

**Bemis  
Junior High  
School**

# AVID In Action

**Newsletter**

**Volume 1**



## New Year Resolutions

Happy New Year! I hope this first edition of the AVID newsletter finds your family happy and healthy!

This newsletter is designed to help you know what is going on in the AVID class and what your AVID student is doing and learning. We are always looking for new students to join AVID. Please help us be a voice in the community and share your experiences with others!

To start the New Year, the AVID students began by reflecting on 2020. What did you accomplish?

What were you proud of? What inspired you? What is something you'll never forget? What changed you for the better?

Students shared that reflecting on the past, helped them focus and think of what they can do in the future. All too often, we all forget to take time and reflect. Students shared some great answers; some personal, some funny, some sad. Creating the ability to share and learn with each other is what sets AVID apart from other classes!

As we continue over the next couple weeks, we

will be creating one academic and one non academic smart goal for the semester. This, along with our reflections, will lead us into the #1WordProject. The #1WordProject gives the students the opportunity to identify one word that will summarize their goals for 2021. They will create this one word to represent their personality and meaning.

To culminate this experience, the students will create vision boards supporting their goals and one word.

I'm SO excited to see the results and creativity!!

### Special points of interest:

- **Happy January Birthdays** to: Nevin, Tyson, Garrett, and Nash!!
- **Student/Tech Support:** <https://www.uticak12.org/cms/one.aspx?pageId=43802711>
- Please be sure you are able to access PowerSchool!!

## AVID Strategy: Focused Note-Taking

Prior to the New Year, AVID students worked through a variety of opportunities to practice Focused Note-Taking, FNT.

Focused note-taking

empowers students to take charge of their learning. Instead of mindlessly copying notes from an instructor-prepared slide presentation or transcribing sentences verbatim from a text, students thoughtfully consider their purpose for

note-taking and make deliberate decisions at every phase of the process based on that purpose.

Here is a great example:

[\(90\) AVID Focused Notes - YouTube](#)