

# 7th Grade Orientation Gehlen Catholic School

*In partnership with Spalding Catholic*



**2022-2023**

# Top 10 Things to Know about Junior High

**J** - Just Do Your Homework!

**U** - UGH! Semester Tests.

**N** - Now What Should I Do With My Phone?

**I** - Infinite Campus.

**O** - Organization & School Supplies.

**R** - Really Should Communicate!

**H** - Hooray! We Get to Participate!

**I** - I Am Able To Grow In My Faith.

**G** - Going To Write In My Planner!

**H** - How Can I Be Responsible?



# OFFICE STAFF TO KNOW



**Mrs. Lindsay Anderson**  
Administrative Assistant  
(Contact person if you are absent)  
landerson@gehlen catholic.org  
attendance@gehlen catholic.org  
712-546-4181



**Mr. Pete Haefs**  
7-12 Principal  
phaefs@gehlen catholic.org



**Mrs. Kristin Hausmann**  
7-12 School Psychologist/Guidance Office  
khausmann@gehlen catholic.org



**Mrs. Christina Kellen**  
7-12 Administrative Assistant  
(Contact person for scheduling)  
ckellen@gehlen catholic.org



**Mr. Matt Schilling**  
Technology Coordinator  
(Contact person for Infinite Campus & Email)  
mshilling@gehlen catholic.org



**Mrs. Jackie Sitzmann**  
Assistant Business Manager  
(Contact person for tuition payment)  
jsitzmann@gehlen catholic.org  
712-546-4181 ext. 250



# TEACHERS TO KNOW



**Mrs. Amanda Christoffel**  
Junior High Math & 7th Grade Religion  
achristoffel@gehlenatholic.org



**Mrs. Kelly Dreckman**  
Junior High/High School Success Center  
kdreckman@gehlenatholic.org



**Mrs. Terra Falkena**  
Junior High Music  
tfalkena@gehlenatholic.org



**Mrs. Jill Harpenau**  
8th Grade Algebra I  
jharpenau@gehlenatholic.org



**Mrs. Laurie Kellen**  
8th Grade Religion  
lkellen@gehlenatholic.org



**Mr. Nathan Klaumann**  
Junior High Band  
nklaumann@gehlenatholic.org



# TEACHERS TO KNOW



**Mrs. Nancy Landhuis**  
Junior High Computer  
nlandhuis@gehlenatholic.org



**Mr. Mike Meyer**  
Junior High Social Studies  
mmeyer@gehlenatholic.org



**Mr. Josh Schreiner**  
7th Grade Excel Math  
Email TBD



**Mrs. Beth Schlichte**  
Junior High Art  
bschlichte@gehlenatholic.org



**Mrs. Jenni Vacura**  
Junior High Language Arts  
jvacura@gehlenatholic.org



**Mr. Travis Westhoff**  
Junior High PE  
twesthoff@gehlenatholic.org



# Supply List

**Choose 1** Organizational Tool to help stay organized:

- An Expandable Folder
- Folders - 1 for each class
- Trapper Keeper
- Binders - one for each class

**Needed for all classes**

- Pencils (a lot of them!)
- Pens
- Pencil Bag
- White Glue
- Colored Pencils
- Highlighters
- Dry Erase Markers
- Eraser
- Earbuds
- Scissors
- 3 boxes of Kleenex
- 2 packs of loose leaf paper
- Misc: Clothes/shoes for PE every other day

**Math Supplies Needed:**

- 3 subject notebook College Ruled
- Ruler
- Calculator (scientific calculator)

**Reading/Language/Spelling Supplies Needed;**

- 3 - one subject notebooks (Composition Style)
- Recipe Box
- 4 packs of 100 notecards

**Religion Supplies Needed:**

- 7th Grade Only: One subject notebook
- 8th Grade Only: One subject notebook & One Composition Notebook

**Social Studies Supplies Needed:**

- One Subject Notebook

**Science Supplied Needed:**

- One Subject Notebook

**Music Supplies Needed:**

- Choir Only: 1" black binder
- Exploratory Music Only: one subject notebook & folder

# Study Skills

## Study Skills

Effective study habits can make a big impact on school performance. Establishing strong study habits early in your schooling will have a positive, lasting impact throughout junior high and high school, and those habits will carry over into college and your career.

### Part 1: Effective Study Habits

The following study habits are adapted from [EducationCorner.com](http://EducationCorner.com) and [PrincetonReview.com](http://PrincetonReview.com)

1. **Find a location** -- Find a study space that works for you. For some, that is a quiet desk in their room. For others, it is the kitchen table where they can ask a parent for help.
2. **Set a routine** -- Plan to study every day. Consider your other commitments outside of school and find a consistent time each day to dedicate to studying. Students who study sporadically usually do not perform as well as students who set a routine.
3. **Study a little everyday** -- Cramming the night before the test is not an effective way to learn the information long-term. Remember -- you'll need to retain all of the information for the semester test. It's more effective to study in short sessions every day than in one long session. Don't have homework in a specific subject tonight? Read through your notes or practice your vocabulary terms so that you review each subject for a few minutes each day.
4. **Create a distraction-free zone** -- We are all distracted by something. What are your main distractors? Your phone? TV? Trying to multitask or refocus after an interruption can lead to ineffective studying. Identify your main distractions and remove them from your set study time. They can be a well-earned reward once you finish your study session.
5. **Break it down** -- Don't become overwhelmed by a larger assignment. Start small, identify manageable steps and work on those steps a little each day.
6. **Use class time wisely** -- Ten minutes left before the bell rings? Get busy on your assignment. You may be amazed at how much homework you can accomplish during the school day if you use your time in class wisely.
7. **Create an organization system** -- Find a way of organizing that works for you. For some, it may be color coded folders and notebooks for each class. For others, it may be a single accordian style folder with a slot for each class. Whatever you choose, keep it simple and maintain it. Clean out your locker for 2-3 minutes every day.
8. **Get your zzz's** -- The National Sleep Foundation recommends 9-11 hours of sleep per night for school-age children (ages 6-13) and 8-10 hours of sleep per night for teenagers (ages 14-17).

# Study Skills

## Part 2: Gehlen Catholic Resources for All Students

Gehlen Catholic has specific tools to increase your studying success:

- **Infinite Campus (IC)** -- Gehlen's student information system is a great tool to help you keep track of grades and assignments. Both students and parents can have an account. If you need help setting up or accessing your account, please contact Mrs. Christina Kellen ([ckellen@gehlenatholic.org](mailto:ckellen@gehlenatholic.org)) or Mr. Matt Schilling ([mschilling@gehlenatholic.org](mailto:mschilling@gehlenatholic.org)).
- **Planner** -- Gehlen provides each student in grades 7-12 with a planner at the beginning of the school year. Use your planner daily to list assignments, plan ahead to midterm and quarter, keep track of extra-curricular activities and school breaks and stay organized. If you have misplaced your free planner, talk to Mrs. Christina Kellen or Mrs. Hausmann for a possible replacement.
- **Just About Your Success (JAYS)** -- JAYS is a 20-minute class period built into the school day for students in grades 7-12 to focus on specific classes and assignments in which they need additional help. Use your JAYS time effectively each day by doing your most difficult homework or studying so that you can ask teachers or peers if you need assistance. Put off socializing during these 20 valuable minutes.
- **Supportive Teachers** -- Your teachers want you to be successful and can be your greatest resource! Reach out to your teachers if you have questions about homework and how to best study for their tests. It's important to be proactive -- talk to them as soon as you have a question.

## Part 3: Additional Resources

Interested in additional specific information? Mrs. Hausmann has compiled a variety of resources to help support your effective study habits and test taking skills. The resources can be found on her website:

[www.gehlenatholic.org/academics/7-12\\_guidance/study\\_skills](http://www.gehlenatholic.org/academics/7-12_guidance/study_skills)

Topics include: study skills checklist, test taking, listening and note taking, time management, homework, organization and more.