

George C. Marshall PTSA Meeting Minutes
October 19, 2022

Board Members Present: Julie Lubbe (president), Tara Henigan (vice president), Elizabeth Keegan (secretary), Christine Neville (treasurer), Jeff Litz (principal)

President's Report:

Julie welcomed the nearly 175 people who attended to see guest speaker Ann Dolin. She gave an overview of all the PTSA has offered so far this year and encouraged parents to join the PTSA for \$20. Academic Letters were distributed to 185 juniors and 186 seniors this year, 74 of whom received it for the first time. The September PTSA meeting minutes were approved.

Financial Report:

Christine reported that the updated budget is on the PTSA website. We currently have \$88,000 in the bank. ANGC comprises most of the budget.

Principal's Report:

Mr. Litz reported that Dr. Reid, superintendent of FCPS, came to GCM as part of her listening tour. First quarter ends on 10/28. Tryouts for winter sports begin on 11/7. The three parent coffees were well attended; he will do them again in the spring. Seniors are in the process of getting their cap and gown measurements in. Senior dues (\$75) can be paid in MySchoolBucks. Peer tutoring is available Mondays and Thursdays, and Saturday school will be held on Saturday from 8:30-12 pm. Unlike at other schools, Saturday school is not a punishment. A question was asked about rolling grades. Mr. Litz explained that grades are tracked throughout the year, and the grade that matters is the one at the end of the year presuming the student has made progress. Some departments do not have rolling grades. FCPS is working to standardize rolling grades across the county. Are there service requirements for graduation? 10-15 hours are required to receive the service cord. IB candidates have their own service requirements, as does National Honor Society.

Guest Speaker:

Ann Dolin, M.Ed, spoke about improving executive functioning and study habits. Poor time management is the second leading reason students drop out of college. Executive functioning is not fully developed until age 30, but it does get better with time.

Ways parents can help build better study habits: (1) Have a designated study space with a desk/table and chair; (2) wear noise canceling headphones if studying in a public place; (3) Reduce distractions, including electronics; (4) Have school supplies and a timer. Start with 10 minutes, study in short bursts. Attention wanes after 25 minutes; (4) Create a daily routine with action items. Put on a calendar instead of creating a to-do list. Ask "when will you do that?" (5) Preview the week. Look at assignments and make a plan for the week. Ask "what do you have this week and what can you do now?" Use a reminder app for assignments if necessary.

Dolin outlined five successful study strategies: (1) Distributed practice - space studying out over time, do not cram. Study in small burst then sleep on it, which helps improve recall; (2) Understand how much time you need. Students often underestimate the time that is required to study; (3) Time mapping. Again, "what do you have and when will you do it?" Map it out; (4) Organizing and taking in information. Take good notes! Dolin recommends the Cornell method of notetaking; (5) Self testing. Quiz yourself!

The next PTSA meeting will be held on Wednesday, November 16th. There will be a guest speaker to discuss student drug use.