

# OPINION

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## New Year's Resolutions Start Off The New Year With A Clean Slate

As you anticipate the ball dropping on New Year's Eve, many people create resolutions that they hope to accomplish throughout the new year. Although, how many are actually committed to fulfilling their goals? Making a resolution is easy, but the challenge is actually sticking to your wish. We here at *The Wave* feel that with a fresh new slate given to you ever year, why not take the opportunity and see how you can improve. Even if you do not commit to your resolution throughout the year, it doesn't hurt to try. After all, the outcome can be a beneficial one when you succeed.

New Year's resolutions can consist of losing that holiday weight to getting good grades. There are numerous other things that you can achieve. We feel that creating goals for yourself can make you strive to accomplish them if you truly are dedicated. A resolution doesn't have to be as drastic as obtaining wealth, but a small goal such as improving a skill. That can be a good start.

If your discouraged due to neglecting past attempts, try again this year. Some of us may have not been successful many times, but that shouldn't be a factor in your decision for either not

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creating one or not keeping up with it. There are many people who do not even create a resolution due to previous disappointments. You may not always be able to reach your goal, but not attempting it at all shows negligence in your ability to do better. According to many websites, recent research shows that while fifty-two percent of participants in a Resolution study were confident of success with their goals, only twelve percent actually achieved their goals. Try to aim to be a part of that twelve percent.

There is no excuse in not wanting to achieve your goal whatever it may be. All it takes is time and dedication on your part. As well as creating realistic goals. Remember, you have a whole year to do this, so why not make 2009 the year you can be most proud of.

**Most Popular New Year's Resolutions According to [http://www.goalsguy.com/Events/n\\_top-ten-resolutions.html](http://www.goalsguy.com/Events/n_top-ten-resolutions.html)**

Lose Weight	Overall Reduce Stress at Work
Pay Off Debt/s	Get Fit
Save Money	Volunteer to Help Others
Get a Better Job	Eat Right

## Seven Ways to Stay Focused in Class No More Sleeping, Boredom, and More Paying Attention

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Lately, my classes have felt like they have lost all of their excitement. The curriculum isn't as interesting and I find that it's easier to stare off into space than pay attention. Everything gets boring now and again, and sometimes the will to stay focused just leaves me completely. In some of my classes, there are people who sleep, talk, and text all the time in class, simply because they have nothing else to find interest in. That's why I did some research. Here are some tips that I found that are good ways to stay focused in class.

**1. Have a positive idea as to why you should like the class-**It helps make staying focused a lot easier if you find at least one thing that catches your interest.

**2.Remove all distractions from your eyesight-** That includes textbooks for an-

other class, your purse, backpack, and etc. Oh, and one more thing, cell phones should be off, and in your purse or backpack. If you don't carry either, keep the phone off, put it in your pocket, and forget about it until after school. I know, that's easier said than done, but believe it or not, it takes more time and energy to find a distraction than it does to pay attention to your instructor.

**3. Being assertive-** A.K.A— Being positive when you go into class. Trust me, no one else wants to have to deal with an attitude.

**4.Take a challenge-** Yeah, so you don't like work. Well, who does? A good way to get focused on class work is to think of it as a goal. Challenge yourself to get the work done, instead of thinking that its just there to torture you.

**5.Listen-** So, the teacher has a hypnotic voice and now you want to sleep, and the

teachers not helping anyone because he's still talking. Here's a tip that I use that works really well. You can focus on what you teacher is saying by keeping up with every third word he says. Eventually, you will be paying attention to every word.

**6.Ask questions-** If you don't, then you're really not paying any attention to the instructor and that makes you an easy target for embarrassment, when your teacher has to call you out in class.

**7.Get everything in writing-** Notes are notes and they're boring, but if you shorten them up so that you understand them better, there's no downside to that.

Hopefully, these tips helped you, because they helped me loads of other times when I have felt like falling asleep in class. Just remember, these tips aren't helpful at all if you don't remember them!

# Thoughts From Senior Breegan S

## Thanksgiving Vs. Christmas

### The Joy of Both Holidays

During this holiday season, are you someone where a twinkle arises in your eye over a Turkey or in viewing a plethora of gifts under the Christmas tree? Thanksgiving offers good and family and a general god nature of thankfulness. While Christmas exhorts caring, gifts, and utter happiness.

All have their own opinions over which conquers which, but the general consensus of the young is that Christmas tops Thanksgiving. Maybe it is the gifts that blind the adolescents of modern day America from any other holiday, or perhaps it is the fact that no other holiday has an official countdown on a cable channel; but for some reason, from birth until late teenage years, nothing is greater than Christmas.

It seems to me that when you hit the age of almost-adulthood, Christmas simply loses its charm. Maybe it is because

you aren't interested in the latest toys anymore, or possibly it has to do with the fact that immediate family may not be such an everyday thing anymore. Nevertheless the reason, at this point in life, people seem to find a certain comfort in Thanksgiving. The piles and piles of food seem so inviting, and the arms of your loved ones offer solace in all life's troubles. It seems to me that Christmas and Thanksgiving are tight-rope tied, for Christmas appeals to the child in all of us, while Thanksgiving hits a much more mature note.

In the end, it is all opinion of which holds the cake in your eyes, but Thanksgiving and Christmas both offer much to those who participate and, usually, grown to love these holidays.

## Two Weeks to Do Whatever You Like

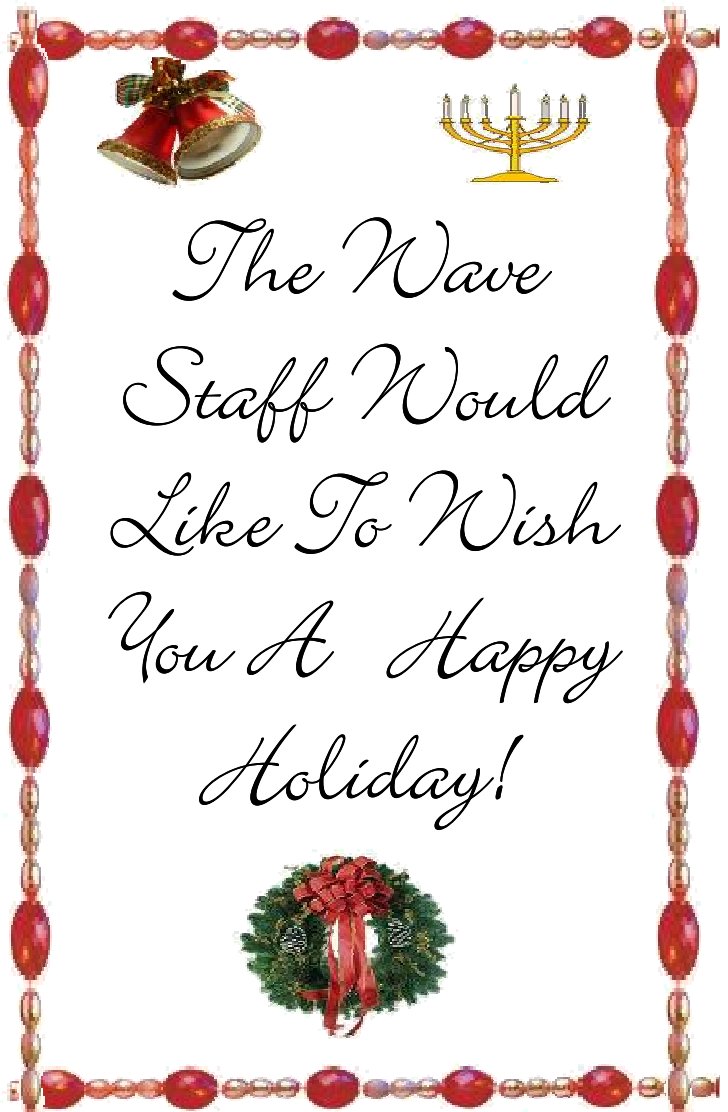
By the time Christmas brings itself around, most students have already endured three months of vigorous school time, containing countless tests, numerous class discussions, and many hours spent completing your homework. I don't know about other schools, but I do know that the students in this school, while completing these tasks, often daydream about what they could be doing if not the assigned work of teachers.

Christmas vacation is a free pass to do whatever you like and take yourself up on your most sought after adventures. Even more this year because the Christmas vacation at Middletown High School has leaped from one week to two. Two whole weeks to spend however you like leaves much room for the mind to wander.

With fourteen days of vacation, imagine what you could do? You could spend one

week in Australia, and then leap on a plane and take another week off in Alaska. If you don't wish to take *too* much advantage of your time off, you could try something a bit more basic. You could teach yourself something new, you could blossom a new romance, or you could even spend the time catching up on three months of sleep. Basically, you could run with your vacation however you choose, because you have two weeks to do whatever you like.

However, you may choose to spend your vacation, be sure to do what makes you happy, for come Monday fourteen days after you said goodbye to these sad, white walls and sickening florescent lights, you're going to be right back staring at them. Make your vacation your own, and enjoy!



*The Wave  
Staff Would  
Like To Wish  
You A Happy  
Holiday!*