



Finding a Better Way to Study

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I am a ninth grade transferee from Makati Science High School (MSHS). I had some difficulty in math there, but I excelled in journalism and other extracurricular activities. There was always a

contest to enter or a program to join. I like writing and music and hope to continue doing both in Fort Bonifacio High School (FBHS), my new school.

My mom is a housewife. She guides me and my two other siblings by checking on our progress in school. She makes sure we do well in our quizzes and that we submit our projects. I am the eldest, so I help her out with supervising my younger siblings. My dad works in Dubai and is away most of the time.

This is my first year at FBHS and earlier in the academic year, I was having a really hard time. The environment is so different! In MSHS, there were fewer students and longer class hours. We had all day to learn. There are so much more students in FBHS and schooldays last for only half a day because classrooms are used in shifts. It took me two grading periods to finally adjust to this, but I continue to struggle in class. The good thing about it is that I know more people now. I get to share my problems with my new friends, and when I get low scores, I am able to ask them for help.

I am not used to getting low scores. It is hard for me to accept and at first, I distracted myself by playing my musical instruments. After a while, I figured I needed to do more than just distract myself. I became curious and started doing research on better approaches to studying.

It was then that I became close friends with Mark Jason Taguinod. We are classmates and he eventually shared his troubles with me. I valued his trust and trusted him, too. I told him I needed some advice because I could not cope in class. He then opened up about how he sometimes had a hard time juggling his school work and extracurricular activities. He showed me his Student Reflective Learning and Assessment Plan (SRLAP). He had started using it the year before, as his biology teacher introduced it to his class.

Before I explored ways by which I can study better, I was just writing my plans on index cards. They were hard to keep track of. I copied the SRLAP from Mark and was happy because I finally had a pattern to follow.

Even if it is already the fourth grading period, I think the SRLAP will make a difference. Thanks to it, I feel more in control now. From the first to the third quarters, I was not taking down

notes. I would borrow and photocopy my classmates' notes at the end of the grading period and study those instead. I did not keep track of my activities, tests and assignments. I would usually just cram before class.

It has only been a few weeks but I notice myself trying harder. I am more aware of the things I need to do because I have written them down. I have a checklist and this encourages me to keep track. It makes me more productive! I used to make assignments right before class, but now I start preparing the night before and go to school earlier the next day if there is something that I still need to finish.

Something has changed; that is all I know right now. I was always rushing or cramming, but I no longer am. Just being organised has made such a difference and I want to make it a habit. I know it will help me achieve my goals, and I plan to share the SRLAP with my younger siblings as well.

Gabrielle Quintero is fifteen years old and hopes to pursue a degree in music after high school. She currently writes editorials for the FBHS paper.