



# Music moves me



## Eagle's Eye Ikenews.com

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# STAFF

Editor-in-Chief  
Hali Ponce

## Staff Writers

Shelby Grove  
Tanner Marks  
Viktoria Samsel  
Abigail Kelly

## Contributing Writers

Audrey Arnold  
Taylor Feraru  
Avery Garner  
Troy Hensel  
Marcus Hogg  
Madeline Mikolowski  
Anastasiia Myronyak  
Anna Myronyak  
Rovina Perkaj  
Dawn Sheldon  
Julian Williams

## Business Manager

Abigail Kelly

## Adviser

Erica Kincannon

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# CONTACT US

Eisenhower High School  
6500 25 Mile Road  
Shelby Twp, MI 48316  
586-797-1450  
eisenhowernewsmedia  
@uticak12.org

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Design Hali Ponce, Canva

## Thank you to our patrons:

Ashley Harkness  
Todd Devolder  
Donna Ponce  
Diane Luckey  
Steve Feraru  
Angie Soriano  
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# LETTER FROM THE EDITOR

Dear reader,

Season’s greetings! Our news media program presents the second issue of our print paper to the school and community with joy and excitement.

The news page spotlights UCS’s proposed change to bring the freshmen into the high school buildings in 2026-2027. Check out the

staff ed for our honest opinion surrounding this shift. The second news page highlights a student who pursues Irish dancing and performs in “The Nutcracker” alongside fellow UCS dancers.

Shifting from arts to wellness, the health page introduces key ingredients for some nutritious holiday meals. A QR code on the page leads



readers straight to our website Ikenews.com for step-by-step directions and recipe details.

From food to the sounds of music that fuel students, music fills the hallways daily as students rely on earbuds for energy and focus. Our centerpiece explores importance and impact of music, offering playlists for different vibes.

Continuing to look at students’ routines, the feature page provides five effective study methods for exam preparation and every day tests. There is a five quick question quiz for readers to discover which strategy suits them best. Additionally, the second feature page covers a student who takes flight lessons and how that’s shaped his confidence, academics and routines day to day.

Lastly, check out the sports page to find out winter varsity sports teams’ goals and personal goals of the season.

I hope you all find joy in reading these stories and have a great holiday!

Go Eagles,  
*Hali Ponce*  
Editor-in-Chief

## 12 Sports

This section highlights the winter varsity teams’ goals for the season, along with athletes’ personal goals



## 5 News

Grab your apron and check out these recipes for healthy meals to eat over the winter break



## 10 Feature

Take a quiz and discover personalized methods to study for test and exams



## 6-7 Centerpiece

Take a look at the playlists, including popular songs that students listened to this year

# Ninth graders may attend high school



Shelby Grove  
Staff writer

**B**etween grades 10-12, over 3,000 feet trample the hallways. Starting in the 2027-2028 school year, there could be close to 4,000.

“To have the ability for a student to start and end in the same building, [to] have the same opportunities in the high school and to have the focus of 9th grade in the high school, it’s a game changer for our students,” Principal Brandon Manzella said.

Utica Community Schools (UCS) could potentially change the high school years from 10-12 to 9-12, as early as the 2027-2028 school year; junior high would include 6-8. The main reason behind this decision is to align with state standardized testing, as well as provide equal opportunity in advance placement (AP) classes, SAT preparation, elective courses, varsity sports and clubs.

“I want to work with them (the freshmen). I want to pattern them. I want to put their education development plans together from the 9th grade through the 12th grade,” Manzella said.

Before this plan can be set in motion, it must be finalized at the board office level and go through the Education Data Architecture. At this time, the change in grades per building is slated for the earliest during the 26-27 year.

“It would definitely be easier for clubs and sports to actually be here on time. Like for the musical auditions, I have to

sign up later and come later because I [had] to walk from Malow and the time difference between the ending of the school days and then trying to walk over here and the weather. It’s just a whole thing,” sophomore Gretchen Holloway said.

In terms of opportunity, 9th graders are at a disadvantage, according to Manzella. Anything from technical education to more advanced performing arts, freshmen have to wait until they’re high school. For example, drama club begins rehearsal after school at 2:30, but the freshmen have to wait until middle school gets out at 3:15, 45 minutes after rehearsal initially started.

“I think all my other students would react positively. There isn’t really any difference in the club about what grade level people are. They’re all really good with each other about being supportive and encouraging with one another,” theater director Eric Wells said.

Around 1,500 students fill the building, but the school is built to handle over 2,200, according to Manzella. So overcrowding won’t be an issue.

The reason why freshmen weren’t in the high school in the first place was because of the large student population. Over time, this number decreased.

“Communication is going to be key on this to make this as easy as possible with this transition,” Manzella said. “And I do not see this to be a tough transition at all.”



Courtesy Photo Amber Bronson  
Current seniors participate in the freshmen fly-up activities, prior to entering the high school. The annual event previously welcomed incoming sophomores; and starting with the 2026-2027 school year could welcome both freshmen and sophomores if the district’s proposal to make all high schools 9-12 passes.

## BITE SIZED NEWS

Here’s what Eagles need to know right now

Viktoria Samsel, Madeline Mikolowski, Avery Garner, Rovina Perkaj  
Staff writers

### Gifts that matter

Another successful fundraising campaign for the Toys For Tots telethon brought in over \$13,719.36.

“I think Toys for Tots shows that we respect everybody, we want to help out everybody and that we will do anything to make everybody have a good Christmas,” senior students council vice president Natalya Stojcevski said.

On Dec. 3, student council and the leadership class hosted the telethon, where students competed for prizes donuts, smoothies, root beer floats and other treats. Featured games included: Jeopardy, knock knock karaoke and head, shoulders, knees and cup. While there were two to three class winners per hour, the real winners are the children who’ll benefit from the marine’s organization.

### Snow-kissed sweets

Baking club members join together to make and share their treats, the aroma of baked goods wafting down the halls.

“I’m excited for the stuff that we have planned to do for this club,” junior Kaia Pilat said.

On Jan. 13, in sponsor Michelle deCardenas’ room the meeting theme is Winter Wonderland. Club members will also be joined by a guest speaker, deCardenas’ mother, who will share her expertise about Italian cookie, pizzele and putting a German spin on it in the process. Baking club is still accepting new members.

“It’s a skill everybody needs, right,” deCardenas said. “Who doesn’t like a sweet treat?”

### Senior spotlight

To share memorable messages from loved ones, sports teams or clubs, buying a senior ad is the way to go.

“Senior ads are nice because they’re specific to each student and personal, so it’s not saying ‘I’m so proud of you and your accomplishments,’ but there’s parents who have really taken the opportunity to share photos and written memories they have about their kids growing up,” yearbook adviser Erica Kincannon said. “You only get one senior year, so commemorating it is important and something not to miss.”

To buy an ad, log on to Jostens.com, choose a size and layout, add photos and a memorable message by Feb.12.

## Tradition takes stage

Irish dancer, sophomore Meagan Mullett, competes and performs "The Irish Nutcracker"



Courtesy Photo Meagan Mullett

At a competition photo shoot at The White House, sophomore Meagan Mullett warms-up. "I have been in all except one dance of 'The Nutcracker,' but something different we are doing this year is having dads in the party scenes and new costumes," Mullett said.

Taylor Feraru  
Staff Writer

Under the studio lights, sophomore Meagan Mullett repeats the same steps for what seems like the hundredth time, keeping her focus, feeling the rhythm of her shoes on the wood until it's as close to perfect as she can, ready to perform her parts as a party guest, tree and fox in "The Irish Nutcracker" for the eighth year.

"People like to stereotype that Irish dancing is just jigs and fun, but it's actually a lot more than that. It takes a lot of time to master the ballet and it takes a lot of effort and passion to get to where you want to go," Mullett said.

In her nine and a half years with Shannon Irish Dancing Academy, Mullett's love for the art shines through in her reliability and selflessness towards her peers, as she supports her fellow dancers, bringing fun where there's challenge. "She has heart, character, passion, energy and a great stage presence. Overall, she is an amazing person to dance with and be around," fellow dancer McKenzie Wagner said.

On Dec. 20, the academy will perform an interpretation of the Christmas classic, "The Nutcracker." This show is more than a dance for Mullett; it is the culmination of her hard work, as each week consists of an extra 4-5 practice hours in preparation for the show.

"People should know that Meagan has pushed through many challenges with dance and keeps going because she loves her studio, her dance family and has so much love for Irish dance," mother Jennifer Mullett said. "I love watching her perform and compete."



# Samsel Home Improvement

Phone number  
+586-854-8075

53551 Robinhood Dr.  
Shelby Township 48315



# Healthy holiday feasts on a budget

Save on cost, not flavor with these meals for the holidays

Abigail Kelly  
Staff Writer

As the holidays approach, quick and cheap meals offer easy preparation.

"Students and families are definitely feeling the pinch this year at the grocery stores," teacher Erica Kincannon said. "I used to shop for my family of five and come home with six bags of groceries and now I come home with two or three and pay more."

Food becomes 2.7-3.1 percent more expensive with the demand for ingredients around the holiday season, according to the U.S. Bureau of Labor Statistics. Saving on food can help families a little during the holidays and beyond.

"I know many people who buy in bulk during the holiday season because it can help people like you and me save a little extra money when buying food, like meat or vegetables," nutrition

coach Taylor Forgione said.

Places like Meijer, Kroger and food centers typically offer sales on holiday foods.

"When people shop for food, they think of their list, but then buy more. If you want to save money, only buy the necessities, while buying off brand versions," junior Tessa Ohrt said.

Purchasing store brands brings the budget down, without scrimping on the size and fill of grocery bags.

"Buying name branded items can cost a little extra money so keep in mind that non-name brands are a cheap alternative to saving some money during the holidays," Forgione said. "It gives you the same taste for a better price and who would decline that?"

Check out the holiday recipe advent calendar count down below for inspiration, with the full recipes found on IkeNews.com using the QR code.

## EAGLE'S VOICES

Why is it important to eat a balanced diet during the holidays?



"So your brain can stay functional throughout the day and so you can be motivated to do your school work."

Sana Meri '27



"If you're trying to better yourself and eat unhealthy during the holidays, then you'll just ruin all your progress; and then once you start again, it'll be hard to start up again."

Aliana Cyrkiel '28



"I think just physical health in general is important for your body. It's good during the holidays, so you can be strong and help out others."

Tristan Karasinski '26

## Count down from holiday foods

Scan the QR code that goes to our website for full recipes



<p><b>Chili</b></p> <p>1 pound ground beef 1 onion, chopped 1 can tomato sauce 1 can kidney beans 1 can stewed tomatoes 1 1/2 cups water (as needed) chili powder to taste 1 pinch garlic powder salt and pepper to taste</p> <p><b>1</b></p>	<p><b>Greek Salad</b></p> <p>1 head romaine lettuce chopped 1 cucumber, sliced 2 large tomatoes, chopped 1 can pitted black olives 1 green bell pepper, chopped 1 red bell pepper, chopped 1 red onion, thinly sliced 1 cup crumbled feta cheese 6 Tbsp olive oil 1 lemon, juiced 1 tsp dried oregano black pepper to taste</p> <p><b>2</b></p>	<p><b>Mac and Cheese</b></p> <p>1 box elbow macaroni 1/4 cup butter 1/4 cup all-purpose flour 1/2 tsp salt black pepper to taste 2 cups milk 2 cups shredded cheddar cheese</p> <p><b>4</b></p>
<p><b>Broccoli Cream Soup</b></p> <p>5 Tbsp of butter, divided 1 onion, chopped 1 celery stick, chopped 3 cups chicken broth 8 cups broccoli florets 3 Tbsp flour 2 cups milk pinch of salt and pepper</p> <p><b>6</b></p>	<p><b>Caesar salad</b></p> <p><b>7</b></p>	<p><b>Chicken florentine</b></p> <p><b>3</b></p>
<p><b>Chicken with lemon caper sauce</b></p> <p><b>10</b></p>	<p><b>Sweet Potato Casserole</b></p> <p>4 cups peeled sweet potato cubed 2 eggs, beaten 1/2 cup white sugar 1/2 cup milk 4 Tbsp of butter, (softened) 1/2 tsp of vanilla extract 1/2 tsp of salt</p> <p><b>11</b></p>	<p><b>Chicken pot pie</b></p> <p><b>5</b></p>
<p><b>Casserole topping</b></p> <p>1/2 cup packed brown sugar 1/3 cup all purpose flour 3 tablespoons butter softened 1/2 cup of chopped pecans</p> <p><b>12</b></p>	<p><b>Taco casserole bake</b></p> <p><b>9</b></p>	<p><b>Stuffed peppers</b></p> <p><b>13</b></p>

# Songs for sanity

Nikolina Dimikj, Viktoria Samsel  
Staff Writers

Whether walking to class, studying or needing to focus, students are rarely without their earbuds. “Music can certainly have transformative benefits for students struggling with stress and anxiety,” counselor Amy Chapelle said. “Music shifts and enhances focus, which can help shift focus away from depressing thoughts and feelings of anxiety.”

Whether it’s blasting music to break through the morning fog or playing relaxing beats to focus during class work, music is a tool students and teachers turn to throughout the day. Although certain genres of music, specifically instrumental or ambient, help students the most, according to Phyllis Medina, PHD, Program director of psychology at the University of Maryland Global Campus.

“I’d make the argument that depending on the student and the type of music, it can help students focus on work and it helps me finish my homework and assignments faster,” junior Daniel Pratt said.

In a study called “The psychological functions of music listening,” the results showed that music helps people relax, feel cheerful, stay alert and reduce boredom across all demographics, according to the National Library of Medicine. Some students listen to instrumental music or lo-fi beats during classwork to stay focused. Others listen to pop or rap to uplift their mood between classes.

Beyond personal benefits, music serves to connect people. Using music to express identities, students might recommend songs or swap playlists and make friends with those who share similar musical preferences. No matter the genre though, music facilitates social bonding, identity expression and connection with others, according to the National Library of Medicine.

“Music can serve as a bridge for social interaction and help students connect with one another who share similar tastes or enjoy learning about new musical artists. However, excessive use of headphones can lead to social isolation, by making students less approachable and more difficult for others to engage with them,” Chapelle said.

When used constantly, earbuds can prevent students from engaging in social interaction or participating in class discussions. A consistent flow of music may also become a distraction when students try to concentrate or follow a lesson.

“Some studies suggest that calm, background music can enhance concentration; but other studies indicate that it may lead to reduced focus, especially if the music has lyrics. Overall, I think students should try instrumental calm music to see if it helps them, but I would discourage music with lyrics,” Chapelle said.

Despite its calming effects, some students push their privilege of listening to music. Students can appear disrespectful wearing earbuds during a lecture and

Music moves students throughout their day

teachers may become frustrated with lack of attention during important lessons. Since the district has not come out with a universal device policy, music policies also vary from teacher to teacher.

“I wish students would be more mindful of when it is appropriate and not appropriate to be listening to music during class. Some students are wonderful at knowing when to listen to music while other students could do better at this,” English co-department head and teacher Holly Kralik said.

Ultimately music’s impact in schools comes down to how it is used. It can be a powerful tool for students to focus on assignments, manage stress and feel belonging, but it can also become a barrier. And whether they like it or not, students do need to be mindful of headphone usage in order to get the most out of music without missing important social or academic experiences.

When used at the right times, listening can help increase a student’s GPA. A study made by the Oxford Learning, shows that about 52 percent of students find they studied harder and 80 percent seemed to believe it helped them retain the information better.

“Music engages a diverse network of brain regions and circuits, including sensory-motor processing, cognitive, memory, and emotional components, according to the National Library of Medicine. “Listening to one’s preferred music can grant easier access to these brain functions.”

## Pick a playlist to match your vibe

Viktoria Samsel  
Staff Writer

## Top 10 songs on Spotify 2025

- 1 "Die with a smile" Bruno Mars
- 2 "Birds of a feather" Billie Eilish
- 3 "APT-ROSE" Bruno Mars
- 4 "Ordinary" Alex Warren
- 5 "DtMF" Bad Bunny
- 6 "Back to Friends" Sombr
- 7 "Luther" Kendrick Lamar, SZA
- 8 "That's so True" Gracie Abrams
- 9 "Wildflower" Billie Eilish
- 10 "Girls Like You" Tate McRae

### EAGLE'S VOICES

How does music help you in school?

Nikolina Dimikj  
Staff Writer



“It helps me take my mind off of work and also helps me concentrate if I need it.”  
Alyssa Grinols '26



“Music make me focus, like I feel like if I'm working by myself, I need something playing in my ear. It makes me concentrate.”  
Gabriella Neill '27



“Music helps me stay relaxed and focused throughout the day”  
Matthew Pola '28



“Music keeps me motivated and it, helps my creativity. It also helps keep me awake, from falling asleep.”  
Suzana Talevski '27



“It makes me happier because sometimes school could be boring and I like to listen to it.”  
Gabriella Valenza '27



“I don't listen to music in school because it makes me unfocused.”  
Domenic Fanone '26

## Series of the year: "Stranger Things"

Part one of the final "Stranger Things" season releases on Thanksgiving



Courtesy Photo Creative Commons

Hali Ponce  
Editor-in-Chief

"Stranger Things" returns for its final season and the beloved series didn't lose its nostalgic appeal.

This show marvelously adds the right amount of horror and suspense, but also keeps it mildly tame for younger viewers and those who don't like scary things.

Dr. Kay, played by Linda Hamilton, is the new villain character in the series; although as a viewer I'm quite unsure what her relevance is to the show. Hopefully, this next part will shed more light on her character.

As always, there's multiple compelling story lines spanning across different locations, leaving viewers readily engaged. Each season introduces a new color scheme and this season it's blue and red, which perfectly compliments seasons' one and four themes. While the first two episodes felt a bit slow, the pace picked up significantly in the last three.

"Stranger Things" holds the trophy for a show with the greatest character development. The main protagonist Will Byers, played by Noah Schnapp, is more proactive this season and a central character to the new season. By the end of episode four, viewers know the power of his character.

For someone unfamiliar with the series, the show features characters who are written as young teens, but many of the actors are much older in real life. While some viewers notice this gap, the costume designers do a good job of dressing the actors in age-appropriate clothing to keep their characters believable.

Viewers who didn't see the show should because it's an absolute must watch. The Duffer brothers always know how to put on an amazing production and fans can't wait to see the finale and part two.

# Freshmen fly up forever

Staff editorial

In two years, the halls could buzz with new energy as freshmen weave through crowds, bump shoulders with their high school classmates and find their way around the building.

It's time to bring freshmen into the building and let them experience four years in the high school. The district is among the few in the state that still keep ninth graders in junior high and it's an outdated organizational system needs and update.

Right now, 25 percent of a UCS student's high school career is spent in junior high. That quarter comprises a big portion of a student's high school career where they learn and spread their wings and it's spent outside an actual high school building.

"Students who transition into high school with strong academic and social support systems are 25-30 percent more likely to pass all their ninth grade classes. Being physically located in the main high school building gives freshmen better access to tutoring, teacher collaboration, counseling services and extracurriculars—resources that greatly increase academic success and confidence during the critical first year of high school," according to the National Education Association.

Academically, ninth graders will also gain access to more opportunities when it comes to A.P. course options and electives, like: CTE, performance, art, journalism and more. Every ninth grader deserves these opportunities because they are part of high school.

Not only will bringing ninth graders into the high school help individual students, it will also help build programs because students can participate in more options earlier on and continue with them for longer. This builds individual



Editorial Cartoon: Kaylyn Barnes

student leadership, along with program stability and growth.

In terms of sports, this move allows freshmen to connect directly with their coaches and teammates, creating better relationships for everyone involved. Time gaps will also be eliminated, since the school day will end for everyone at the same time, in the same building.

Immersing in the high school environment from day one will help teens mature faster, because seeing older students encourages responsibility and understanding. It will also foster more friendships by bringing students into the

same classrooms. More people, more opportunities for friendships.

Logistically, the merger won't affect the building here at all. The school can hold all four grades without any changes, according to Manzella. The building used to house over 2,400 students almost 20 years ago—and they even had a five minute passing time. We did it before, so we can do it again.

It's time to give the freshmen a four year high school experience. Time to fly up, freshmen—forever.

## EAGLE'S VOICES

Do you think freshman should be in high school?

Dawn Sheldon  
Contributing Writer



"I think the freshman might be a bit scared coming into the building because it's so big. But, overall I think it's a good thing that they get to come here to Eisenhower."

Ella Shagena '28



"I think there's some good and bad qualities. I think it's nice that the freshmen get a taste of high school and all the activities. But the bad thing is that they can go into the wrong crowd."

Jacob Bender '28



"I just hope they're prepared because it's a new adjustment. The school is bigger than Malow and Shelby, so you might get lost here and there, but I think it's a good idea."

Armando Markvukaj '28

# Exam date dilemma

Next year's exam could take place after winter break

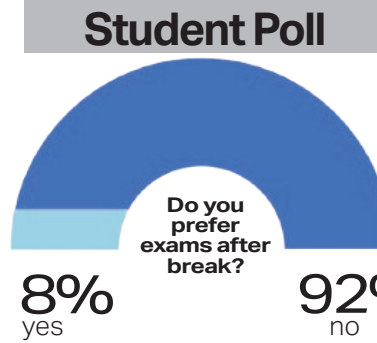


## Pro

Tanner Marks  
Staff Writer

### From gifts to grades

Midterms after holiday break is better for students



## Con

Hali Ponce  
Editor-in-Chief

### Stress free breaks

Midterm exam dates should stay the same, before the holidays



When rested and not rushed, students are more confident to take exams, so taking them after the holiday break is the best time.

When exams take place in December before break, students need to focus on a lot of things in a short amount of time, which can create a high level of stress. On top of school, students participate in a variety of activities, such as sports, clubs and work, which creates less time to focus on their studies. Having winter break without school, and less to worry about, allows students more time to utilize stronger study habits, like creating flash cards or even a change of scenery in the library.

A school day can be a lot for a student, to the point when they arrive home all they want to do is relax. Not to mention, there isn't much time left in the day to study. With a two week break, it provides plenty of time to study, while also logging some much

needed sleep to be well-rested.

Some may feel it's better to take exams before the winter break and students should spend the break time stress free with family. However, with plenty of days off, it allows students

to balance school with family easier than while school is in session.

Studying during the holidays helps students cultivate consistent study habits. Whether it's dedicating 30 minutes a day to reviewing key concepts or tackling practice tests, establishing a routine during the break creates long-term benefits for academic success,

according to Tutor Coach America.

Exams after break also offers students who are newer to taking exams enough time to prepare.

Bottom line: students need more time to study, while feeling well rested, so exams should be after winter break.

**"Getting a full night of sleep after studying may help your brain 'consolidate' new information and help you recall the information as you take the exam."**

Sleep education

A break is not a break when students stay trapped in midterm mode.

Starting next school year, exams will take place after the December break, later in January after students return. The new exam schedule aims to balance out the curriculum throughout the school year.

Because students spend a long winter break away from school, it can be easy to forget material, which can end up impacting grades. Keeping exams before the holiday break keeps the material fresh in students' minds. When they come back, they can start on a clean slate.

Not only can material be forgotten easily, but there's also more room for review time that students don't necessarily need and goes unused in January. Finishing midterm exams before the holidays can prevent students from carrying unneeded stress over the holidays, when they should be sharing it with friends, family and enjoying vacations.

Changing the midterm schedule creates disadvantages, depending on how busy students are over break. Some might spend the whole break on the couch with plenty of free time, while others work, juggle family holiday obligations and lack even a moment of free time. Since some school work is online, it means students need internet access. This creates another disadvantage when students vacation or visit family without reliable internet. Long hours at work over the holiday break leave little time for studying and can make it difficult to focus on school work. Exams before break ensures

everyone is on a level playing field.

Knowing exams happen before break can push students to stay consistent, instead of pushing school work and studying off until break, which rarely happens effectively.

For a stress free break and a stronger exam success, exams should stay before winter break.

**"When school is out, 15-17 year old students cut back on educational activities about 5.5 hours per day."**

National Bureau of Economic Research

## EAGLE'S VOICES

Would you rather have midterm exams before or after Christmas break?

Marcus Hogg  
Contributing Writer



"I like having midterms before because if we have it after break then I'm not going to remember anything."

Dimitri Marinkovic '27



"I'd rather get midterms done before Christmas, so I can enjoy my break without having to study during break. I feel like it's like a reward after getting it done."

Olaf Ostrozny '27



"I don't love the new exam time idea. I will forget everything. I would perform better before Christmas."

Alexis Gabriel '26



"I don't like that they're going to make it after break because that ruins the entire point of a break. I have to study on my Christmas, which is time I spend with my family."

Luca Polk '28

# What's your study style?

Take this exam to elevate your exam game

Hali Ponce  
Editor-in-Chief

## 1. How do you structure study time?

- A) Scheduled blocks with breaks
- B) Testing myself with questions
- C) Making flashcards and using them for review time
- D) Explaining concepts simply
- E) Rereading material repeatedly

## 2. What's the best way to remember?

- A) Focused study periods
- B) Self-quizzing
- C) Flashcards (Question/answer)
- D) Explaining concepts simply
- E) Rereading material repeatedly

## 3. How do you face a tough concept?

- A) Work during a study block, come back if stuck
- B) Answer related questions
- C) Focus on reviewing the flashcards that you have the most trouble with
- D) Break it down and simplify
- E) Read it over and over

## 4. What's the most effective for banking ideas in long-term memory?

- A) Efficient time management
- B) Active retrieval (practice tests)
- C) Spaced review with flashcards
- D) Summarizing/visualizing
- E) Consistent re-reading

## 5) For studying, what is your primary exam preparation?

- A) Planning specific study times
- B) Reviewing practice problems/past papers
- C) Relying on flashcards to study
- D) Teaching material/making diagrams
- E) Re-reading notes and textbooks

**Mostly A's** Time blocking

**Mostly B's** Self-testing/Active recall

**Mostly C's** Flashcards

**Mostly D's** Summarizing technique

**Mostly E's** Repetition

# Academic weapon study hacks

Five study methods for test and exam preparation

Elizabeth Sadecki, Shelby Grove, Hali Ponce  
Copy editor, Staff Writer, Editor-in-Chief

-Allows students to make the most of their attention spans.

-Study for 25-45 minutes before taking a 5-15 minute break.

-Flowtime method, however works on a single task until you finish instead of working for a set time.

-Prevents mental fatigue.

## A Time Blocking Pomodoro & flowtime method

## B Self-testing Active recall

-Uses practice tests, self-generated questions and flashcards.

-Students who complete one practice test before an exam get a 17 percent higher score than those who don't.

-Works best when students start studying in advance.

-Ineffective if done in a short time period.

-Flashcards can be made digitally, with an app like Quizlet, or made physically with index cards

-After creating flashcards, sort through once and create piles of incorrect and correct answers.

-Continue studying incorrect cards until answered correctly.

## C Flashcards Leitner system

## D Summarize Mind mapping & Feynman technique

-The Feynman technique claims the best way to learn any topic is to teach it to a 6th grader.

-Break down concepts into more digestible chunks and explain it verbally or in writing.

-Visual learners can use mind mapping.

-The preview, question, read, reflect, recite and review (PQ4R) method allows students to better understand text they read.

-Practicing those six steps while reading, students can improve their reading comprehension and interpret their study material better.

## E Repetition PQ4R method

## Khan takes flight

Dual enrolled in aviation courses, sophomore Haani Khan soars for his pilot's license



Courtesy Photo Haani Khan

At Ray Community Airport, sophomore Haani Khan takes flight lessons. "I go to Oakland Flight School, but they have two locations, one in Oakland; the one in Ray has an amazing program," Khan said.

Madeline Mikolowski  
Staff Writer

In the middle of a simulation, sophomore Haani Khan reacts in seconds as the hydraulics on his wings fail, one of the many emergency scenarios he trains for as an aviation student.

"I like big machinery and airplanes. It amazed me in the sense that they're so intricate and that humanity was able to make something like that," Khan said.

Khan is dual enrolled at Embry Riddle Aeronautical University. Attendees learn how to fly planes and what to do in an emergency. In class, future pilots utilize simulations to practice emergency situations, such as: hydraulics failure, power outages and landing gear failure. Khan also previously took private flight lessons over the summer to study air control and enhance his skill set.

"Khan doing dual enrollment gives me a lot of courage, in ways I could also do things he's doing, like taking college classes, maybe start flying planes," sophomore Christopher Eid said.

After he achieves 1,100 hours of experience, Khan could enter military aviation, gain his private pilot's license and also join the Air Force Academy. Then, he can work commercial flights.

"He inspires me as a parent because he did things that I could have never done as a kid," father Rehan Khan said.

He's memorized the phonetic alphabet; he also has a specific code to follow when talking to air traffic control. As an aviation student, Khan uses math and physics every day in class.

"The setback for me is the stress you're under in emergency simulations," Khan said. "But other than that, I enjoy what I have chosen to learn."



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# Goals that grow, wins that show

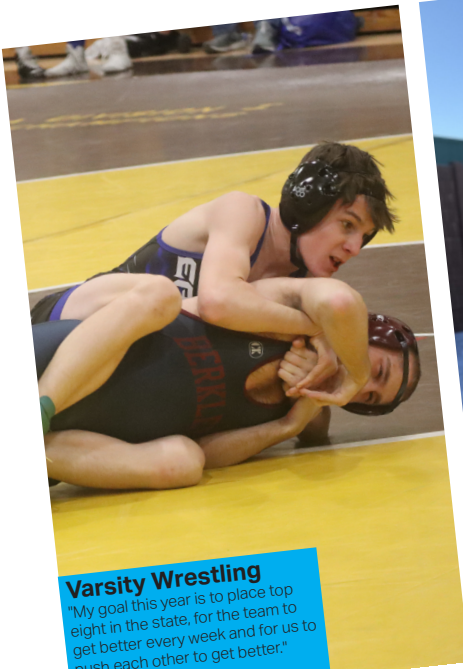
Winter varsity sports hit the mats, ice, courts, pool, floor and lanes

Tanner Marks, Hali Ponce  
Staff Writer, Editor-in-Chief



## Varsity Hockey

"My personal goal is to get faster on the ice and have more stamina. [My team goal] is to make it to the state championship by working as a team and having clear communication."  
Tripp Forbes '27



## Varsity Wrestling

"My goal this year is to place top eight in the state, for the team to get better every week and for us to push each other to get better."  
Justin Beatty '28



## Figure Skating

"I want to be able to try some new skills at the competitions and make it to states, as well as seeing my team make it to states."  
Jacalyn Yakel '26



## Womens Varsity Basketball

"I want to have a good record and play with confidence because it is my senior year. I want to have good defense because we are a defensive team."  
Natalya Stojcevski '26



## Mens Varsity Swim

"I want to win the MAC Red by building up all the weaker swimmers, so we can compete at the highest level and a lot of people can get their personal best this season."  
Collin Tidwell '26



## Varsity Dance

"A personal goal I have is to grow as a person and with my teammates. A team goal is to improve more every day and always be supportive when working together."  
Maya Fuca '27



## Varsity Competitive Cheer

"One goal I have is to get my bow and arrow (stunt position) by stretching. I want to see my team put in the effort to have a good round one."  
Marielle Frechette '28



## Mens Varsity Basketball

"I want to my team involved in the game, sharing the ball and making sure we all have fun at the end of the day. I want to impact the game in a way, so that we can have a good record."  
Trey Richardson '26



## Mens Varsity Bowling

"I want to make everyone from JV as best as they can and evolve the team from what it is right now. I want everyone to improve as much as they can and have fun."  
Evan Cicotte '27



## Womens Varsity Bowling

"My goal is to achieve over a 200 by bowling three times a week and working on throwing the ball to the right side of the lane. Another goal is to make it to championships."  
Marisha Jenkins '26

Courtesy Photos Mya Afram, Yearbook, Francesco Paglia, Compound Media