October 2, 2023

 Dear Alishia, Camille, Malik & Zoe:

 We hope that this newsletter finds you in good health and a positive headspace.

You’re halfway through the semester, and it’s time to take those mid-term exams. The most important thing to remember is that you must believe that you will do well.

Exercising, healthy eating, sleeping, and setting aside valuable breaks for yourself are vital keys to succeeding in school. If you are struggling to keep up, schedule a one-on-one session with your professor and/or seek help with tutoring.

When it comes time to study, be sure to stock up on snacks that promote efficient productivity. Blueberries help to improve learning and memory. Walnuts help improve deductive reasoning. Dark chocolate helps provide non-jittery energy during your studies, unlike regular chocolate.

Avoid chugging caffeine and energy drinks. They will negatively impact your sleep cycle in the long run.

***Scripture of the month***: **“**So do not fear, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”- Isaiah 41:10

***Quote of the month***: 

Study hard & conquer those mid-terms!

Ericka Hoskin

Ericka Hoskin, Treasurer