

COLA Newsletter

January Edition
(Issue #5)



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THIS ISSUE:

Setting Up for Success

The New Year has started, and **if you're like most of us**, it might be hard to get back in the hang of things. In this issue, we share **tips to help us students stay on track, make time for ourselves, and prevent burnout.**

Welcome to the COLA Newsletter!



This is a student-led newsletter that aims to highlight student and teacher stories as to why they chose COLA and how COLA has had a benefit on their life. This will also share important dates for things such as standardized testing (PSAT, SAT, Milestones, etc.), college applications, field trips, and any other COLA events. We hope to use this to share more about student and community organizations and events inside and outside of school, and to highlight club activities and involvement. Our goal for this newsletter is to use it as a way for students and teachers to connect and learn more about their peers, and to have a resource for students looking to get more involved in both COLA and their community!



COBB ONLINE
LEARNING ACADEMY

Setting Up For Success: Part 1

TIPS TO KEEP MOTIVATED AND BE SUCCESSFUL THIS SEMESTER!

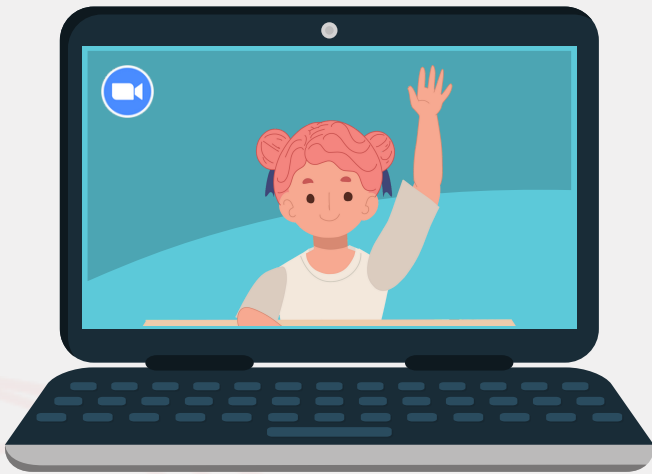


- **Set goals for yourself to stay on track** (daily, weekly, or monthly goals).
- **Develop a routine and stick to it.**
 - Starting a routine can be difficult sometimes, so if you're struggling, start small! You got this!
- Dedicate **time for yourself** to avoid **burnout**. *Click: [What's Burnout?](#)*
- Create a **distraction free space for classes**.
- Create **to-do lists (or have an agenda)**
 - "I've been creating little to-do lists since 10th grade. *I wish I started sooner* because it really helps me remember all the assignments I have due." -Nelly Koz, Content Manager (12th Grade)



Setting Up For Success: Part 2

TIPS TO KEEP MOTIVATED AND BE SUCCESSFUL THIS SEMESTER!



- Make sure to focus on the assignment(s) for your **current class** session that you are **logged into**.
 - ex: Do your math assignment in math class instead of art class.
- **Participate and ask questions.**
 - *"The **chat feature on Zoom** has helped me SO much. I have anxiety and sometimes it can be hard to speak up. Many teachers **love** when students ask questions because it shows that they are **engaged!**" - Nelly Koz*
- **Take computer breaks!!!**
 - Remove yourself from your workspace during breaks and stretch or do something active!
- **Enjoy the outside.**
 - While we know it's super cold right now, enjoy the warmer days and get some Vitamin D!

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Ms. Kaplan's Story

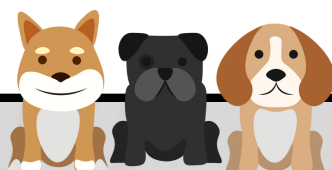
US History, World History, and Current
Issues Teacher for HS



"Hello! My name is Ms. Kaplan, and this is my first semester teaching at COLA. This is technically my first-year teaching and I am absolutely loving it and cannot wait to continue!

I am what some people would call a 'Disney adult.' I am originally from Florida, so I went all the time when I was a kid.

I have two pets, Olive and Watson, hopefully this number will grow!! I love to travel the world, some of the coolest places I've been are Morocco, Jordan, Israel, and Italy."



"THANK YOU FOR YOUR DONATIONS!"

From: Jr. Beta Club

"Project Helping Hands was a great success because of all your help! Each family received one (or more) of every item on their list!"



**NEXT
ISSUE:**



**February is Black
History Month!**

Tuesdays and Thursdays are COLA club days! Interested in learning more about all the club options? Stay tuned for the next issue of the COLA Newsletter!

This Issue Was Written By: Emma Bayer (11th), Nelly Koz (12th), Camilla Harper (11th), Jack Petersen (8th)