



Next Step Newsletter

Digital Detox

Earlier this year, the Pew Research Center reported that 45% of teens are online “almost constantly.” At the same time, research shows that increased screen time among teens aged 14 – 17 is linked to mental health problems.

Now imagine a group of ten 13 and 14-year-old girls agreeing to forgo all social media for two whole weeks! This meant deleting the apps from their

phones – no exceptions!

The feedback from the girls was powerful:

- “I fell asleep a lot quicker than usual so was better rested for the day.”
- “I spent so much more time outside.”
- “I was more focused during homework.”
- “I wasn’t as

stressed out and I was more productive.”

- “I was able to enjoy my family and friends more . . .”

Would the girls recommend a digital detox to other kids? **Absolutely!**

To learn more, search for “GMA social media detox challenge” on YouTube.”

From an article on protectyoungminds.org

My First Resume

Sophomore and junior students received both a link via e-mail and paper copy of their PSAT scores in December. After explaining to students how to interpret their scores, Mr. Shank led the students in creating a College Board (creators of

the SAT) account and then we linked it to a Khan Academy account. By doing this, students will be able to access personalized SAT preparation resources on the Khan Academy website that are based on their PSAT results.

Students who practice on Khan Academy will be entered into a weekly drawing for a free ice cream treat at lunch. Encourage your child to practice on Khan Academy for the SAT. Studies show it can make a significant difference.

College Open Houses

Lancaster Bible College	1/18
Cairn University	2/15, 16
Liberty University	2/21-24
Colorado Christian University	2/7, 8
Ohio Christian University	2/15
Messiah College	2/18
Shippensburg University	3/23

Dates and Deadlines:

- ⇒ February 9 ACT: Register by January 11, 2019
- ⇒ March 9 SAT: Register by February 8, 2019
- ⇒ March 13: Career Day!!