

# Electric Newsletter

October 2018



## Philo High School (PHS)

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## Growth Mindset

Philo High School teachers were treated to a wonderful Professional Development Day on Friday, September 21st. Sharon Esswein and Lori Ludwig shared with us the importance of developing a Growth Mindset. They presented research findings of Carol S. Dweck who is the Lewis and Virginia Eaton Professor of Psychology at Stanford University. Dweck is known for her work on the mindset psychological trait. She has discovered that a person's attitude is a better predictor of success than a person's IQ.

Philo High School's Mission Statement is: "To build an academic foundation for future success." Since we now know that having a growth mindset is an important predictor of success and our mission is to help foster skills needed by our students to become successful, it makes sense that we help students develop strategies that promote a growth mindset. Saga Briggs, the Managing Editor of InformED, has provided us with the following guide to developing a growth mindset.

### 25 Ways to Develop a Growth Mindset.

1. Acknowledge and embrace imperfections.  
\* Hiding from your weaknesses means you'll never overcome them.
2. View challenges as opportunities.  
\* Having a growth mindset means relishing opportunities for self-improvement.
3. Try different learning tactics.  
\* There's no one-size-fits-all model for learning. What works for one person may not work for you.
4. Follow the research on brain plasticity.  
\* The brain isn't fixed; the mind shouldn't be either.
5. Replace the work "failing" with the work "learning."  
\* When you make a mistake or fall short of a goal, you haven't failed; you've learned.
6. Stop seeking approval.  
\* When you prioritize approval over learning, you sacrifice your own potential for growth.
7. Value the process over the end result.  
\* Intelligent people enjoy the learning process, and don't mind when it continues beyond an expected time-frame.
8. Cultivate a sense of purpose.  
\* Dweck's research also showed that students with a growth mindset had a greater sense of purpose. Keep the big picture in mind.

## Growth Mindset - cont'd

9. Celebrate growth with others.
  - \* If you truly appreciate growth, you'll want to share your progress with others.
10. Emphasize growth over speed.
  - \* Learning fast isn't the same as learning well, and learning well sometimes requires allowing time for mistakes.
11. Reward actions, not traits.
  - \* Tell students when they're doing something smart, not just being smart.
12. Redefine "genius."
  - \* The myth's been busted: genius requires hard work, not talent alone.
13. Portray criticism as positive.
  - \* You don't have to use that hackneyed term. "constructive criticism," but you do have to believe in the concept.
14. Disassociate improvement from failure.
  - \* Stop assuming that "room for improvement" translates into failure.
15. Provide regular opportunities for reflection.
  - \* Let students reflect on their learning at least once a day.
16. Place effort before talent.
  - \* Hard work should always be rewarded before inherent skill.
17. Highlight the relationship between learning and "brain training."
  - \* The brain is like a muscle that needs to be worked out, just like the body.
18. Cultivate grit.
  - \* Students with that extra bit of determination will be more likely to seek approval from themselves rather than others.
19. Abandon the image.
  - \* "Naturally smart" sounds just about as believable as "spontaneous generation." You won't achieve the image if you're not ready for the work.
20. Use the word "yet."
  - \* Dweck says "not yet" has become one of her favorite phrases. Whenever you see students struggling with a task, just tell them they haven't mastered it yet.
21. Learn from other people's mistakes.
  - \* It's not always wise to compare yourself to others, but it is important to realize that humans share the same weaknesses.

## **Growth Mindset - cont'd**

22. Make a new goal for every goal accomplished.

\* You'll never be done learning. Just because your midterm exam is over doesn't mean you should stop being interested in a subject. Growth-minded people know how to constantly create new goals to keep themselves stimulated.

23. Take risks in the company of others.

\* Stop trying to save face all the time and just let yourself goof up now and then. It will make it easier to take risks in the future.

24. Think realistically about time and effort.

\* It takes time to learn. Don't expect to master every topic under the sun in one sitting.

25. Take ownership over your attitude.

\* Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your educational career.



## **Muskingum County Community Foundation**

Muskingum County Community Foundation, the Scholarship Central Access Program is designed to provide a comfortable place for students, parents and residents to obtain information about continuing their education beyond high school. The Scholarship Central Access Program currently provides these services:

College Resource Center  
Parental Advising  
Financial Aid Advising  
College Application Advising  
Scholarship Scouts  
Community Workshops  
Adult Learning Advising  
"Last Dollar" Grants  
Early Awareness Activities

For more information, visit their website:  
[http://www.mccf.org/scholarship\\_central/about\\_us/](http://www.mccf.org/scholarship_central/about_us/)

## **Timeline**

Your senior year is a time for fun and a time to finally enjoy getting to be the oldest in the building. Your year will be filled with memories made while hanging out with friends and soaking up these last few months before everyone goes their separate ways. But senior year is also an important year of preparation for what happens after you walk out the doors of PHS for the last time. Your senior year calendar should extend well beyond the Friday night football schedule! The more organized and prepared you can be now, the more stress free and manageable your senior year can be. A general guideline of dates and deadlines is given below.

After **October 1**, you can complete the Free Application for Federal Student Aid (FAFSA).

- **October 12** Attend College Day at Zane State College
- **October 27** Take the ACT if previously registered for this test date.
- **Before November 2**, register to take the December 8 ACT if needed.
- **Now-December**: Create a list of 3-5 colleges you want to apply to and research application requirements and deadlines.

**November-December**: Apply to colleges, paying close attention to specific schools deadlines and requirements!

**Now-Graduation**: Collect letters of recommendation and create activity lists of your participation in extra-curricular, community service and other activities during high school that can be attached to your college applications.

**Now-Graduations**: Continue to work hard in all of your classes. Your senior year GPA does still factor into college admission and scholarship eligibility!

**Always**: Ask questions if you are unsure! Make an appointment to meet with Leslie Smith, Counselor, if you have any questions.

## **College Visit Days**

### **Ohio Dominican University**

Preview Days: **October 6** and **November 3**

### **Case Western Reserve University**

University Overnight **November 11-12**

### **University of Dayton**

Open House **November 11**

### **Ohio University**

Multicultural Visit Program **October 28-29**

### **Muskingum University**

Fall Visit Days: **October 21** and **November 10**



## **JV/Varsity Boys Soccer**

October 2nd John Glenn      Away 4:30pm  
**October 4th Cambridge      Home 5:30pm**  
**October 6th West Holmes      Home 11:00am**  
**October 9th West Muskingum Home 5:30pm**  
 October 11th St Clairsville (Varsity Only)  
     Away 5:30pm  
     **Tournament Play TBA**

## **Varsity Girls Soccer**

October 4th John Glenn      Away 4:30pm  
 October 6th West Holmes      Away 1:00pm  
 October 8th Cambridge      Away 6:00pm  
**October 11 West Muskingum Home 7:00pm**  
  
**Tournament Play TBA**

## **Varsity Football**

**October 5th Coshocton (Homecoming)**  
  
 October 12th Maysville Away  
  
 October 19th Morgan Away  
  
**October 26th New Lexington Home (Senior Night) Home**

## **Varsity & JV Volleyball**

**October 2nd John Glenn Home 5:30pm**  
 October 4th Sheridan Away 5:30pm  
 October 9th New Lexington Away 5:30pm  
**October 11th Tri-Valley (Senior Night) Home 5:30pm**  
  
**Tournament Play TBA**

## **Cross Country**

October 2nd Morgan (Morgan/New Lex) Away  
     5pm  
 October 3rd Sheridan (Backwoods Meet) Away  
     5:30pm  
  
 October 13th Maysville/MVL meet at Foxfire  
     Away 10:00am









# Important October Dates

October 6	SAT test date
October 10	PHS PSAT test date
October 13	Marching Band - Warren Local/Meadowbrook
October 14	Athletic Boosters Meeting at 6:30 pm.
October 18	FLSD Board Meeting at 6:30 p.m.
October 19	Report Cards
October 20	Marching Band at Tri-Valley
October 22	Band Boosters Meeting at 6:30 p.m.
October 23	PHS NHS Banquet at 7 p.m.
October 26	Professional Development Day
October 27	ACT test date

## October

## 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 <b>S.A.T.</b>
7	8	9	10 	11	12	13 Marching Band @Warren Local @Meadowbrook
Athletic Booster Mtg. 14 	15	16	17	18 	19 	20 Marching Band @Tri-Valley
21	Band Booster Mtg. 22 	PHS NHS Banquet 23 	24	25	26 PROFESSIONAL DAY	27 <b>A.C.T.</b>
28	29	30	31 