

TRANSITION TIMES

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<http://www.psy.cmu.edu:16080/~transitiontimes>

Dear Transition Times Families,

We are at the midpoint in the study. Some of you finished the third questionnaire this past spring, some of you are in the middle of the study, and others of you started the first questionnaire this past spring. We are just now starting to look at the data. Hopefully, we will have some preliminary results in our next newsletter. One of the most difficult aspects of this study at this point is keeping in touch with all of you— which is not a surprise given that this is called the “Transition” Times Study. If you move, please drop us an email or voicemail as to your new address and phone number.

We are providing you with a bit of useful advice in this newsletter on studying and homework habits, which should come in handy given that the majority of you are spending a portion of your day in school. We thought we would offset that with some more entertaining information on upcoming television shows this season. Of course, the television is supposed to come after the homework...

Take care and enjoy the remainder of the summer.

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Become a Fabulous Note Taker

Sometimes it can be difficult to make your notes organized and meaningful during a class lecture. So here are a few tips for taking sensible lecture notes!

Date Your notes. Although you probably have a different notebook for each subject, establishing the habit of dating each day's notes can prevent chaos when a notebook mix up occurs.

Get an Idea of the Big Picture. Typically, each lecture will have a theme that is made clear at the beginning of class. However, if you are confused about the topic of the day, don't be afraid to ask!

Draw Pictures and Make Arrows. Sometimes drawing a picture makes a topic sink in more.

Underline New Vocabulary. Most likely major words or concepts that are written on the board will show up on the next exam. Make sure you make note of these words and understand how they fit into the lecture.

Compare your notes to the Textbook. If there are parts of your teacher's lecture that are confusing, go to the textbook! Chances are, things will start to make more sense.

<http://homeworktips.about.com/od/makingthegrades/a/lecturenotes.htm>



EIGHT HEALTHY HOMEWORK HABITS

1. Use a Planner
2. Develop Critical Reading Skills
3. Communicate with Parents
4. Get the Sleep you Need
5. Improve Your Eating Habits
6. Improve Your Memory
7. Fight the Urge to Procrastinate
8. Avoid Repetitive Stress



See below for more details!

Tips on Using Planner

“The assignment is due when? Tomorrow?”

We’ve all been there at some point. Somehow that assignment due date just slipped right up on us. This is why it is necessary to form organizational skills. Below are some tips to using a planner.

1. **Name your planner.** This may seem silly, but you’re less likely to neglect something with a name and identity. This allows the object to have more of a presence in your life. Call it anything! It can be your secret.
2. **Make the planner a part of your daily routine.** Carry it with you at all times, and remember to check it every morning and evening.
3. **Fill in your assignment due dates as you learn them.** Don’t put it off! Get in the habit of writing in your planner while you are still in the classroom.
4. **Use backward planning.** When you write a due date in your planner, give yourself a week or day reminder that the due date is approaching.
5. **Color Code.** Use multicolored pens or colored stickers when writing in due dates. You may want to color code your subjects.
6. **Put everything in your planner.** Keep track of anything that takes up time, and may prevent you from working on an assignment. This will keep you from cramming too much in, and allow appropriate time for study.
7. **Go ahead and congratulate yourself ahead of time.** On the day after a big assignment is due, put in a reward appointment, like seeing a movie or having a meal with friends. This can serve as positive reinforcement.



Get the Sleep you Need!

Young adults often sacrifice their sleep when it comes to making choices about time management. However, getting enough sleep is critical for adolescents because it is a time of development.

Jennifer C. Cousins, PhD, a postdoctoral fellow at the University of Pittsburgh Medical Center, found that the better the sleep quality, the better one’s academic success. In particular, Cousins found that higher math and English scores were associated with higher sleep quality (less nightly awakenings).

Here are a few tips to improve your quality of sleep.

1. Turn off the TV at night
2. Reduce caffeine intake by switching to caffeine-free drinks or water.
3. Unwind before your bed time and stay away from any activities that may make it difficult to relax, such as doing your calculus homework or active videogames right before bed.
4. Turn off your cell phone

“Early to bed and early to rise, makes a man healthy, wealthy, and wise.”

Benjamin Franklin (1706-1790)

American Academy of Sleep Medicine (2009, June 15). Better Sleep Is Associated With Improved Academic Success. *ScienceDaily*.

Fight the Urge to Procrastinate!

Signs of procrastination.

1. Feeling the impulse to clean your room as soon as you sit down to start a project.
2. Rewriting the first sentence of paragraph of a paper, repeatedly.
3. Craving a snack as soon as you sit down to start a project.
4. Carrying your books around with you, but never taking the time to study.

Most likely you can relate to a number of these situations. So, here are some tips on how to stop these diversion tactics from preventing academic success.

1. Beware of that little voice inside your head tempting you to put off your homework, and don't let it fool you.
2. Start with small goals if you have a big assignment coming up, and set new goals you go.
3. Set up breaks!



New Fall Television Shows

Need a break from work? Here are some new tv shows that are coming out this fall on the top five networks.

Coming up on NBC..

The Event. *An emotional high-octane conspiracy thriller that follows Sean Walker (Jason Ritter, "The Class"), an Everyman who investigates the mysterious disappearance of his fiancée, Leila (Sarah Roemer, "Disturbia"), and unwittingly begins to expose the biggest cover-up in U.S. history. Sean's quest will send ripples through the lives of an eclectic band of strangers, including: newly elected U.S. President Martinez (Blair Underwood, "Dirty Sexy Money"); Sophia (Emmy Award nominee Laura Innes, "ER"), who is the leader of a mysterious group of detainees; and Sean's shadowy father-in-law (Scott Patterson, "Gilmore Girls"). Their futures are on a collision course in a global conspiracy that could ultimately change the fate of mankind.*



Also, look out for the shows Undercovers, Love Bites, The Cape, and Friends with Benefits!

Coming up on FOX..



Running Wilde. *From the Emmy Award-winning creator and the star of the critically acclaimed Fox series "Arrested Development" comes Running Wilde, a romantic comedy starring Will Arnett ("Arrested Development," "30 Rock") as Steve Wilde, a filthy-rich, immature playboy trying desperately to win (or buy) the heart of his childhood sweetheart, Emmy Kadubic (Keri Russell, "Waitress," "Felicity"), the uber-liberal humanitarian who got away – all told through the perspective of a 12-year-old girl.*

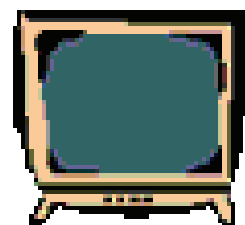
More Fall TV Shows to Look Out For..



Coming up on ABC..

Mr. Sunshine. *Matthew Perry stars as Ben Donovan, the self-involved manager of a second-rate San Diego sports arena who begins to re-evaluate his life on his 40th birthday. Working alongside him is his boss and arena owner, Crystal—*

attractive, powerful and highly erratic; Alice—the cute, tomboyish marketing director and Ben's friend with benefits; Alonzo—a former basketball player, handsome and unbelievably happy; Ben's assistant, Heather—pretty, sweet, but terrifying because she once lit a boyfriend on fire; Crystal's son, Roman—sweet-faced, clueless and Ben's newest employee; and a hapless operations crew whom Ben refers to collectively as the "Steves."



Also premiering on ABC

- No Ordinary Family
- Off the Map
- Happy Endings
- Body of Proof
- My Generation
- Better Together
- The Whole Truth
- Detroit 1-8-7



Coming up on The CW..

Hellcats. A coming-of-age story about Marti Perkins, a young, pre-law student at Lancer University in Memphis, Tennessee. Marti is cool, hip and alt, but her world flips upside down, literally and figuratively, when she loses her scholarship, and realizes the only way she can stay in school is by reigniting her dormant teen gymnastic skills to win a place on Lancer's legendary cheerleading team, The Hellcats. Against her every instinct, Marti goes for it and makes the squad, and is thrust into a world of camaraderie, backstabbing and the intersection of sports, backroom academia and big money. Marti's new roommate, Savannah Monroe, a petite, peppy Texan, is among the diverse cast of athletes, undergrads, family and friends, all set on the sprawling campus of a powerhouse college football program in the deep South.



Coming up on CBS..

Hawaii Five-O. From the writers behind the blockbuster "Star Trek" (2009) comes a clever, adrenaline-fueled update of one of the most iconic shows in television history. When there's trouble in paradise, Steve McGarrett returns to the islands and joins fish-out-of-water Danny Williams to launch an elite branch of the Hawaii State Police. In this ultimate adventure series, complete with big action and charming characters, the team hunts down ruthless criminal kingpins, who inevitably hear those three feared words: "Book 'em, Danno."