

West Niagara News

STUDY TIPS FOR NEW STUDENTS

Charlotte Fenn
September 13, 2024

Now that the school year is in full swing, it's the perfect time to sharpen your study habits. Whether you're juggling assignments or prepping for exams, a few smart strategies can help you stay organized and focused. Check out these tips to keep your academic game on point as the year progresses.

Create a Study Schedule:

Having a structured study schedule is key to managing your time effectively. By dedicating specific times each day to different subjects, you can ensure steady progress without the stress of last-minute cramming. A good schedule balances academic work with breaks and other activities, allowing you to pace yourself and avoid burnout. Plus, sticking to a routine can help you stay organized throughout the school year.

Break It Down:

Tackling large



assignments or studying for big exams can feel overwhelming, but breaking them into smaller, manageable parts makes the task less daunting. For instance, you could focus on one chapter or topic at a time, spreading the workload over several days. This method also improves retention by allowing your brain to fully process one section before moving on to the next. Small steps lead to consistent progress, which is much more effective than cramming the night before.

Use Flashcards:

Flashcards are a proven tool for active recall, one of the

most effective study techniques. By writing key terms or concepts on one side and their definitions or explanations on the other, you create a simple and portable way to quiz yourself. The process of repeatedly testing yourself with flashcards reinforces memory, helping you retain information better. You can also shuffle the cards to change the order, keeping your brain engaged and preventing memorization based on patterns.

Test Yourself:

A great way to assess how much you've learned is to create a quiz for yourself.

Continue on page 2...

SEE INSIDE:

2024 VMAS
(p.2)
Wither Fee

UPCOMING
EVENTS (p.3)

CROSSWORD
(p.3)

Write out a set of questions or sentences with blanks where the hardest things for you to remember are. After waiting for 30 minutes, return to the quiz and try to fill in the blanks. This delayed recall helps strengthen memory and shows you what areas still need work. By writing your own questions, you actively engage with the material, which reinforces learning more than passive review.

This study tip comes from a highly informative video by a helpful YouTube creator, Gohar Khan, whose channel is full of great study hacks. Be sure to check his channel out if you're looking for more useful strategies.

Ask for Help When Needed:

There's no shame in asking for help when you're struggling with a topic. In fact, seeking assistance early can prevent small misunderstandings from growing into bigger problems down the road. The best option is to contact your teacher by email to ask for help, but if you find yourself struggling with every class or studying in general, West Niagara Secondary School has student mentors or links for you to contact the guidance team, student success, or the school's social worker Ms. Nepon. All of



your teachers' contacts are available on the West Niagara website, as well as a link to a form you can sign to request student help.

**2024 VMAS Wither Fee
September 16, 2024**

This month, MTV celebrated their 40th anniversary of the Video Music Awards on September 11th in Long Island, New York. The awards show celebrated some of today's biggest names, best past performances, and the revival of the pop genre. The show was hosted by rapper/singer Megan Thee Stallion, who brought all her energy to the stage, wearing a rhinestone-coated VMA leotard that she joked belonged to Simone Biles. The performances throughout the night were predominantly from women,



including shows from Sabrina Carpenter, Chappell Roan, Katy Perry, and Lisa. There were also many returning VMA winners and icons in the building, such as Eminem, Lenny Kravitz, and Cydni Lauper.

The category being dominated by female artists, such as nominees Camilla Cabello, Dua Lipa, Olivia Rodrigo, Sabrina Carpenter, Tate Mcrae, and Taylor Swift were all nominated for Best Pop artist. In a predictable fashion, Taylor Swift won Best Pop artist, taking home 7 VMA awards in one night. This makes her the new most awarded solo artist at the VMAS, surpassing Beyoncé by 4 awards.

The night started out with a performance from Eminem with his new hit "Houdini". The visual effects on the stage paid homage to his unforgettable opening performance in the year 2000 that included a dozen Slim Shady's pouring out of the doors and marching behind him.

The Best Alternative went to newer artist, Ben Boone, for his song "Beautiful Things" which grossed in popularity this year. He did a debut performance of the song that put his name on the charts with use of his acrobatic skills. He also mentioned to an interviewer later that night that he is hoping to release his new album in January. Make sure you keep an eye out for it's release!

Sabrina Carpenter won her very first VMA for Song of the Year with "Espresso", which explains why she performed like a winner. She did a catchy remix of three songs from her new "Short N Sweet" album and belted out some ridiculously high notes. She also had a very creative performance concept. It was set in space and it included an astronaut (like the MTV mascot), a giant moon which she descended from, and a blue alien, whom she kissed on live television.

The Midwest princess herself, Chappell Roan, was awarded Best New Artist over Gracie Abrams (who claims she even voted for Chappell), Tyla, Teddy Swims,



and Shaboozey. This is unsurprising because her rise to fame this year has been nothing short of spectacular. She performed her song “Good Luck, Babe!” dressed in a suit of armour while holding a crossbow. She had backup dancers dressed as knights and lots of pyrotechnicians backstage. The drag queen, Sasha Colby, who has almost become part of her artist branding, introduced her to the stage initially. During her acceptance speech, she dedicated the award to all the drag artists who inspired her, as well as saying “For all the queer kids in the Midwest watching right now, I see you. I understand you because I’m one of you. Don’t let anyone tell you that you can’t be exactly who you want to be.”

Katy Perry graciously accepted the Video Vanguard award this year with a compilation of her discography. She performed for nearly 10 minutes, singing “E.T”, “Dark Horse”, “Teenage Dream”, “California Girls,” “Firework”, and “I Kissed a Girl”. She was wearing large butterfly wings while being suspended in midair. She also performed a preview of her new song that was released barely a day ago, titled “I’m His, He’s Mine”, featuring Doechii. In her acceptance speech she thanked all the bygone places where she “found a voice”: MySpace and Warped Tour.

As the awards ceremony was coming to a close, LL Cool J, who released his first album in over a decade recently, honoured 40 years of the hip-hop record label, Def Jam Recordings. LL Cool J was also the first rap artist to win the Video Vanguard award back in 1997, so he claims that his comeback to music isn’t really a comeback since he’s been in the industry for years.

The VMAS are always exciting, and we have seen plenty of new and talented artists build careers, break records, and make history in music. Cheers to 40 years!

UPCOMING EVENTS:
 OCT 11- P.D Day
 OCT 14 - Holiday, No School
 OCT 14 - Thanksgiving
 OCT 31 - Halloween

Down

1. Addition, subtraction, multiplication, etc. (4)
3. Wipes away mistakes (6)
4. Class that has dissections (7)
5. Location of school (4,7)
6. Used for important information (11)
7. Writing utensil (5)

Across

2. An art form (7)
8. Principal (6)
9. Strand of science that deals with substances (9)
10. Helpful staff members (8)
11. School mascot (8)
12. Optics, electricity, etc. (7)
13. End of year memorabilia (8)
14. Compulsory language course (7)
15. Paper organizer (6)

