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The Column

Tips and Tricks

A grade-by-grade guide to high school Freshman

By *Rehanna Carryl*

We all know that becoming a freshman can be a little scary, yet exciting. You're just coming from middle school and you're walking into a new life. That means making new friends, having new classes, and getting familiar with a new school. It's a long list. But here are some freshman tips to help you have a successful first year of high school.

First off, be calm. I know it can be nerve wracking going to high school for the first time, but trust me, it'll be ok. All you have to do is give it some time and you'll adjust fine. Second, go to all your classes, don't skip!!!! Skipping is not going to do anything for you. Also, study and try your best to get good grades. You don't want to be falling behind your other classmates. It's not a good feeling and it's not worth it. You need to do well your freshman year so you can get your credits to graduate. Try to make friends. It can be hard but still try. Go up to someone you think looks nice and compliment them. Start up a conversation and see where it goes. Also, try to join

clubs. It's a good way to socialize and partake in new experiences.

Be nice to everyone. Be respectful to your teachers and your classmates. If someone is struggling, offer a helping hand. Also, be kind to yourself. Don't put too much pressure or stress on yourself. Take it easy and prioritize your mental health. That means trying to get enough sleep, eating healthier, cutting down on media, and making time to do something fun.

That's the end. I hope this was helpful and I wish you luck during your freshman



Sophomore

By *Jayden Belle*

Don't know what you want to do for your career?

Take Challenging Classes
Most may ask why go through the trouble of taking AP Chem, Pre-calculus, US History, or Human Geography? But don't realize that these courses help make life easier in the future. You can explore what subjects you're into and find out which ones you don't like, giving you a sense of what you want to do in the future.

Participate in at least one club

Clubs are a fun way to get involved in the WHSAD community

and I heavily encourage you to join. These clubs equip you with soft skills, depending on the club. Clubs also contribute to the community services requirements you need to graduate. Have free time after school? Join a club. Want to find people with similar interests? Join a club. Want to get away from your family? Join a club.

Volunteer

It doesn't take much to lend a hand. If your favorite teacher needs you to run down to the main office, why wouldn't you be eager to help? Volunteering is a vital step that allows you to succeed in the future, by showing our willingness to help you build relationships with people that could have your back in the future. Plus, Colleges love to see students committed to giving back, and it helps develop empathy and real-world experience.

Resume

If you've made it this far, it's time to start working on your resume! This simple document is incredibly valuable when applying for jobs, helping you land opportunities to financially support your lifestyle. Participating in clubs can also add your resume by showcasing the skills and experiences you've gained along the way.

Take a foreign language class

Learning a new language can be challenging, but many colleges require it for a reason. Being bilingual sets you apart, especially when applying for jobs, as it's a valuable skill that can be the key to landing the position. With increasingly diverse communities, being able to communicate with people from different backgrounds is essential, allowing you to connect and assist others more effectively.

Develop Time Management Skills

Balancing academics and extracurriculars can be tough, so start practicing good time management habits now. Use planners or digital tools to keep track of deadlines and activities. Simple right!! Just try it, it works miracles.



Junior

By George Pinto

Becoming a high school junior can be a very stressful period. As if AP classes, homework, and a tough new schedule aren't enough, you have to start thinking about your life after graduation. As scary as it may seem, it's important to begin this process early.

For starters, consider what you may want to do for a living. It's okay if you're not sure right now, but even knowing an area of study, or whether you are more interested in STEM or humanities will be helpful to the rest of your post-high-school planning. This is also the time to consider if college

is for you. Maybe you want to go to a trade school, like CoOp Tech, and start working right away. Or maybe you want to join the army, or take a gap year to figure it out. Whichever it is, considering the options now will help you out a great deal next year.

If you do want to go to college, start searching for some you're interested in, and attend college fairs and tours if you can. Keep an eye out for any trips posted on your Guidance Google Classroom as well. Consider things like majors offered, campus life, location, and sports.

What will save you the most stress later on though, is considering what you need to do in your last years of high school, in order to get into college. This may include keeping your grades up, joining clubs, participating in internships, preparing for the SAT, or beginning to gather a portfolio. Trust me, the entire college application process goes a lot smoother if you have all your ducks in a row by the time you're a senior. This is your last chance to make sure you have something on your resume by the time you press submit.

And of course, remember to relax. You still have time to work everything out, so focus on your classes, and take a break when you need to.



Senior

By George Pinto

Senior year can be a stressful time, with your last days of high school right around the corner and college applications coming up fast, it can be hard to stay calm. However, it is important to keep your cool, stay focused, and have fun. Here are some tips and deadlines to remember, to help your application process go as smoothly as possible. Guidance counselor, Ms. Erneste, helped walk me through some upcoming deadlines to look out for, and advice on how to stay organized.

Coming up on the end of October and early November the SUNY and CUNY applications are due, if you wish to apply for free. Additionally, early November is when many early decision and early action applications are due, so if you plan on applying early to any schools you must make sure all pieces of your application are ready by the end of October. You should aim to submit your application about two weeks before the due date, this way you can double check all of your recommendations, supplement essays, and paperwork, before it's too late.

If you are not planning on applying early anywhere, you should still aim to have a solid essay draft done before Thanksgiving, so you can move on to other parts of your applications in December. For art and architecture students, December is the month to commit to gathering a portfolio. This is a huge part of your application if you are applying to one of these programs, so it is important you have everything else completed ahead of time so you can dedicate proper attention to your portfolio. December is also the month to complete any supplement essays, apply for programs such as EOP, and

FAFSA. Most school's regular decision deadlines are in early January, but Ms. Erneste strongly recommends you submit all your applications before winter break, leaving you time to make sure everything is where it should be.

As for right now, start by buying a folder or a notebook, if you don't already have one, to keep all the papers you get from your guidance counselor or Creative Connections Coach organized. Write down what school you will apply for and the deadlines associated with them. You should also keep track of what schools require supplemental essays, and make sure you have enough time to write them.

If you are still considering which schools you want to put on your list, look out for college fairs through the school, or visit some yourself. Additionally, make sure you have plenty of safety and target schools, as well as a few dream schools.

Communicate with your parents about finance. It is important to consider not only which schools you can get into, but which ones you can afford. Keep an eye out for scholarships on your Senior Guidance Google Classroom, and apply for as many as you can. Although the FAFSA doesn't open until December, right now you can log on and obtain your FAFSA ID to begin the process. If you are worried about application fees, make sure you meet that early CUNY and SUNY deadline, and don't submit any applications until Ms. Erneste can look for a fee waiver.

If you are an undocumented student and worried about applications, know that there are plenty of options for you, and you can see Ms. Erneste for specific

information.

Lastly, remember to relax, and enjoy your senior year. This can be a stressful time, but your last days in high school are coming up fast. Spend time with your friends and family and take a break when you need to.



Music

Look inside the minds of freshmen at WHSAD and what they listen to



What Is WHSAD Listening To?

By Madison Kelly

Victoria

"My favorite song in October is 'We Fell in Love in October' by girl in red because the song talks about October and how they felt falling in love, and this represents the season of fall and the vibe of October."

Cai

"My favorite genre is Hip Hop because of the lyrics and the melody."

Jose

"My favorite song right now is 'Wus Good / Curious' by PARTYNEXTDOOR because when I listen it really hits me, and makes me feel upbeat."

Janiah

"My favorite song is 'Runaway' by Kanye West. I just like it, and the vibe of the song makes me feel good."

Teacher of the Month

An introduction to WHSAD's newest teachers!



Mr. Weissman, Geometry Teacher

By Madison Kelly

Why did you choose to work at WHSAD?

“Well It was the overall vibe of WHSAD, it was like opening a door to a new house, and I was asked a similar question by Mr.Cornell. I realized I wanted to work when a moment came up in my demo lesson where I was worried about how I was teaching. I felt I wasn't ready, but then Mr.Cornell and Ms. Bruno asked me kindly to try again and take a deep breath, and it felt like a saving grace and I felt more welcomed. WHSAD helps me be more creative in my teaching style and guide the students better in my classes. And I feel, as a teacher, that in order to teach the best, you need to find the best environment that works with you and helps you improve.”

Why do you like math and teach it to students?

“I like to teach to see the growth

of the students and see how they expand their critical thinking. This is similar to my time in college where, in my math classes, I could see the growth of the people around me, and see them become the best version of themselves. Seeing my own students have the same understanding in class is the best part of my day. I decided to teach math because it calms me weirdly, and makes me feel accomplished. I believe that math can be a beautiful thing, and it acts as an escape for me, and I want to share that passion with my students.”

What are your favorite hobbies outside school?

“Well, I like to hike and connect with nature, but also learn other languages. Growing up I wanted to expand my knowledge of Spanish to connect with the rest of my family. I learned more going abroad and I hope to continue learning other languages and understanding their culture.”

Do you have any interest in other subjects?

“I would like to indulge in more language classes, such as Spanish or even Portuguese, and learn more about their social norms that you never would have thought of. Also any literary class. When you write you get to be creative, and you have the power to create what you want.”

What did you do growing up such as sports, clubs etc?

“Well, growing up I wanted to be a basketball player, but I never had the confidence to try out for the team. I regret it, as I felt I could have been something great for the team.”

What is your best memory from school?

“One of my best memories was going to a diner with my friends. One of the best things kids would have growing up were diners. It was like a community, we would sometimes go to the diner just to hang out, and rarely actually went there to eat”

What accomplishment fills you with pride so far this year?

“One of my big accomplishments this year was getting my job at WHSAD as it gives me a sense of freedom that I can accomplish anything.”

How does technology make teaching simpler, or more difficult?

“Technology can be helpful, but dangerous as well. We have so many resources, but it bleeds into every part of our lives. It's a lot, and we don't know when to stop with the technology and be ourselves. I am even working on that myself, and it's never easy.”

If you could take the students on a field trip to anywhere in the world, where would you take them?

“I would like to take my students to Bogotá in Colombia. It's a city in the Andes mountains, and we would climb up a mountain and it's delicate, but doable, then at the top you can see the whole city. Compared to New York it's expansive, so going up the mountain is really beautiful and you get to see a whole city.”

Teen Events and Outings

A guide to New York City as a teenager.



Seasonal NYC Activities

By Sayelis Delacruz

Welcoming the new school year also means welcoming new subjects, meeting your teachers, and working on your newly assigned tests, homework, and quizzes. As we get older, our schoolwork and other things going on outside in our private lives might seem to overwhelm us. But it's okay to stress or feel this way, because we are human, and these feelings are naturally programmed into our brains. In this page, we will discover some teen outings that could help us calm down and take that deep breath we have been meaning to take, whether it's done during the school year, or over a break.

Here's the list by season:

Spring/Summer

1) BEACHES

Some people just love the beach. It could be the waves, or the breeze, but it gives us a sense of security and peace. Watching the waves or hearing the wind whoosh

through your ear. Whatever it is, it helps many clear their heads out.

EXAMPLE LOCATIONS:

**Far Rockaway
Manhattan Beach**

Coney Island Beach

Coney Island is an even better spot to chill at, considering how there is an amusement park right there. "Luna Park", is the name, and it has plenty of rides, from baby rides, to extreme rides, for those who thrive off of adrenaline. There are lots of food carts around, in case you ever get hungry, and a lot of games on the sides that let you win prizes. The best part, the racing track, located on its own side.

2) WATER PARKS

Another place that releases stress from within and adds a little fun during warm temperatures is nothing other than water parks. Some water parks are further than others and require an entrance fee. Here are some parks with their price range:

EXAMPLE LOCATIONS:

Splish Splash

(\$100-\$200 per pass depending on which pass you prefer getting)
→ Calverton, NYC

Dorney Park

(\$65+ on select bundles)
Some bundles include a free meal every 90 minutes for the entire day you are there.
→ Lehigh County, PA

3) SPORT FIELDS

In many cases, you might want to have fun in a park with your

friends that is easily accessible for you. These parks include, but are not limited to:

EXAMPLE LOCATIONS:

McCarren Baseball Fields

McCarren Track/Football Field

McCarren Tennis Court

The 3 fields above are located across from each other and could be reached 10 blocks from the school or by bus/train. Whatever you decide.

Sternberg Park (Lindsey Park)

This field is located by the G train on Broadway or by the train stop "Lorimer Avenue" in the M/J trains. It has 2 baseball fields on each end of the park while plenty of room for practice in other sports as well. I've seen large groups of people playing soccer there as well, usually after a certain hour to ensure an empty field. Over the spring/summer, it gets packed. First come, first serve. (Unless the teams playing have a permit to use the field)

Prospect Park

Another great park in Brooklyn is Prospect Park. From experience with softball, you could almost get lost with the size of this park. When I had a game there, I saw this huge field where a football team played, a soccer team practiced and where other people would stretch and workout. We took advantage of the large space and warmed up inside. Needless to say, I definitely loved this park. There are 2 bathrooms located in different parts in case you ever have to go. And those cute little dogs walking with their owners are a literal bonus.

Fall/ Winter

1)- ICE SKATING

The first thing many live to do in winter is stay at home and drink hot chocolate. But if you want a fun way to de-stress, ice-skating is a must.

EXAMPLE LOCATIONS:

LeFrak Center at Lakeside

Located in Prospect Park (Lincoln Road and Ocean Avenue) this ice-skating rink is affordable and big. With prices ranging from \$9-\$13 per person, you can have so much fun with your friends for 90 minutes.

Chelsea Piers Ice Rink

This ice skating rink may seem far but if you are interested in outside sports like figure skating and ice hockey, this is the best ice-skating for you. With lessons for all ages and skill levels, this is a nice way to start as well.

2)- SLEDDING

This is a really different idea that I might try myself in the snowy days. Sledding involves a hill with snow and a sled. In Central Park, there are two famous spots for sledding. I believe that they are beginner friendly but I guess we'll just have to find out huh?

EXAMPLE LOCATIONS:

Pilgrim Hill (Central park)

Cheddar Hill (Central Park)

3) BOWLING

One of my favorite things to do when the temperature gets cooler

is to bowl. I am definitely not the best, but who says you have to be great to have fun? There are a few spots that I have liked.

EXAMPLE LOCATIONS:

Bowlero Chelsea Piers

Melody lanes

Brooklyn bowl

All 3 bowling spots serve food and give off a great atmosphere.

Recipe of the Month

A new cultural recipe and background each month.

Hungarian Goulash

By Jayden Belle



The recipe card features a QR code in the top left corner. The title "Hungarian goulash" is written in a cursive font, with "Medival Hungary" in a bold, sans-serif font below it. A photograph of a goulash served in a sour dough bread bowl is shown, with a "BEST SELLER" badge overlaid. Below the photo, the "Ingredients" section lists: beef chuck, onions, garlic, sweet paprika, caraway seeds, bell peppers, tomatoes, potatoes, beef broth, salt and pepper, and sour dough bread. To the right, a bowl of goulash is shown with a "BEST QUALITY" badge. The "Instructions" section describes the cooking process: sauté onions, add beef cubes, paprika, garlic, and spices; pour in broth and simmer until beef is tender; add potatoes and cook until soft; cut bread and pack the insides to the side; and add the goulash inside the sour dough bread. A "MOST WANTED" badge is overlaid on a second photograph of the goulash in a bread bowl at the bottom.

Hungarian goulash
Medival Hungary

Hungarien Goulash
This dish dates back to medieval Hungary and is considered one of their national dishes. It's said that this meal was prepared by Hungarian shepherds and has evolved into a rich, flavorful stew we know today. Perfect for times when Brooklyn feels too cold.

Ingredients
You'll need beef chuck, onions, garlic, sweet paprika, caraway seeds, bell peppers, tomatoes, potatoes, beef broth, and some salt and pepper. And some sour dough bread.

Instructions
Sauté onions, add beef cubes, paprika, garlic, and spices. Pour in broth and simmer until beef is tender. Add potatoes and cook until soft. Cut bread and pack the insides to the side and add your goulash inside the sour dough bread.

Clubs

A look into some of WHSAD's newest clubs.



Podcast Club

By Rehanna Carryl

The podcast club was created by Jaiyana and Alonzo. It's on Mondays from 2:45 to 5:00, in room 225. They started their club because they were on facetime and they would talk a lot. So they wanted to do something productive and turn their chats into real conversations. This way they can leave a legacy at the school and create something meaningful.

They like to talk about everything, from life as a teenager, to conspiracy theories. They make jokes with each other and have deep talks. Alonzo says that the conversation flows with Jaiyana, and it's easy for him to connect with her, as well as agree with her on topics. This makes her a good Co-Host.

Now they have more time to start the podcast club than they had sophomore year. They have a better idea of what they want to discuss. Some of the segments on the podcast are controversial viewpoints, personal stories, fun scenarios, climate change, and mental health. Now that they have their club created

and are almost ready to start, their next step is making a website and establishing social media platforms. Also, getting the equipment they need. It's a great club where people get to share their thoughts with each other and connect through relatable experiences and viewpoints.



Debate Club

By Madison Kelly

After years of waiting, the WHSAD debate club has returned, and is better than ever. The WHSAD debate club will be competitive, and students will compete in tournaments and competitions to develop their debate and speech skills. We hope to create a new generation of confident and engaging speakers and individuals, who can use their voices to challenge beliefs and inspire others. In the debate club, we work together every Thursday in room 210 from 2:45pm-4:30pm to create and build cases unique to the debate topic, raise our critical thinking skills, and develop knowledge about our communities, government, and the world around us.

WHSAD Fundraising

An update on bakesales and other fundraising events coming up.

Bake Sale

By Linda Foster

On October 29th, the Senior students of WHSAD will be hosting a spooktacular bakesale in the cafeteria. We invite all students to come down during their 4th period and feast on the tasty treats! The Senior bakers have put in a lot of time and care into making homemade goods, including delectable cupcakes, scrumptious cookies, mouth-watering cake pops, and much, much more!

We would love to have volunteers that are seniors to help. Some can pass out the treats, others can be treasurers and also bake treats of their own. For those interested, please email:

linda.foster25@whsadstudents.org

Fitness Word Search

By Jayden Belle



FGWDWQNM B H X U F A S V M R E F G C K X N Q Y C I F
J K E M B K N K C H G J F A P R O P R I O C E P T I O N M I
F K C I S K V I L C M Y Y G O A E E S K M K L F Y V B L E G
H Q T Y U R Y L Q E O W Q A R X G X P I F W P D R X F A T K
Q B I O M E C H A N I C S Z T U F N I N D B U D M B D E A M
Q N M C A Z C B C I A C F I S D E E Y E K N U B G V K R B Q
A C Z Q F R N S Q J W J Z U M R Q A I S A A M P O P T M O O
X N I D Z H Z P Y Z E J R U A J W L G T E J C B K E C N L Y
D I A Q D O Y Z M G P E Z R N Y M C G H D G V Y W R R K I E
F T A E Y D Y V D W Z S R J S F D U B E A D C V C I E G C J
H O M Y R N V O G W J G X K H M J A B T M U D N W O C D C V
X O W H Q O S X V O V J E Y I E I Z G I B D D P P D O D O F
C A K P X I B Q V E R X K C P G E V U C C V D C W I V D N N
S F E C P C H I D M R H V M F N Y F V A X Z Y G L Z E E D X
Q G W R C Q N E C A M T D B B G S M V W U B J X I A R C I D
B U F A G U Q E O T Z V R Y R W T Z A A S T U D E T Y E T H
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I T Y I E K B N N S W P R S Q I I W B E Q W Q C Y R I A I S
P H X T W C V Z I I Q E L I H I R N W S F Y O C P F O T N O
X N X Y W J G Z K F C M R A J O Y W G S G T U X C A I I G G
T S O D H V T V P M F A I Z S M L Z L S V W H N D H X O A X
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C Y E G Z E X G A N W R T D D U I A R P I N L L F B F X X N
T N E Q X Q V A O U I D C P S K B C N L B Z D F R X O W I N
I V G V G Y P S U G V T G X R W E W I V T U K R M K W V Z M
C N J U L C P X I Y X I F F H A R C H T P I D Z O I C E N K
S D V T H D T P L Y O M E T R I C S T Z Y X P U R M W L G Z
I B P Y R D M C J B Y M L D I M D W N R P T L N R E E L R V

Metabolic conditioning

Kinesthetic awareness

Overtraining syndrome

Anaerobic threshold

Neuroplasticity

Proprioception

Periodization

Ergogenic aids

Biomechanics

Sportsmanship

Deceleration

Plyometrics

Recovery

Tactics

Agility