



**Southern
Ontario
Collegiate**

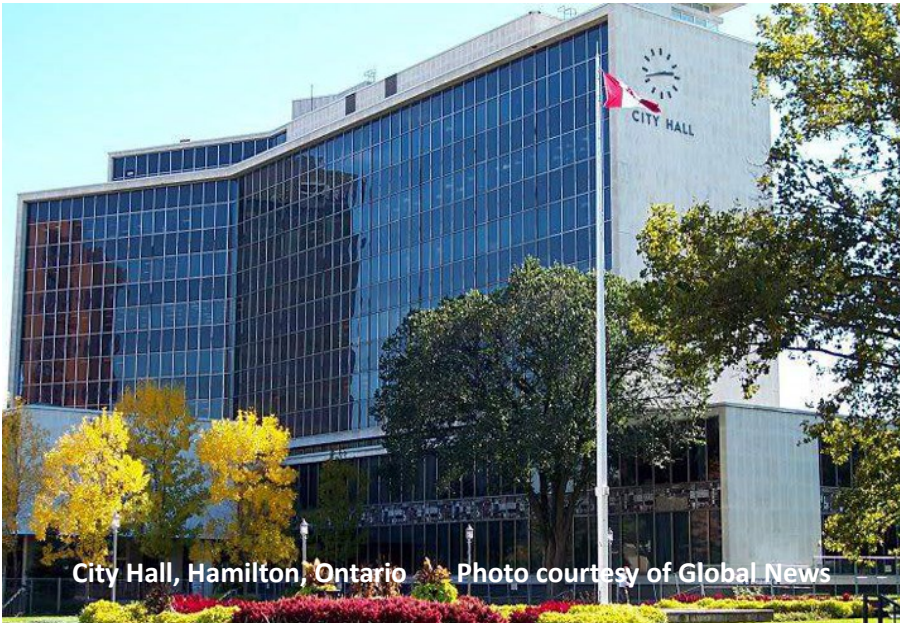
SOC Update

School Newsletter

Educating Students from Around the Globe for Over 40 Years

October 2023

From the Principal, Alison Currie



Autumn is here; universities are at SOC, introducing themselves to students; volunteer programs are underway and mid-terms are close at hand.

Mid-Terms Exams October 12 and 13, 2023

Mid-term exams take place during our regular class schedule. Teachers are working especially closely with students whose classroom work reflects need for support. Report cards for the first portion of the term will be released the following week. Results will be available on Edsembli.

If you do not have an Edsembli account or have lost your password, please contact catherine.mcfarland@mysoc.ca. Note: Sometimes Edsembli notifications are moved to your junk mail rather than inbox by your computer security system; please check there.

*Remember Monday,
October 9th is
Thanksgiving Day
across Canada.
Schools and businesses
are closed.*



Study Plans from the Best

Most students want to achieve well, and most students want to find a set of habits to help them work successfully. The best of Harvard University's study plans for students are included here. Students will see real change if they begin to use even some of these suggestions.

Thank you to Harvard University for sharing these proven strategies. For further information, see: <https://summer.harvard.edu/blog/top-10-study-tips-to-study-like-a-harvard-student/>

1. Don't Cram

It is tempting to leave all your studying for that big exam up until the last minute, but research suggests that cramming does not improve longer term learning. Instead of cramming, studies have shown that studying regularly with the goal of long-term retention is best overall.

2. Plan Ahead—and stay on track

Having a study plan with set goals can help you feel more prepared. Procrastination is one mistake that students often make and repeat.

3. Ask for Help

Be proactive about identifying areas where you need assistance and seek out help immediately. The longer you wait, the more difficult it becomes to catch up.

4. Work with a friend

Other students are also experiencing the same struggles as you. Reach out to classmates and form a study group to go over material together, brainstorm, and to support each other.

Having other people to study with means you can explain the material to one another, quiz each other, and build a network you can rely on.

5. Find Your Learning Style

Before you start to read a new chapter or watch a lecture, review what you already know about the topic and what you're expecting to learn.

As you read or listen, take additional notes about new information, such as related topics the material reminds you of or potential connections to other courses. Also note down questions you have.

Afterward, try to summarize what you've learned and seek out answers to your remaining questions.

6. Take Breaks

The brain can only absorb so much information at a time. Breaks in between study sessions will help you retain and consolidate what you've just learned. Take a break between study sessions so your brain will be refreshed and ready for new information.

7. Set up a Good Work Space

Where you study can be just as important as how you study.

Find a space that is **free of distractions** and has all the materials and supplies you need on hand. Eat a snack and have a water bottle close by.

8. Reward Yourself

Studying can be mentally and emotionally exhausting, and keeping your stamina up can be hard. Studies have shown that giving yourself a reward during your work can increase the enjoyment and interest in a given task. A snack, music or a TV break can help motivate you.

9. Review, Review, Review

Practicing the information you've learned is the best way to retain information.

For example, testing yourself with flashcards is a more difficult process than simply reading a textbook, but will lead to better long-term learning.

“One common analogy is weightlifting—you have to actually “exercise those muscles” in order to ultimately strengthen your memories.”

10. Set Specific Goals

Setting specific goals along the way of your studying journey can show how much progress you've made. [Psychology Today](#) recommends using the SMART method:

- **Specific:** Set specific goals with an actionable plan, such as “I will study every day between 6 and 8 p.m. at the library.”
- **Measurable:** Plan to study a certain number of hours or to achieve a specific mark
- **Realistic:** It's important that your goals be realistic, so you don't get discouraged. For example, if you currently study two hours per week, increase the time you spend to three or four hours rather than 10.
- **Time-specific:** Keep your goals consistent with your school courses and your other responsibilities.

Fall '23 SOC Community Service Project

This autumn we're supporting The Living Rock, a community organization that provides essential support programs to youth between the ages of 13-25 who are affected by factors such as loss of family, poverty, education and employment challenges. The school is collecting winter clothes (hats, scarves, mitts, socks) as well as organizing a food drive for The Living Rock's pantry (dry and canned foods).

We're proud of the compassion and care shown by SOC students and very pleased that their work is making a difference to our community.



OSSLT

The OSSLT is an online provincial test mandated, created and delivered by the Province of Ontario's EQAO office. All tests are marked, and results are compiled by the Ministry. The test is a requirement for graduation and must be written by every student in Ontario.

SOC's preparations for the Ontario Secondary School Literacy Test are underway. Students receive lessons and submit work directly related to the test. Practice tests are also available online. Students who are unsuccessful in achieving the pass mark of 75% will take the Ontario Literacy Course in order to meet graduation requirements.

SOC's students will write the OSSLT late in November.

Orange Shirt Day – September 30th

Orange Shirt Day is an Indigenous-led day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations. All Canadians are encouraged to wear orange to honour the thousands of survivors of residential schools. SOC had an assembly where students presented on the significance of this day.



University Visits in October

Brock University	4 October
University of Alberta	17 October
University of Guelph	19 October
Toronto Metropolitan University	23 October
University of Calgary	26 October

Thank you for your ongoing support of Southern Ontario Collegiate and its students. If you have any questions or comments, please contact alison.currie@mysoc.ca.

Contact us at SOC:

Academics and Student Welfare	alison.currie@mysoc.ca
Guidance	abeer.ghorieb@mysoc.ca
Edsembli/student results	catherine.mcfarland@mysoc.ca
Residence and Travel	nabil.alkilabi@mysoc.ca
Immigration/Study Permits	admin@mysoc.ca
Invoicing	andrea.toledo@mysoc.ca
Admissions/applications	admission@mysoc.ca

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