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PLACENTIA'S OLDEST CONTINUOUSLY RUNNING NEWSPAPER, EL TIGRE IS A STUDENT-RUN NEWSPAPER IN THE PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT

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IT'S THE FINAL COUNTDOWN: FINALS WEEK

By: Allen Lin
Reporter

The clock ticks down on the semester and students across campus are preparing for their semester finals. They prepare with good reason, as these tests tend to be a significant amount of one's grade in a class.

Cramming is one of the most common studying techniques, but is ineffective and puts one behind in the long run. After a few weeks, the benefits of cramming entirely disappear. It has been suggested that relying on rote memorization techniques such as cramming reduce retention overall.

"I am not a fan of cramming," said Mr. Mark Stanley, one of the school's counselors. "There's a lot of evidence that shows cramming is counterproductive. I think you need to study for your finals, but you can't wait until the end to learn everything."

Mrs. Carolyn Douglas, another one of the counselors, agrees.

"I don't suggest procrastination," said Douglas. "Some students say they study better under pressure... but I don't recommend it."

Mrs. Ellen Gerasimou, another counselor, offered studying suggestions.

"Do a little studying

each night," she said. "Don't try to cram it in at once — that won't work."

Studies appear to back up the claim that the extra stress and damage to one's health caused by cramming is rarely offset by the minor gain in short-term test performance.

If cramming doesn't work, what does? Unfortunately, the simple answer is that there is no magic bullet for studying. The College Board suggests that one should study in a well-lit environment with plenty of space and a comfortable temperature, and that time management is key. One should also split up their workload, completing a reasonable amount of work each day. Periodically going back to old material instead of leaving it all for one large review session also tends to increase retention. One should do more thought intensive work earlier in the day, as mental fatigue can reduce performance.

Gerasimou suggested that students should take advantage of teacher re-

view sessions. Stanley recommended using a study sheet, which holds important notes, formulas and words, and to be ready far in advance, making sure to write good notes starting from the beginning of the semester.

"The best way is to just stay on top of it throughout the semester," said Mr. Brent Shenton, a chemistry teacher. "If [students] do that, not that much time is needed for studying for the final."

The cliché holds true; one needs to get a good night's sleep and a nutritious breakfast with sufficient energy to do well on exams. Exam instructions are to be read carefully, one should not be afraid of leaving difficult questions for later and one should organize their thoughts carefully, so as to not create a cluttered essay.

Many students stress over finals. Although this is a natural reaction, the counselors stated that students should not be too stressed.

"Good diet, good

sleeping habits and good exercise will get you through finals," Stanley said.

Douglas and Gerasimou emphasize the importance of having a positive attitude, with Gerasimou commenting that "[Students should have] a positive attitude — it's something they have to do for the course," said Gerasimou. "If you go in with [a] negative [attitude], you won't do as well."

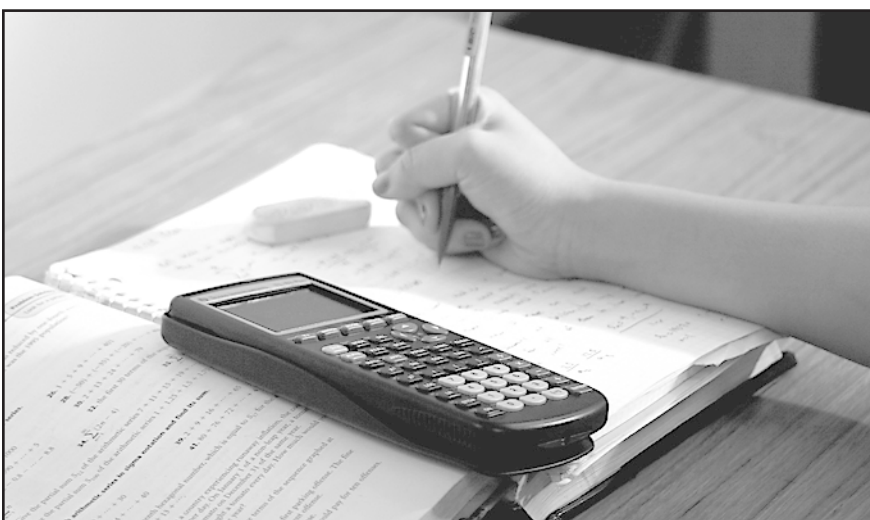
Students should study effectively so they're confident when taking finals.

"They should go in, confront the test and feel good about themselves," Douglas said. "If you've studied and gone over the material, you shouldn't be nervous. You have to go in, take a deep breath and not doubt yourself. You need to be in control."

Shenton offered further suggestions for students.

"Try and remember that successful preparation and performance on a final will open doors in the future."

A GOOD WAY TO STUDY FOR FINALS IS BY SPENDING THE WEEKEND LOOKING OVER SOME OF THE STUDY SHEETS YOUR TEACHERS GIVE YOU. PHOTO COURTESY OF: FLICKR USER SCUI3ASTEVEDO.



SAVE YOUR CENTS, IT'S TIME FOR THE FOOD FAIR

By: Shannon Hsu
Editor

Once every quarter all on-campus clubs at Valencia are allowed to sell food items during both lunches to fundraise. Many students involved in such clubs dedicate their lunch periods to selling these items in order to make profits for their clubs. Food Faire is an event that all students can enjoy, whether they are members of a club or not — after all, there's nothing that we love more than food.

A variety of delectable choices can be found at each Food Faire, including pastries, pastas and all sorts of beverages. One can always find something they're willing to spend a few dollars on, since the wide variety of clubs that participate provides for a diverse and boundless selection of food types, including but not limited to Chinese, Japanese, Mexican and Italian food. All of these can be found at reasonable prices from various participating clubs. Anything one may crave can usually be found on sale.

The best part about Food Faire, besides the food itself and the overwhelming variety that is always available, is the fact that each purchase is helping out one's fellow Tigers by contributing to their club funds.

One of the many clubs that regularly participates in the event is Operation Smile Club. At the last Food Faire, they made quite a scene with their creative, unique idea of selling fresh cotton candy made they made with a rented cotton candy machine.

"Most clubs use their Food Faire earnings to help pay for club events," said Isabel Hsu (12), co-president of the Operation Smile Club, "but we use ours as donations to help pay for the surgeries of children with cleft palates."

When asked what the club is planning for the next Food Faire, Hsu merely answered, "It's a surprise!"

The original plan for the upcoming Food Faire was for it to take place this month, but scheduling adjustments have been made. Unfortunately for those looking forward to buying the delicious food anytime soon, they will have to wait until February.

IN BRIEF

January 26-27
Finals

Make sure to end the year right by eating a healthy breakfast and studying hard for finals.

January 28
End of the First Semester

Students have a day off for the end of the first semester.

January 31
Beginning of the Second Semester

Make sure to pick up your locator card for the second semester beginning at 7:00 AM.

February 1-2
CAHSEE Testing

The California High School Exit Exam begins for sophomores and upperclassmen that need re-takes.

February 2

There is a Val Tech Internship Meeting at 7:00 PM in the library.

February 12

Miss Placentia Pageant

The annual Miss Placentia Pageant begins. Come see who will be crowned Miss Placentia 2011!

February 14

CIF Boys' and Girls' Basketball

Come watch the beginning of CIF Basketball for both boys and girls!