

# **High School 101: Study Skills and Strategies for a Successful High School Career**

An optional, week-long camp for incoming students, to introduce and reinforce a variety of skills that will enable any student to be successful in and out of the classroom

## **Topics Include:**

Time Management	Organizational Strategies
Note-Taking	Memorization Techniques
Test-Taking Strategies	Studying for Tests
Conflict Resolution	Library and Research Skills
Student-Teacher Relations	Healthy Peer Relationships
LCH (On-Campus) Resources	Goal-Setting (long and short term)
Summer Reading Prep	And much, much more!

**Session I: June 4-7 (8:30am-noon)**

**OR**

**Session II: June 11-14 (8:30am-noon)**

Each Session is the same---Space is Limited...Sign Up Soon!

**Coordinated by:**

**Ann Tramontin Bruggeman- Faculty Member at LCH**

**Study Skills Teacher**

**Science Teacher**

**For More Information email: [atramontin@lexingtoncatholic.com](mailto:atramontin@lexingtoncatholic.com)**

-----  
Student's Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Home Phone \_\_\_\_\_  
Parent's Name \_\_\_\_\_ Cell Number \_\_\_\_\_  
Parent's Email \_\_\_\_\_ Current Middle School \_\_\_\_\_

If an emergency should arise, who should be called if there is no answer at the above numbers?

Name \_\_\_\_\_ Cell # \_\_\_\_\_ Relation \_\_\_\_\_

**T-Shirt Size (circle one):    Session Choice (circle one):    Typical Grade Range (circle one):**

S    M    L    XL            I: June 4-7    II: June 11-14            A-B's    B-C's    C-D's    D-F's

**Cost: \$100 – (includes materials, t-shirt, snacks, and pizza lunch on Thursday)**

**Make Checks Payable to Ann Tramontin**