



Tech Tiger Times

Coming up at ATC:

- **April 22nd:** Take Your Child to Work Day
- **April 29th:** Interim Reports

Quote of Week:

"Minds are like parachutes, they only function when they are open."

-James Dewar

In this issue:

- ⇒ Mindfulness Moment
- ⇒ Earth Day Events
- ⇒ High School Voter Registration

Tiger News Updates:

- Seniors: Prom is scheduled for May 14th, more details will be given soon.
- The 2nd Teen Political Forum will be held virtually on Tuesday, April 20th at 6 PM. Come defend our ATC Title, ZOOM Link coming soon!



SGA IS HOSTING A SHOE
DRIVE!

**DO YOU HAVE
GENTLY WORN
SHOES STOWED
AWAY IN THE
BACK OF YOUR
CLOSET? DONATE
THEM! ONE PAIR =
ONE VOLUNTEER
HOUR!**

**DONATION DROP-OFFS:
04/12-04/16 & 04/19-04/20
7 AM TO 1 PM
ATLANTIC TECHNICAL HIGH, MS. KELLY'S ROOM**

All donations should be given to Ms. Kelly!

Mindfulness Moment with Mrs. Fort, School Social Worker

Kimberly.A.Fort@browardschools.com

754-321-5122

As we are nearing the end of this school year, I have spoken to many students struggling with motivation. Many students are still learning from home, and feeling the fatigue that has come from living through a pandemic. Some students who have returned to campus are finding it hard to adjust their schedules and energy levels needed again for classroom learning. As we continue to count the days until the end of an unforgettable school year, here are some tips to help you stay motivated in the last quarter.

Figure Out Why You Are Not Motivated – What lies beneath the lack of motivation? This answer is often different for everyone. Are you not getting enough sleep at night? Are you fearful of starting and failing? Do you know where to start? Are you prioritizing your “wants” or your “needs”? Do you have an underlying mental health issue that is impacting you? Once you figure out the answer, you are better equipped to create an action plan to address it. (If you need help setting goals and creating healthy habits, go back to [January’s Mindfulness Moment](#)).

Fake It Until You Make It – Think about how you are spending your time each day. Are you staying in your pajamas or getting dressed for the school day? Do you leave your bed/bedroom or do you have a separate space for learning and relaxing? Are you sitting idly waiting for motivation to strike you, or are you actively putting one foot in front of the other to complete your to-do list? Newton said it best, “Objects in rest stay in rest, objects in motion stay in motion.” Think about a moment in your life when you felt motivated and try to replicate it.

Stop Focusing On the Excuses – There will always be reasons why you don’t want to do something. Focusing on those reasons will keep you stuck in the unmotivated loop (problem-orientated). Try being solution-focused – what do I need to do to be successful? What can I change that will help me in this moment? Who can support me as I try this new plan? Shift your inner dialogue to what needs to happen for you TO DO this, rather than list the reasons why you cannot/don’t want to.

Reward Yourself - At times, it may be difficult to identify an intrinsic motivator because we are conditioned at a young age to respond to external rewards. In addition, not all tasks offer immediate gratification. With an unmotivated mindset, it can be difficult to see the value of an activity if we do not get an immediate reward or see the results of our actions. For example, most students want to graduate high school, but have trouble seeing how their current behavior of missing school and not submitting assignments effect this goal. Educators often see a push towards finals to submit past work because the reality of failing a class starts to set in for the student (or parent). Implementing small rewards throughout a task can help to increase one’s motivation and mood. Small rewards can include crossing off an item on a to-do list, a break after working for 45 minutes, or time on social media after you finished all your homework. Figure out what reward would work for you.

Set Yourself Up for Success – This may be the most important tip - Bring your best self to everything that you do. Get enough sleep at night. Move your body. Eat healthy meals (do not deprive yourself of food!). Build a support system. Learn stress management techniques that are helpful for you. Seek out the help of a counselor (or your friendly school social worker).

There is No Magic Wand – BE REALISTIC. This problem did not start overnight, and will require and plan and effort to address (but it CAN be done). Change starts with YOU, no one else can do it for you.



Local & Current Events

- **Eats 'N' Beats:** On **May 1st from 7-9 PM** grab your lawn chairs and blankets, bring your family, friends, and a big appetite. This free outdoor concert will feature the live musical act, Shane Duncan Band, and a wide variety of food trucks. At the Pine Trails Park Ampitheater in Parkland. <https://www.cityofparkland.org/836/Eats-N-Beats>

Facial Coverings are required for all who attend



- **Never too Young to Lead.** This online panel discussion will enable youth to engage with one another and talk about pressing hot topics. This discussion will be centered around environmental activism and features guest panelist Mari Copeny, also known as "Little Miss Flint" who wrote a letter to the president of the United States to address Flint, Michigan's ongoing water crisis and invoke change in her community. Event is **April 23rd 4:30-6 PM**, go to <http://broward.libnet.info/event/5044462> to register for this free event/discussion.
- **Heal the Planet Day 2021.** Our 6th Annual Heal The Planet Day will take place on Sunday, **April 25th, 2021** in Esplanade Park, Ft. Lauderdale from 10a-4p. Join us as we celebrate Earth Day by bringing together the South Florida community for a day of family-friendly activities. Heal The Planet Day is a great event with an amazing array of activities for all ages, food vendors, and live entertainment. The event is free, however registration is required, visit <https://healthetheplanet.com/events/heal-the-planet-day/> to learn how to attend.

JOIN US FOR

Heal The Planet Day 2021

Free, Fun, Family Earth Day Event

SUNDAY APRIL 25th, 2021
10AM-4PM

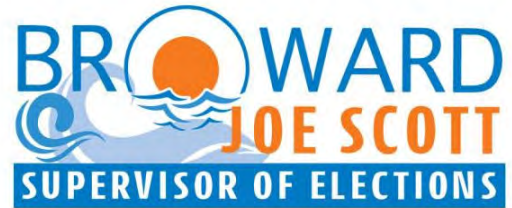
"Let's Heal The Planet Together"



healthetheplanet.com
 SMALL ACT. HUGE IMPACT.

Amaze. Thrive. Captivate.

Your Vote. Your Power.
Your Voice Matters!



HIGH SCHOOL VOTER REGISTRATION DRIVE



**You must be 16 to preregister
and 18 or older to register! Are
you a legal citizen of the United
States? Are you a resident of
Broward County?**

April 21-30th

L. Gema Morejón-White | 954-712-1980 | gmorejon@browardsoe.org
Hayli Summers | 954-712-1982 | hsummers@browardsoe.org



BROWARDSOE.ORG

NAVIGATING YOUR FINANCIAL FUTURE



April-May 2021

FOR HIGH SCHOOL STUDENTS

Florida Bright Futures Scholarship Program

- Submit a complete Florida Financial Aid Application (FFAA), also known as the state application (no later than August 31, 2021);
- Complete the required coursework (by high school graduation);
- Achieve the required grade point average in the required coursework;
- Complete the required number of service hours (by high school graduation); and
- Achieve the required college entrance exam score (no later than June 30, 2021).

Although ACT® and SAT® will offer test dates beyond June 2021, final evaluations for 2021 seniors will only consider test dates through June 30, 2021, as required by rule 6A-20.028, Florida Administrative Code, for the Bright Futures Scholarship Program.

Bright Futures Summer Funding

The Florida Bright Futures program allows Bright Futures Florida Academic Scholars (FAS) and Bright Futures Florida Medallion Scholars (FMS) funding during the summer term. Funding is only available if the postsecondary institution allows a FAS/FMS student to enroll as a degree-seeking student during the summer term.



DID YOU KNOW?

You may also research these websites for scholarship opportunities:

- Finaid.org
- Fastweb.com
- Gmsp.org

- For those of you attending a postsecondary institution for the first time this fall semester, your head must be filled with questions and thoughts about what to expect. College is an exciting place, but it can be complete chaos if you are not prepared. Don't worry - we have your back! Complete this checklist and get a jump start on the right path.
 - Handle all financial aid matters before the start of your first class. It's easy to forget about or simply avoid, but this is one way that you can really get messed up.
 - Go shopping! Get all of the things you'll need for your classes, your dorm room or your new wardrobe. Look into your upcoming booklist and research affordable options.
 - Research college majors. Whether you're pretty sure what your path is or you have no idea, do some research. Look up course list, graduation rate, job expectancy, income level, etc. Narrow it down to a few that interest you and be ready to talk to an advisor.
 - The work load will be tougher in college. Prepare this summer by reading, writing, and building your resume.
- Open a savings account and start saving.
- Research your college. Find out more about different activities and clubs they are known for and student organizations offered on campus.
- Register for classes. Between orientation or just an appointment with an advisor, make sure you register for classes by the deadline.