

VISION
Gaspé - Percé Now

I A M M E

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ORGANIZE YOUR

STUDY SPACE

So that you can get the most out
of your study time

Did you know that there are ways you can arrange your desk and room to get the most out of your study time? It's the art of feng shui! Here are some simple ways to apply feng shui to your study space.

- Clear the clutter off your desk and keep your study space clean
- Orient your desk so it faces the door and never a window or a bed
- Add a dream board or inspirational poster where you can easily see it.
- Keep a plant on the back, left corner of your desk
- Keep the center of your desk clear when you're not working
- Try to use three different light sources - including natural light
- See Sources on the final page for more info!

LIFE HACKS

Little ways to make life easier at school

- 1 Need to memorize facts for a test? Write them out and read your notes out loud to help you remember it all!
- 2 Have something important you need to remember for the morning? Send yourself a text the night before and don't open it. Don't have a cell phone? Stick a Post-It on your mirror.
- 3 Have trouble getting up in the mornings? Drink lots of water before going to bed and put your alarm across the room. That way, you have to get up and get moving right away!
- 4 Need to do research for a school paper? Use Google Scholar. Or, if using Google.com, take information from websites that end in .edu or .gov - these are reliable sources.
- 5 Turn the water to cold after washing your face or showering. The cold water closes your pores, which will help prevent acne.
- 6 If you have a bunch of notebooks that look the same, colour in the top corner for different subjects so you can tell which one is which when you look in your bag.

QUIZ RESULTS

R = Realistic

These people are often good at mechanical or athletic jobs. Good college majors for Realistic people are...

- Agriculture
- Health Assistant
- Computers
- Construction
- Mechanic/Machinist
- Engineering
- Food and Hospitality

Related Pathways

Natural Resources
Health Services
Industrial and Engineering Technology
Arts and Communication

I = Investigative

These people like to watch, learn, analyze and solve problems. Good college majors for Investigative people are...

- Marine Biology
- Engineering
- Chemistry
- Zoology
- Medicine/Surgery
- Consumer Economics
- Psychology

Related Pathways

Health Services
Business
Public and Human Services
Industrial and Engineering Technology

A = Artistic

These people like to work in unstructured situations where they can use their creativity. Good majors for Artistic people are...

- Communications
- Cosmetology
- Fine and Performing Arts
- Photography
- Radio and TV
- Interior Design
- Architecture

Related Pathways

Public and Human Services
Arts and Communication

S = Social

These people like to work with other people, rather than things. Good college majors for Social people are...

- Counseling
- Nursing
- Physical Therapy
- Travel
- Advertising
- Public Relations
- Education

Related Pathways

Health Services
Public and Human Services

E = Enterprising

These people like to work with others and enjoy persuading and performing. Good college majors for Enterprising people are:

- Fashion Merchandising
- Real Estate
- Marketing/Sales
- Law
- Political Science
- International Trade
- Banking/Finance

Related Pathways

Business
Public and Human Services
Arts and Communication

C = Conventional

These people are very detail oriented, organized and like to work with data. Good college majors for Conventional people are...

- Accounting
- Court Reporting
- Insurance
- Administration
- Medical Records
- Banking
- Data Processing

Related Pathways

Health Services
Business
Industrial and Engineering Technology



Violence in the Media:

WHY DOES IT MATTER?

Has anyone ever told you that you shouldn't play a certain videogame, or to stop watching a particular TV show or movie? Maybe you have heard that children and young people shouldn't be exposed to a lot of fighting and bloodshed, or that there's too much violence on TV?

If you have heard these things, or are just hearing them now, you may think that it's not really a big deal. You may think that adults are worrying for no reason.

But you would be wrong.

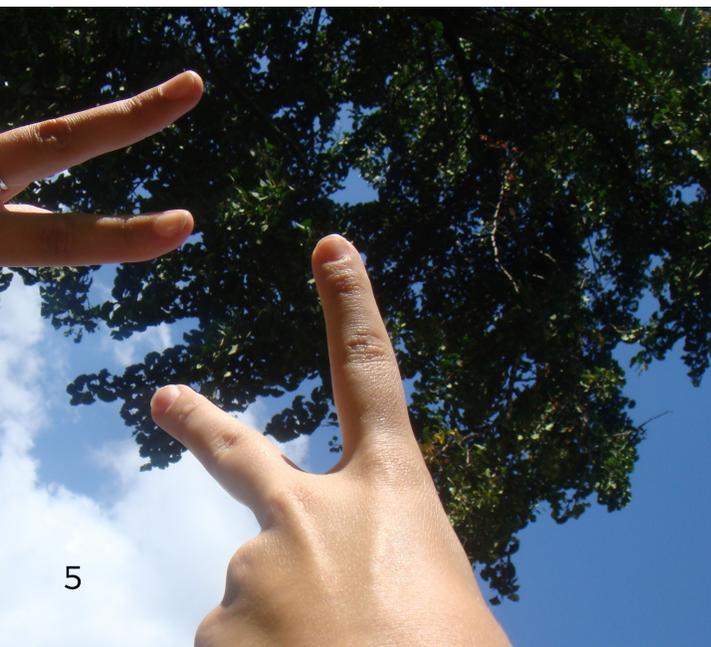
The more television and movies that you watch, the more violence you will see - media is FULL of different forms of cruelty, fighting, name-calling, bullying, and so on. Seeing a lot of violence can have effects that you probably won't ever realize. You will come to think that it's normal to see aggression every day. You will express your anger more than your other feelings and you will do so in unhealthy ways. You will also come to use physical or emotional force to solve problems. The violence you see through TV shows, movies, music videos, videogames, etc. encourages you to lose self-control, to emotionally withdraw from the world, and to disrespect authority.

What can you do? Start paying attention to what you do and why. Why are you: being mean, giving dirty looks, pushing, shouting, laughing at others, cutting in line, fighting, giving the finger? Then ask yourself if there's a better way to react.

“

Violence is committed when someone uses any mean word, look, sign, or act that hurts a person's body, feelings, or things - Earl Hipp

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Broaden Your Horizons

What problems weigh on your mind?

Do you feel you don't have anyone to talk to?

The I AM ME Mini Mag is offering you advice. Just send us your questions and we will have them answered by a professional. The answer will appear in the following issue of the Mini Mag. Your identity will remain confidential.

Contact us:
visiongaspeperce@gmail.com

Kind words are short
and easy to speak, but
their echoes are truly
endless
- Mother Theresa

DIY CRAFTS USING SHARPIES

Feel like doodling and want to create something? Check out these amazing DIY craft ideas featuring Sharpie markers!



Ceramics

Use different coloured markers to draw a pattern on mugs, plates, bowls, and serving dishes. Create your own custom kitchenware!



Cell Phone Case

Can't find a cell phone case that really expresses you? Make your own using plain white or clear case and some colourful markers!



Wallet Art

Do you have a drab leather wallet kicking around? Grab a metallic Sharpie and spruce it up to look like new!



Shoes

You can draw on white canvas shoes and use rubbing alcohol and a paintbrush to create a seriously effective tie-dye look. Colour in bits and pieces and let the shoe dry before adding the next layer!



Gift Wrap

Make your own gift wrap by drawing an abstract design on the corner of a gift wrapped in brown paper. It's unique, thoughtful, and fun!

OUR SPONSORS

This Mini Mag would not be possible without
the partnership of these groups:



SOURCES

This issue used the following sources of information

- "Which Career Pathway is Right for You?" Find it here:
<https://www.hawaiipublicschools.org/DOE%20Forms/CTE/RIASEC.pdf>
- "How to Feng Shui Your Study Space." Find it here:
<http://organizedcharm.blogspot.ca>, 16/10/2014.
- "50 School Life Hacks Everyone Should Know!" Find it here on Wengie.com under Beauty.
- "Memory Tips" by D. Ellis. Find it here:
<http://www.ohsu.edu/xd/education/student-services/education-diversity/student-access/academic-success/memory-tips.cfm>
- "Teens can take action to prevent violence." Find it here:
<https://www.hazelden.org/web/public/prev00925.page>
- "Media Violence and Youth" Find it here:
<http://www.nj.gov/education/students/safety/behavior/MediaViolencePamphlet.pdf>
- "30 DIY Sharpie Projects You Have to Try" by Kate Puhala. Find it here:
<https://www.brit.co/diy-sharpie-roundup/>