the school expects of them.

We run and write for the TLA Student Blog/Newsletter, The Virtual Voice, which is sent out every few weeks during the school year. This Blog contains information, artwork, poetry articles, movie reviews and all sorts of other information to again connect the student with the school.

We also go out into the community and volunteer to help out and give back to the city that we live in. Last school years we have council members go to the Iron Gate kitchens to serve food to homeless Tulsans.

Finally, there is a practical benefit to all this work you are going to do. Each full school year that you are a member of the council, you will receive a $\frac{1}{2}$ credit towards a leadership elective. Just think, two years in the council and you have a full class on your transcript.

So if this sounds like something you might be interested in, or you would like some more information on, simply send an email to Mr. McDonald at the school and ask him.

Hope to see you soon,
TLA Student Council

STUDENT COUNCIL CONSTITUTION TULSA LEARNING ACADEMY

Article One: Mission Statement

The purpose of this Student Council is to work toward making TLA a better school and to act as a voice of representation for the student body, as well as perform works of community service for the City of Tulsa and charitable organizations.

Article Two: Membership

Section One: Membership is open to all TLA students who have an interest in working toward improving their school environment and taking part in extracurricular activities.

Section Two: For the first year, maintaining membership in the Student Council will depend upon successful attendance. Continued non-attendance will result in loss of membership. Besides the attendance requirement, Beginning year two successful progress in school and a GPA of 2.5 or better will be requirements for membership.

Article Three: Meetings.

Section One: Meetings will be held on Mondays, every two weeks beginning with the 11/14/11 meeting date. Therefore the next meeting will be 11/28/11, and then continue every two weeks after that date. If a meeting falls on a day that school is closed, or a school day that is cancelled due to weather, the meeting will not be held. At that time the advisor will advise council members as to the next meeting time.

Section Two: Meetings will begin at 3:30 and go until 4:30. Occasionally it might be necessary for members to remain for a little longer to complete the work being done.

Section Three: If you need to miss a meeting you must notify the advisor by email or phone.

Section Four: If the weather seems tenuous, email or call your advisor in the morning on the day of the meeting to verify if the meeting is going to be on or off.

Article Four: Student Council Officers:

Section One: President

To preside over the Student Council Meetings.

Supervise council officers.

Represent council at off-site meetings and conventions.

Show an interest in the school and extra-curricular activities.

Act as a role model for other council members.

Section Two: Vice-President

To assist the President in the administration of official duties.

To assume the responsibilities of the President when that officer is unable to discharge their duties.

To also act as a role model for other members.

Section Three: Secretary

The secretary will be in charge of maintaining all administrative paper work pertaining to the Student Council.

Record the minutes of the meeting.

Maintain our TLA Council Facebook page in conjunction with Mr. Vess.

Section Four: Historian

The historian is in charge of documenting the activities of the Student Council's year using all the modes of media available. Word, photos, video etc.

Article Five: Councils Elections:

Section One: For the first year, elections will be held on 11/28/11. For future years elections will be held on the second meeting of the new school year.

Section Two: Requirements for council officers

Offices are only open to students in grades 9-12.

Must maintain a 2.5 GPA.

Must have an above average council meeting attendance record.

Must write a letter of interest to the advisor.

Must prepare a campaign speech to be delivered before the council membership.

Article Six: Ratification and Amendments:

To ratify this Constitution, the signatures of the school principal, the council facilitator and a 2/3rd majority of members signatures are necessary.

Any council member can suggest an amendment to this Constitution. Approval of the amendment must come from the council facilitator and a majority of council members.

Faculty Facts

*This is the first in a new ongoing-series in the **Virtual Voice**. Each issue, we will highlight a staff member at TLA. Here's a tip that I learned from an academic leader at an university: Get to know your teachers. They are the ones who write your letters of recommendation, hold the results of your grades, and the more they know and trust you and your abilities - they'll put their name on the line to get you internships, etc. Obviously a very important thing. Starting with our own Teacher Representative: Mr. Dennis McDonald.*

Q: What was the first thing you remember wanting to do with your life?

A: When I was six years old I wanted to be a mailman. I was fascinated with delivering mail to people's houses. In fact for several days I followed the mailman around the neighborhood, picking up the mail he had just delivered. I took the mail into the woods outside my street and delivered it to the forest animals. Needless to say after several days of this, when the police visited my dad to inform him of my "on the job" training, he was not pleased. That was the official end of that career choice for me.

Q: What kind of student were you?

A: Most of my school years were great. I went through a period of "averageness" in middle and high school, because the things I really wanted to learn were not being taught in school at the time. Imagine not having a class about the Beatles or the Stones... But after serving in the army I got a degree and went to work in the business

world. However, the time I spent while in the army, traveling around Europe, I developed a tremendous appetite to learn about the past and spread that knowledge to others. So that is what I decided to do. I can honestly say I love my job...I love coming to school every single day.



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Q: What is your teaching philosophy?

A: My teaching philosophy is to make what it is I am teaching, as interesting as possible to whomever I am teaching it to. I try and draw parallels to whatever history I am teaching, and things that are in the students' lives at the present time. I believe in telling great stories and bringing history to life.

Q: What is your greatest strength as a teacher? Greatest weakness?

A: I believe my greatest strength as a teacher lies in my ability to adjust what I am teaching to best suit the audience I am teaching it to. I have several different ways to deliver material and I like to mix it up and keep things fresh. I would say my greatest weakness as a teacher is that I lose patience quickly when students simply disregard what is being taught because it is not "cool" or doesn't fit into their scheme of things. To give up on something because it bores you, or you do not see the point in, it is a very lame thing to do. The one thing you can never really get too much of is an education. Our ability to learn is endless...why limit yourself because something doesn't fit your "code of cool."

Q: Where did you grow up?

A: I was born in Boston, but grew up in Tulsa. After a couple of years at Tulsa Junior College (now called TCC) and OU, I went into the Army and lived in Europe for a few years. That is where I developed my love of traveling. I was very fortunate while in Germany to go to the Olympics. That was really an amazing opportunity. My love to travel continued when I returned to the United States, and I have done so ever since. Over the last twelve years I have taken many long distance motorcycles trips around America, visiting many of the places I teach about. I have been to all but 5 states, and there is something special about every one I have

My Thoughts on School

By Madison Mount

When I started at TLA it was because I didn't like my social experience at regular school. So I thought the right choice for me would be doing online school. I love TLA so far, except the social part because there really is none, unless you are part of the student council or by going to get help from a teacher. Maybe what the school needs is a website for the students by the students where we can log on after our hours are complete and chat or play games with each other. Or maybe we could start clubs that meet at school. I think having more of a social experience at school would help our school become better and give the students something to look forward to instead of just school work.



By Aubrey Siess

For additional content not printed in this publication, check out the link below:

<http://tulsalearningacademy.blogspot.com/>