

# Study TIPS

Angela Wan ('24) takes us through her studying routine.

Photo courtesy of Angela Wan



**SITTING WITH HER dog,** Angela Wan ('24) reviews for her upcoming tests. "I don't like to push all the reviews to the last day because that would really stress me out," Wan said.

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"I usually begin reviewing for tests at least a week before. I would write out a planner during the weekend to divide up the review work for each day of the week."

"I would divide the unit up into small chunks, where I review one chunk of the unit a day, I would memorize all the concepts and asked my friends to test me on them."

"I always do the review tests at least twice before the actual test. And on the second time, I would focus on problems I got wrong from the first time and make sure I fully understand each step of solving it."

"I usually try to only spend about an hour for the final reviews; I would briefly look over the study guide I created or the problems I got wrong. Then I would give myself at least an hour to relax. I would also sleep extra early before the test day."

"On the morning of my test, I would wake up as usual and make sure I get time to eat a full breakfast. Then I would do a couple of problems. To get myself awake and make sure I am ready and into the mode of testing."



(above) **WITH THEIR ATTENTION,** Senior Charlie Merkel speaks with White House Correspondents in Portland, Oregon.

(below) **ON HIS TRIP** to Portland, Oregon, Charlie Merkel ('23) sees the Air Force One. "When we went to rent a car I saw the motorcade leaving Air Force One," Merkel said.



# falling into BREAK

Students share their travel from the long weekend.

Photos courtesy of interviewees

"In downtown Portland, a big area of the city was blocked off by Secret Service and trucks blocking the road and we thought it was because of the president. We went into a restaurant for dinner and there was a group of important-looking people. I got the courage to go up and approach one of them and found they were the Reuter's White House Correspondent and the group he was with was the White House Press Corps. Later, he came up to me and invited my dad and me to meet the White House Press Secretary. They let me ask them a couple of questions and I learned that initiative pays off."

**CHARLIE MERKEL ('23)**

"I went to Montreal, Canada and visited my brother and the colleges that are in that area. It was really fun and I learned a lot and realized how different Canadian French is from regular French. [My favorite part was] visiting my friends from Canada. I haven't seen them in a while. It was really nice to hang out with them. And they showed me a lot about what their life was like after high school."

**SALOME CHAPEROT ('24)**



(left) **WALKING DOWN THE** street Salome Chaperot ('24) visits the McGill campus. "My favorite part was visiting the McGill campus. It's so interesting how the buildings and the different sections of the college are so widespread," Chaperot said.



(above) **SITTING INSIDE THE** Café Chat l'Heureux cat café in Montreal, Salome Chaperot ('24) enjoys her time petting a cat.



"It's just planning ahead and making sure you're holding yourself accountable so stuff doesn't pile up at the end. It's the best way to succeed."

**HOLDEN LEE ('26)**



"Sometimes I have to skip a class, and other times in class there's not a lot going on so I just do them at school instead."

**LEA KWAN ('26)**

# balancing

## the time

Story by Marco Li

The bell marks the start and end of the day for most students, but not for freshman Mina Bartlett. She must arrive one hour early for varsity dance practice and stay two hours after school for varsity volleyball practice.

She's been winning awards and scholarships for competitive dancing since middle school. With the addition of volleyball, she is putting in next-level time and dedication to participate in both sports.

Bartlett's passion for dance has grown over time, starting from age three when she first began to dance. It was only natural that she developed an interest in joining the dance team when she entered high school. However, Bartlett was also interested in volleyball after she started playing volleyball in middle school.

"When I was around that age [of 13], I found out from a PE teacher that I should do volleyball too because he thought that I would be good at it," Bartlett said.

With inspiration from her PE teacher, she decided to try out for the volleyball team along with the dance team.

Freshman Mina Bartlett speaks on how she manage her time as a varsity dancer and volleyball player.

As one of only a few freshmen on varsity teams, Bartlett struggled with connecting with the rest of her team members.

"At first, I was really intimidated by everybody, but now we started doing more team bonding, and we're becoming a lot closer," Bartlett said.

Participating in both volleyball and dancing, Bartlett is confronted with time management, a common challenge many committed athletes face.

"For volleyball, we have matches every other day of the week and occasional tournaments

during weekends," Bartlett said. "As for dance, we practice every day after school too and have competitions basically every weekend which we spend a significant amount of time preparing for."

As a result, Bartlett often has to make up work over weekends where she has less tournaments. Despite the challenges, Bartlett's passion for both sports keeps her going.

"It doesn't feel like a burden because I love dance and volleyball so much. It's my passion and it means so much to me to be able to do it," Bartlett said.

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**MINA BARTLETT ('26)**



(above) **ON THE FOOTBALL** field alongside with other members, Mina Bartlett performs the skills she learned at practices toward the audience. "I didn't want to give up [dancing], which is why I joined the dance team," Bartlett said. (left) **DURING THE GAME,** Mina Bartlett holds her position and keeps her eyes on the ball while saving some stamina. "That was like having super rigorous training," Bartlett said.

Photos by Tali Lehrer

# RACING to victory

Photos courtesy of Amaya Bharadwaj

The girls varsity cross country team reflects on their win at the Clovis Invitational.



(left) **WITH SMILES ON** their faces, the girls varsity cross country team takes home the gold and poses with their first place medals. "I am happy with our team's performance, we got first. It was crazy to be a part of and crazy to win. It felt amazing," Finley Craig ('23) said.



(top left) **LEADING THE WAY,** Sophomore Kinga Czajkowska sets the pace at the Clovis Invitational. "I'm really happy about getting first," Czajkowska said. "It felt really good cause I've been working really hard the entire season, it felt like a culmination of all that work."

(bottom left) **KEEPING HER PACE,** Amaya Bharadwaj ('26) keeps running with her teammate even when it got hard. "I fainted at the end. It was so hot and the course was really hard because it was really hilly," Bharadwaj said.

