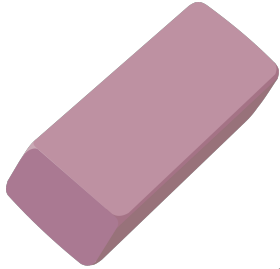


KAMSC's

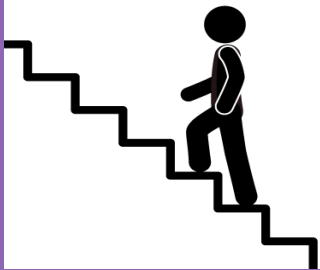


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STEPS

*Exam Edition*

A+



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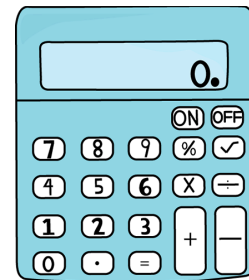


# To Do's and Not To Do's



## Top 5 Things Not to Do During Exams

1. Forget your calculator or have low batteries  
Nothing is worse than dividing 654 by 73 by hand.
2. Stay up all night  
Really. That extra time is better spent sleeping than studying.
3. Over-caffeinate  
Too much caffeine will only make you jumpy and dehydrated, leading to poor performance
4. Alienate yourself  
Don't avoid your family and friends; they care about you and only want to help
5. Start studying late  
Starting to study early keeps stress low and allows you the time to take breaks



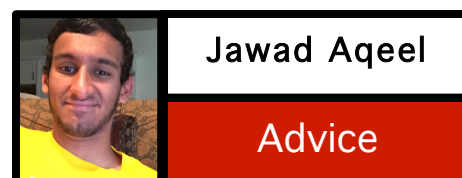
## Top 10 Things to Do During Exams

1. Sleep enough  
As mentioned before, you will perform better on a good night's sleep.
2. Stay hydrated  
Healthy brains function better in testing situations
3. Learn how to say "no"  
Your friend may need help in English, but that is not your responsibility; focus on you and your own needs first
4. Practice self-care  
Go for a walk, do some yoga, paint your nails, take a shower, or read a book when you can't study anymore
5. Take study breaks  
Studies have found that taking 10 minutes of rest for every 50 minutes of work actually improves productivity
6. Know yourself  
Some people work better in groups, some work better alone. Don't go to that study group if you know you're not going to get any studying done. That being said..,

7. Teach someone else (even if you don't work optimally in groups)  
Explaining a concept to somebody else is my go-to way of making sure I know it.
8. Go to a coffee shop if you're having trouble focusing  
The quiet atmosphere and other working people help you buckle down
9. Talk to teachers, not peers, when you have a question.  
Your friends have sat through the same classes as you have and are probably just as confused. And, the teacher writes the exam, not your classmates
10. Practice self control  
Need to use the computer but can't stay off of twitter? There are apps for every operating system that allow you to create a list of websites to lock yourself out of any amount of time you want.

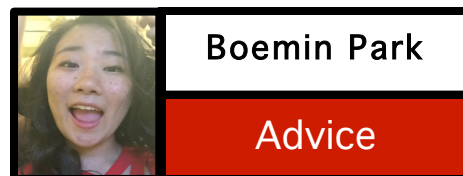


## Time Management



1. Create a to-do list and follow that as a flexible schedule by giving each item an allotted time, but make sure to still give yourself time for breaks.
2. Put your phone away, don't just turn it off, but give it to a family member who won't give it back until you are done studying.
3. Study your weakest subject first, leave off topics you have a strong background in until the end.
4. Schedule extra time to account for interruptions because living with a family, you are bound to have a few interruptions while studying.
5. Do related tasks closer together, so if you are studying a chemistry topic, don't jump to math and back to another chemistry topic, finish studying chemistry first.
6. Start studying early, so you start your day off focused.
7. Avoid using social media on your computer. Your computer and the internet are great tools to use while studying; however, don't get distracted from this helpful tool.
8. Have a clock visible at all times so you know how you are doing on following your schedule.
9. Shut your door while studying and study sitting at a desk to recreate a similar environment to your exam days.
10. Make sure you are still getting sleep!

# Top 10 De-stressors



1. Listen to music; pop in some of your favorite tunes and jam your stress away. I personally like "Shake it Off" by Taylor Swift and many friends recommend "The Planets" by Gustav Holst.
2. Take a shower. A clean body and clean state of mind to study for exams!
3. Indulge in your favorite food. Instead of counting protons for atomic mass, count out some gummy bears and eat away!
4. Go out and study with your friends! As long as you guys stay on task, studying together is a great experience and can help you memorize all those biology vocabulary words.
5. Take a nap. Those fifteen minutes (or hours, haha) of shut-eye could give you an energy boost to study for exams.
6. Drink tea and relax; I recommend you to go to [davidstea.com](http://davidstea.com) for a great selection of tea leaves!
7. Watch some Netflix...perfect for chilling out your brain and just having fun. (But watch an episode or two and then get back to work!)
8. Engage in a little retail therapy; it's nice to just treat yourself rather than stressing about upcoming exams.
9. This one is for the League nerds at KAMSC: Play some video games! But not for too long; you don't want to forget how to solve those calculus problems.
10. Accept the inevitability of failure, and move on. (Just kidding! Best of luck studying for exams! 😊)



# Horrorscopes



Writing twelve horrorscopes sounded like a lot of work, so this edition has shortened to four exam-related predictions, one for each grade.

## First Years:

You will have no idea how to feel going into your first exam, but your stomach will inevitably hurt. Depending on your math class you will feel varying levels of security. Then comes the second exam. With a new bio teacher, the upper class students will be hesitant to make predictions as to how her final will be written, leaving you to frantically study everything from the syllabus to the chapter you will start with second semester. Yes, there will most likely be a final review and Ms. Chapoton will kindly answer all of your last minute questions. But, your stomach will still hurt. A small voice in your head will say “only seven more sets of exams left”.

## Sophomores:

The biggest challenge of sophomore exams will be as it always is: the coding portion of the computer science exam. Anyone can memorize the facts out of the history videos. ENIAC stands for Electronic Numerical Integrator And Computer, everyone knows that. The real question is if your sweaty hands will slip off the keys while you’re frantically look for the reason your code only returns a syntax error. To make an informed guess, you will most likely find the error only when it is too late to change anything, print the code as is, and hope for the best.

## Juniors:

Everyone will freak out about physics. Even though you are allowed a double sided 8 ½ x 11 cheat sheet, and even though Mr. Sinclair has been giving exams at KAMSC since its inception, everyone will freak out. You are all going to lose it over the mere prospect of sitting through this exam. Mr. Sinclair will tell all of you to start on your cheat sheet early, some of you will, some of you will not, and some of you will hope against hope that you can buy a copy of someone else’s. In any case, there will be a lot of stress poured into what will probably be one of the most predictable exams you will ever take.

## Seniors:

Due to the fact that first semester grades may still be reported to colleges, you will indeed try to pass your finals, to varied degrees of success. Good luck guys.

# Math and Science Jokes



Simran Singh

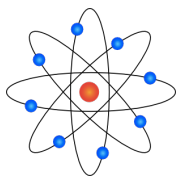
Jokes

The time before and during exam week can be both stressful and busy. However, if you need to take a break from learning 3,000 vocab words or memorizing math postulates: relax and read some jokes. To make sure you're not completely being off task during your break, these jokes are math and science related.

- What is a cation afraid of? A dogion.
- What happened to the plant in math class? It grew square roots.

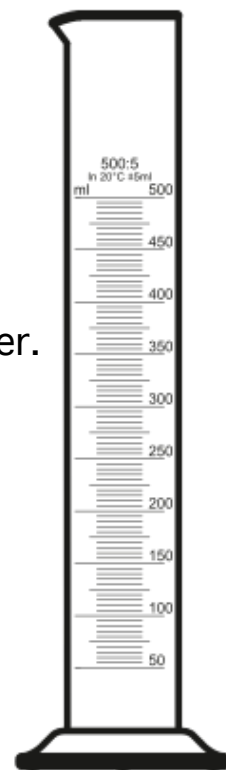


- Why did the bear dissolve in water? It was polar.
- What do you call an educated tube? A graduated cylinder.
- Where do math teachers go on vacation? Times Square.



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- Why can't you trust atoms? They make up everything.
- Why did I divide sin by tan? Just cos.
- There are 10 types of people in the world. Those who understand binary and those who don't.



# Exam Advice From a Senior



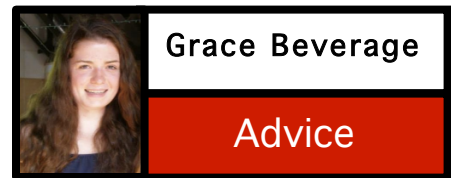
- Don't Cram - There is no way you can re-learn a whole semester's worth of information in one night!
- Space the Material Out - Break up the information in small chunks and review it consistently over a couple of weeks.
- Attend review sessions or study groups - It can be helpful to discuss problems and concepts with others.
- Disconnect - Logout of Netflix. Close Snapchat, Instagram, Twitter, etc. Turn off your phone.
- Go to Open Lab - Talk to teachers and other students about difficult concepts and ask questions!
- Quiz Yourself - Assess yourself as you study so you know how well you understand the material.



- Take Breaks - You can't memorize all the material in one sitting. Recharge and Relax.
- Visualize It - Make diagrams and maps to see how all the concepts relate to one another.
- Teach Someone else - Whether it is your siblings' stuffed animals or other classmates. It is the best test of whether or not you really understand a concept.
- Drink Water and Eat Healthy Foods - Keep yourself alert and focused.



# Dear Grace...



We all know getting through the school year can be tough, and that some dilemmas need a second opinion. Submit any of your questions, qualms or queries to 'Ask Grace' at [kamsc84steps@yahoo.com](mailto:kamsc84steps@yahoo.com) for anonymous & amateur advice. Questions are also accepted in the form of sealed letters quietly slid across tables, no questions asked.

Dear Grace,

Recently I allowed a group of my friends to talk me into playing soccer with the KAMSC indoor soccer team, which apparently exists. I am excited to play the season, because doing anything with KAMSC friends that is not homework feels like a tremendous relief. However, I am absolutely atrocious at soccer. I am scared of the ball, I can run but I have no foot-eye coordination, and honestly I know next to none of the technical rules of soccer. Should I stick with the team, or come clean and let my friends know they asked the wrong person to play before the season starts?

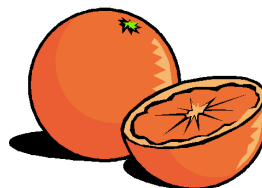
Sincerely,  
Sucks @ Soccer



Dear Sucks @ Soccer,

The beauty of the KAMSC indoor teams is that they are very non-judgmental, and allow for a WIDE range of talent. To give you an idea: last year the senior's indoor team boasted twin boys who are now playing soccer at Yale and MIT respectively, but it also had members who had *never played soccer before*. On the KAMSC teams, the goal is not always to win: it is to yell and cheer more than the other team. (The alternate goal is to have better half-time snacks, our orange slices are delicious.) I would definitely encourage you to play, the teams are a tremendous bonding opportunity. It would also be advisable to give your teammates fair warning that you are not planning on carrying the season on your shoulders.

Sincerely,  
Grace



Dear Grace,

I am a ninth grader at KAMSC. Recently Ms. Chapoton and some of the older students have been talking a lot about this thing called "research". Obviously I know what a research paper is, and as I understand it I will be expected to write one in the spring. Should I be worried?

Sincerely,  
Not Ready to Research

Dear Not Ready to Research,

You are probably better prepared than you think: research projects have a steep learning curve, but your teachers will help guide you through it. If you use your time with Ms. Chapoton and Mr. Cardwell wisely, you will be able to accomplish a good part of your project at school. The key is just to start early, and break the project down into smaller parts. If you can manage to stick to a schedule, summarize important points out of your readings as you read, and cite your sources while you write, you will be absolutely fine. You might even finish early, allowing ample time for a solid proof reading (or six) from peers or trusted adults. Just remember when the teachers tell you to use double sided tape for your research board, you should really be using tried and true rubber cement, and lots of it.

Sincerely,  
Grace



Dear Grace,

With winter break over and done, I can not help but yearn for more days of relative relaxation. The more I think about it, the sadder I become: there are thirteen weeks of school until spring break. Every year, the wait between winter and spring break is the longest stretch in the school calendar. This year, I simply don't think I can make it through the winter, especially with the mild weather yielding no promise of snow days. I will not be able to bear this winter without snow days. How should I cope?

Sincerely,  
Stretching to Spring

Dear Stretching to Spring,

I have also thought a lot about the long stretch ahead of the noble students of KAMSC: for the past two winters we have had close to 10 snow days to break up the monotony, but this year we might have as little as two or three. (Thank you El Niño, I really appreciate it.) However, I have also considered that after the stretch to spring break, seniors only have thirty-three days of school. Depending on your grade this may not comfort you, but for me it means that if I can weather this wait, I will almost be done with high school forever. If you are not a senior, I can only suggest taking up a winter club or sport to bring some variety to what are inevitably the worst months to live in Michigan.



Sincerely,  
Grace

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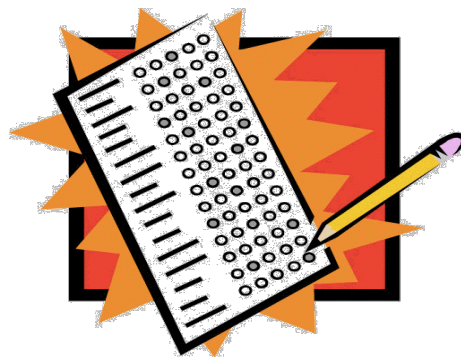
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