

California Military Institute, (951) 443-2731

Important Dates/Upcoming Events

Winter Break 12/22/14 to 01/09/15

Holiday 01/19/15

SAT 01/24/15

SENIOR NIGHT 01/27/15 from 4pm-7pm, complete your FAFSA order your Cap N Gown

No School 02/16/15 to 02/20/15



College of the Month-Colorado State University

FACTS AND FIGURES

*17:1 student-to-faculty ratio.
*76.6% of graduates finish their studies in 4.5 years or less.
*27,034 on-campus students enrolled for fall 2013.
*152 unique graduate schools accepted CSU students in 2013.
*25% of Rams are first-generation students.
*77% of students receive financial aid.
*1,372 students participated studied abroad in 2012-13.

*60% of seniors have participated in a club, team or organization on campus.
*6,838 degrees were awarded in 2012-13.
*86.6% of freshmen return for their sophomore year.
*\$313 million was spent on world-changing research in 2013.
*70% of students secured employment or continuing education by graduation day.
*¼ of CSU graduates are employed in a field related to their major.
*66% of seniors have

participated in community service or volunteer work.
* + 10% CSU graduates are employed at a rate 10% higher than the national average.
*\$45,000 is the average starting salary for CSU grads.

www.colostate.edu



Career of the Month: Geomatic Engineer/Land Surveyor

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Middle School Counselor:

Victor Murillo, ext 35212
victor.murillo@puhsd.org

High School Counselor:

Kathleen Cook, ext 35111
Kathleen.cook@puhsd.org

Registrar/SIS Tech:

Daniel Smith, ext 35106
Daniel.smith@puhsd.org

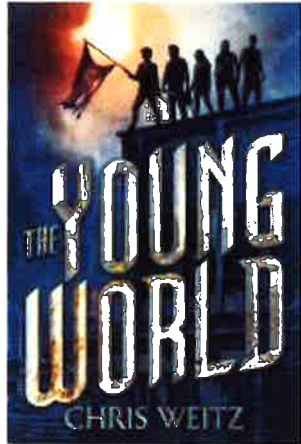
About the Job: Make exact measurements and determine property boundaries. Provide data relevant to the shape, contour, gravitation, location, elevation, or dimension of land or land features on or near the earth's surface for engineering, mapmaking, mining, land evaluation, construction, and other purposes. **What they Do:** Verify the accuracy of survey data including measurements and calculations conducted at survey sites. Search legal records, survey records, and land titles to obtain information about

property boundaries in areas to be surveyed. Calculate heights, depths, relative positions, property lines, and other characteristics of terrain. Prepare and maintain sketches, maps, reports, and legal descriptions of surveys to describe, certify, and assume liability for work performed. Write descriptions of property boundary surveys for use in deeds, leases, or other legal documents. Compute geodetic measurements and interpret survey data to determine

positions, shapes, and elevations of geomorphic and topographic features. Determine longitudes and latitudes of important features and boundaries in survey areas using theodolites, transits, levels, and satellite-based global positioning systems (GPS). **Wages:** In 2013, the average annual wage in California was \$82,290 with most people making between \$54,310 and \$108,780 **Outlook:** It is projected that there will be 5,900 employed in 2020.

www.cacareerzone.org



Book of the Month:

Welcome to New York, a city ruled by teens. After a mysterious Sickness wipes out the rest of the population, the young survivors assemble into tightly run tribes. Jefferson, the reluctant leader of the Washington Square tribe, and Donna, the girl he's secretly in love with, have carved out a precarious existence among the chaos. But when a fellow tribe member discovers a clue that may hold the cure for the Sickness, five teens set out on a life-altering road trip, escaping cults and militias, braving the wilds of the subway--all in order to save humankind.

Author: Chris Weitz

Overcoming test anxiety

Most students experience some level of anxiety during an exam
However, when anxiety affects exam performance it has become a problem.

General preparation/building confidence:

Review your personal situation and skills

Mr. Murillo and Ms. Cook can help you in these areas:

- Developing good [study habits and strategies](#)
- [Managing time](#) (dealing with procrastination, distractions, laziness)
- Organizing material to be studied and learned
Take a step by step approach to build a strategy and not get overwhelmed
- Outside pressures success/failure consequences (grades, graduation), peer pressure, competitiveness, etc.
- Reviewing your past performance on tests to improve and learn from experience

Test preparation to reduce anxiety:

- **Approach the exam with confidence:**
Use whatever strategies you can to personalize success: visualization, logic, talking to yourself, practice, team work, journaling, etc.
View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done
- **Be prepared!**
Learn your material thoroughly and organize what materials you will need for the test. Use a checklist
- **Choose a comfortable location for taking the test**
with good lighting and minimal distractions
- **Allow yourself plenty of time,**
especially to do things you need to do before the test and still get there a little early
- **Avoid thinking you need to cram just before**
- **Strive for a relaxed state of concentration**
Avoid speaking with any fellow students who have not prepared, who express negativity, who will distract your preparation
- **A program of exercise**
is said to sharpen the mind
- **Get a good night's sleep**
the night before the exam
- **Don't go to the exam with an empty stomach**
Fresh fruits and vegetables are often recommended to reduce stress. Stressful foods can include processed foods, artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices
- **Take a small snack, or some other nourishment**
to help take your mind off of your anxiety. Avoid high sugar content (candy) which may aggravate your condition

<http://www.studyqs.net/>



Dear Rough Rider Parents and Guardians,

Mr. Charles Kettering propounds that "High achievement always takes place in the framework of high expectation." At CMI, the administration, teachers, and support staff all believe strongly in this concept. Lowering the bar, to borrow the phrase, is never an option, especially when we think about what is at stake, the future of our students.

Your sons and daughters deserve nothing less than the best when it comes to their education. As the Principal, it is my "charter" to not only meet your expectations, but exceed them with regard to ensuring our future leaders are exposed to the best possible education.

Research based instructional strategies continue to forge the way for quality instruction and a focused approach to what works best for student learning and achievement. In addition, research has also proven that the single most important factor in student learning is the relationship between your children and the teachers, administrators, and staff they interact with on a daily basis. To be more specific, if your student "connects" with one or more adults on our campus, their success rate increases exponentially. I will work feverishly to ensure our young adults come to a clean, safe, and secure school where they feel welcomed, important, and challenged.

Working side-by-side with my colleagues, all of our conversations, decisions, and actions will be student

Computer Science Education Week

Prior to becoming an educator, I spent 17 years in the field of computer science. I have been a programmer, a database analyst, a systems analyst, a help desk staff member and a help desk manager. So, my article this month hits close to home. Over the years, I have learned that computer science skills strengthen local communities, provide international opportunities for innovation, and opportunities for youth. This year, during Computer Science Education week (December 8 – 14), CMI students will participate in Hour of Code. The Hour of Code is a global movement reaching tens of millions of students in 180+ countries. Last year, over 15 million students participated in one hour of code over a period of five days. In 2013 over 10 million girls tried computer science. This year CMI will part of over 60,000

Code events taking place all over the world. During Hour of Code our cadets will get a one-hour introduction to computer science, designed to get them interested in coding and computer science. Our Hour of Code event will take place on December 9th during first period. Every student should have an opportunity to learn computer science as it underlies most innovation today, from biotechnology to cinematography to national security. For more information on Computer Science Education Week visit <http://csedweek.org/>. For more information on Hour of Code visit <http://hourofcode.com/us>.

Robin Davis
Assistant Principal/Lt. Col

Information for this article was found at the above websites.

centered. The very reason we exist is to serve our student population; however, we must not lose sight of the fact that, as you well know, a great deal of effort must come from our students. With your support there is no doubt that our students can and will succeed, not just academically, but socially, physically, and emotionally as well. The "well rounded" student is our ultimate goal, where the ideas and concepts associated with the three R's are supported and balanced with appropriate behavior indicative of a young adult poised and ready for the future.

Although we spend a great deal of time on testing and its importance, the truth is that, if all the "pieces" are properly placed in the "puzzle", the accountability "piece" is shared by all, with the biggest beneficiary being the student. My current position lends itself to building lasting and meaningful relationships with teachers, staff, parents, and, most importantly, our students. While building the relationships, once again, the emphasis will always be student centered.

In the end, high achievement can be realized when we all work toward a common goal, never relenting, compromising, or acquiescing. I look forward to working with all of you, especially the students in the years to come while we go about the difficult and often demanding task of preparing you for the future that awaits you.

Michael Rhodes
Principal/Commandant

With finals approaching, your brain will need a lot of fuel to remain productive. One easy way to help yourself is to provide your system with what it needs. Nutrition before tests can make a huge difference on the outcome. Here are some ideas to consider:

- Eat even if you don't want to or if you usually skip breakfast. Having breakfast is crucial.
- Eat few hours before the test to give your body enough time to process all the nutrients.
- Eat food rich in protein and avoid cookies, cakes or any food high in carbohydrates or sugar.

Besides food, having at least eight hours of sleep before a test is very important. Oh.... One last thing!! Don't forget to study 📖.

Happy Testing!!

Rouba Tay
Assistant Principal/Lt. Col

SEMESTER 1 FINALS

12/16/14-12/18/14

Staff Kudos

Kudos to ALL STAFF for their work on WASC!

Kudos to Armando Martinez. He is an incredible leader and always goes above and beyond what is required of a CSO!

Kudos to Kathleen Cook for ensuring that our high school students are on the right track, especially seniors.

Kudos to Hopy Neri for doing an outstanding

job! She is a 1st year teacher and she is on her way to becoming a great Spanish teacher. Her students are engaged, excited about being in Spanish and most importantly, they are learning!

Kudos to Rose Cook. On a daily basis she works endlessly helping everyone from teachers, admin, office staff, custodians and CSO's. I think she derives some shine for all the hard

work she puts in.

Kudos to Rosa Barrientos. If I need help with anything she always has a smile and helps me with what I need. She's Awesome!!!

Kudos to Luis Valdovinos for doing a great job as Social Science Department Chair. Your work is greatly appreciated!

Kudos to Jane Scibilia for assisting me with all the

fundraisers! Thank You!!

Kudos to Steve Linden (unofficial fireman), he puts out fires all day long.

Kudos to Anthony Maldonado for being a great math resource.



Support Staff of the Month
DANIEL SMITH

Mr. Smith, CMI's Registrar and Guidance Tech has been at CMI for 2 years. (He was previously at Choice 2000.) He enjoys helping students and is good at keeping records. One of his fondest High School Memories is the editors of his yearbook used a picture he took for the final page of the yearbook. Ms. Smith's favorite hobby is Cycling.

Middle School Teacher of the Month
SHERRY BINA

Ms. Bina is currently in her 3rd year at CMI. She decided to become a teacher because she had amazing teachers and wanted to inspire students.

In High School she loved the arts department. (Painting, wood work, ceramics and pottery).

In her free time, Ms. Bina, enjoys eating, talking and fine arts.



STAFF RECOGNITION

High School Teacher of the Month
Jane Scibilia

Ms. Scibilia has been at CMI for 3 years. Her inspiration for becoming a teacher is she loves working with and helping kids. She is a natural teacher. She has a degree in human development and child services. Her fondest High School memory was Prom. She had a great date. She got to go on a yacht. It was her dream date. When not at Work Ms. Scibilia likes hiking, going to the beach, and painting acrylic beach landscapes on canvas.

