

# Between the Lines

## MEDIA CENTER E-NEWSLETTER

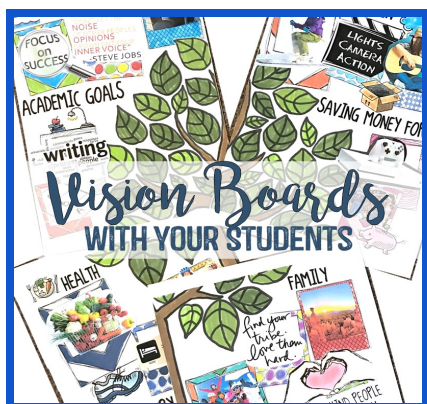
Books are just the beginning!

March 2020, Issue 12



### *Vision Boards*

Recently, Mrs. Garron held an after school Vision Board workshop for all members of the ENSATS community. Mrs. Garron has been creating her own vision boards for years and you know what - they work! There's actually a really simple explanation of why they work so well.



Creating a sacred space that displays what you want actually does bring it to life. What we focus on expands. When you create a vision board and place it in a space where you see it often, you essentially end up doing short visualization exercises throughout the day.

Visualization is one of the most powerful mind exercises you can do. According to the popular book *The Secret*, "The law of attraction is forming your entire life experience and it is doing that through your thoughts. When you are visualizing, you are emitting a powerful frequency out into the Universe."

Whether you believe that or not, we know that visualization works. Olympic athletes have been using it for decades to improve performance, and *Psychology Today* reported that the brain patterns activated when a weightlifter lifts heavy weights are also similarly activated when the lifter just imagined (visualized) lifting weights.

So, what's the big secret to creating a vision board that works? It's simple: ***Your vision board should focus on how you want to feel***, not just on things that you want. Don't get me wrong, it's great to include the material stuff, too. However, the more your board focuses on how you want to feel, the more it will come to life. (huffpost.com)

#### Media Center Hours:

Monday 7:45 - 3:45 p.m.  
Tuesday 7:45 - 3:45 p.m.  
Wednesday 7:00 - 3:00 p.m.  
Thursday 7:45 - 3:45 p.m.  
Friday 7:00 - 3:00 p.m.

Tammy Garron, Media Specialist, x3204  
Donna O'Brien, Assistant, x3201  
[Website - library.essextech.net](http://library.essextech.net)

Looking for some quiet space to do your homework? Sign up for the late bus on Monday, Tuesday, and/or Thursday and come to the library to do your work after school. National Honor Society students will also be available for tutoring.

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### *Tips for MCAS Testing*

In the days leading up to the test, ask your teacher any questions you might have. It is best to ask the teacher who teaches the subject that your test is on. Don't ask the day of the test, or they may not be able to answer your questions.

Eat a good dinner and get a good night's sleep the night before the test. Relax the night before.

Go to the classroom where you are taking the MCAS. Don't be late.

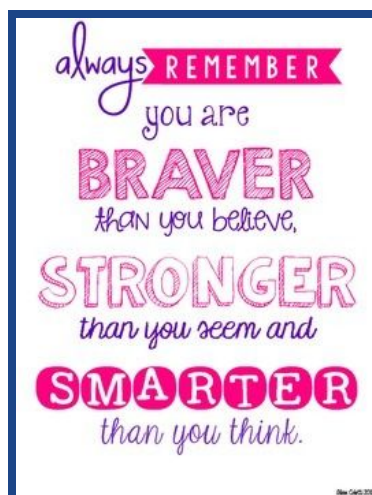
Follow the teacher's instructions carefully. They will most likely read out loud a series of rules for the test given to them by the state. Follow them!

Start taking the MCAS. Take your time and relax. Visualize yourself doing great and you will succeed!

Take short, 2 minute breaks to rejuvenate. Roll your neck, break some tension, and breathe! Just make sure not to daydream or lose track of time.

When you finish, check over your work and raise your hand to pass it in. Make sure you didn't skip any problems. Don't leave ANY question blank. If you don't know the answer, take your best guess.

Get your book and read if you finish early. Again, make sure you check your work before you hand it in! ([wikihow.com](http://www.wikihow.com))



When you are not in school, access all information on [library.essextech.net](http://library.essextech.net) from any device 24/7 using your Google school account.

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## *How to Spot Fake News*



Is that image authentic?  
Try out these links before  
sharing photos to verify  
their original source.

[Google Reverse](#)  
[Tin Eye](#)

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## *Where to Find Information for your next Research Project*

The Gale Database  
collection, located at  
[library.essextech.net](http://library.essextech.net), is the  
place to search for all the  
information you need for  
academic and CTE courses.

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## *Check Out!*

Come and browse our selection of new books. See Mrs. Garron to learn how to download one to your device!

Have some free time? Come to the Media Center and learn to code. Grab a chromebook and explore <https://hourofcode.com/us/learn>.