

The Hawk's Nest



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Schedule Changes

There are a few class changes to bring to your attention for the Spring 2020 semester.

The **Seniors** will be transitioning from Apologetics to Senior Thesis with Mr. Smith.

The **Juniors** will move from Systematic Theology to College Preparedness with Mrs. Hawkins.

The **Sophomores** will replace Gymnasium with Survey of the New Testament with Mrs. Hawkins.

The **Freshmen** will transition from Gymnasium to Survey of the Old Testament with Mr. Smith.

Beating Procrastination (backed by science)

Procrastination strikes everyone, and once it takes hold, it can be very difficult to shake off. When you imagine a highly productive person, you likely think of someone who focuses effortlessly on the job and never succumbs to procrastination. However, the reality is that everyone is tempted with the thought of pushing tasks to a later date. Science is not silent on the topic of procrastination. In fact, many researchers agree on a few key ways to begin to loosen the grip procrastination can have.

What are some things that research proved to be effective?

1. Self-imposed deadlines.
2. Accountability systems (commitment with a friend, parent, or coach).
3. Working/studying in intervals of no more than an hour .
4. Exercising 30 minutes a day.
5. A healthy diet.
6. Eliminating distractions.
7. Internal motivation.



Testing Dates

Next Available SAT
March 14th
Register by
February 14th

Next Available ACT
February 8th
Register by
January 10th

SAT School Day
(No registration required)
April 28th



For Parents:

Procrastination in your student can be an incredibly frustrating thing to witness. However, there are some steps you can take to help them. First, help them remove temptations of distraction. This might be music, loud tv distractions, or conversations. Second, ensure they have a quiet place to complete their work. Third, don't be afraid to check in and ask specific questions about their tasks at hand. Lastly, remember to show them how to give themselves grace when they succumb to the throws of procrastination. We all do it. Help them to learn from their mistake and get back on track in a loving and gracious way.