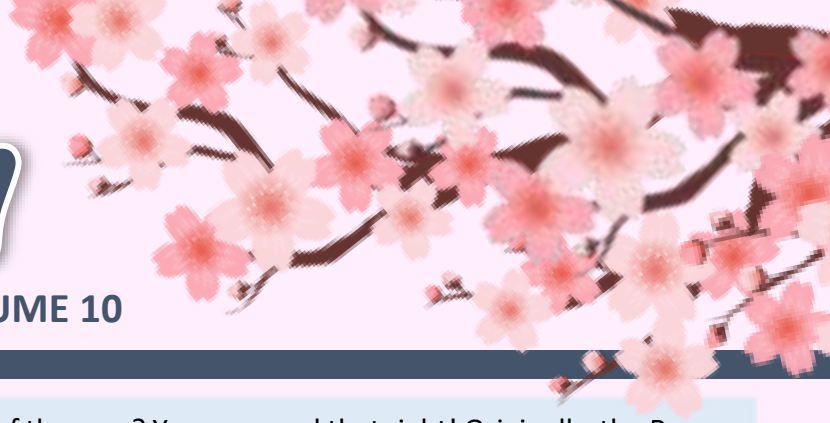


# March

LANGUAGE CENTER NEWSLETTER • VOLUME 10



Did you know that March used to be the first month of the year? Yes, you read that right! Originally, the Roman calendar began in March, which was named after Mars, the Roman god of war.

Speaking of March, there's a popular saying: "***It comes in like a lion and goes out like a lamb.***" The month usually starts off cold but gradually warms up. So, get ready for the pleasant change in temperature—spring is ***just around the corner!***

*\*just around the corner = going to happen soon*

## THE JOURNEY CONTINUES

As the school year comes to an end, you may feel both anxious and excited for the next one. Some of you will be moving up a grade, while others will be entering your final year of high school, which means big changes and important decisions ahead. Here are some ways to prepare for what's to come:

### MOVING UP A GRADE:

- 1. Strengthen your study habits.** Review what you've learned this year. If you struggle with procrastination, try the Pomodoro Technique (see next page).
- 2. Plan next year's study schedule.** Find a balance between schoolwork, club activities, and personal time.
- 3. Immerse yourself in English.** Read books, watch movies, or listen to music in English. This improves vocabulary and comprehension—and can be fun too!



### FINAL YEAR:

- 1. Explore post-high school options.** Start researching universities or career paths early.
- 2. Understand entrance exam requirements.** Know the subjects, scores, and application deadlines. Need to prepare for an interview in English? The Language Center teachers are here to help!
- 3. Consider extracurricular activities.** Joining clubs or volunteering can strengthen your university application.

Of course, not everything is about school—so try to enjoy the spring vacation as much as you can too.

See you in the next school year!

# THE POMODORO TECHNIQUE

The Pomodoro Technique is a time management method created by **Francesco Cirillo** in the late 1980s. It helps improve focus, reduce tiredness, and increase productivity by balancing work and rest. This simple yet effective method keeps you focused without getting too tired.



**1** Decide what task you need to complete.



**2** Set the timer for 25 minutes.



**3** Work on your task until the timer rings.



**4** Take a short 5-minute break.

Repeat  
**4** times

Then, you can take a longer **15–30-minute** break after that.

## WHAT'S AHEAD

Get your body and mind ready for these upcoming events.

**Ball Games Day** March 17 (1<sup>st</sup> year) and March 18 (2<sup>nd</sup> year)

**Study Support Test** March 17 (2<sup>nd</sup> year) and March 18 (1<sup>st</sup> year)