

AVID student of the Month

October

MJ Capelle

Congratulations are in order for MJ Capelle, who has been selected as an AVID student of the month for October 2014! MJ originally joined AVID in 7th grade because he was under the impression that it was a club for smart people. A friend had convinced MJ that AVID would be a good place for him. After joining, MJ has discovered that AVID is not just a group of “smart people”, but rather a group of motivated people who care about their future enough to put in extra efforts now. Since becoming a part of AVID, MJ has seen drastic improvements in all of his class grades.

Prior to joining AVID, MJ claims he was the typical student thought of as a “slacker”. The welcoming teachers and support of friends combine in AVID to create an atmosphere that truly promotes learning and development. MJ was quoted saying “Joining AVID is the best decision I have ever made.”

When asked what advice MJ could offer to students looking to have more success in school, he replied “Stay on top of your work consistently. Don’t put things off until later.” Great advice Mr. Capelle! Procrastination will only lead to an increased work load and increased stress down the road.

MJ states that his own motivation to perform well in school came as a result of his parents. MJ would like to be the first generation in his family to graduate from college. One study strategy MJ uses is the 15 minutes per subject practice. This means he spends 15 minutes a day on each individual class reviewing notes and past assignments. This is a great study strategy that increases retention of knowledge and develops understanding of the content.

Outside of school, MJ enjoys sleeping and playing basketball. When he graduates from Sprague, he hopes to attend either Ohio State University or the University of Washington. Keep up the great work MJ. You make OLY Nation proud!