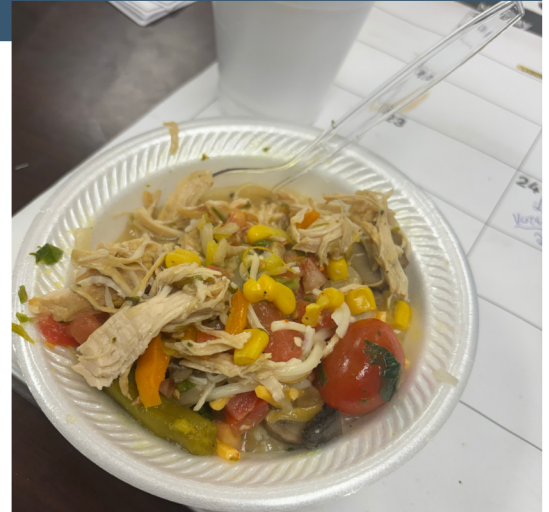


GRAD PREP ACADEMY WEEKLY

Motto: "Learning For Life"



Monthly Scholar Spotlight

Written by GPA Teaching Staff

This week: Our spotlight scholars are Dario M. and Jacob M.

Dario is a hardworking student making remarkable strides in pursuing his passion for automobiles. With a solid determination to excel, Dario is focused on graduating early from high school to kickstart his journey toward a successful career in the automotive industry. Dario's commitment to achieving his goals is truly inspiring.

Jacob is a charismatic and straightforward student making great strides in pursuing his passion for architecture and construction. He is dedicated to creating innovative ways for sustainable living and is working diligently on his studies to achieve his goals. It's inspiring to see his dedication to making a positive impact through his studies.

Be sure to celebrate our students' progress as we reach the end of the first Nine Weeks to motivate them to stay on track to graduate.

IMPORTANT DATES

October 1st to 18th

[Operation Blue Santa Registration](#)

October 1st to 18th

October 20

[Trunk or Treat with APD](#)

4:00 p.m. to 7:00 p.m.

October 21, 23 and 24

[College Reps Visiting Our Campus](#)

Follow the Link for Specific Times ~

October 18 and 21

[Go ATX Youth Program](#)

11:00 a.m. to 12:30 p.m.

October 11 and 25

[GPA Focus Group](#)

11:00 a.m. to 12:30 p.m.

Wear Your ID!

Campus ID Badge Policy

GPA students **MUST** wear their student IDs at school and at school-sponsored events. They **MUST** be visible so faculty and staff can ensure the safety of the campus. These cards are **provided free of charge (1st one) to students and are the property of GPA**. Replacement cards cost \$ 5.00 and can be obtained from the Office. **Student ID cards are also required to ride Capital Metro buses for free.**



Tips for Starting to Explore Mindfulness

It is the practice of paying attention to the present moment without judgment.

The first part of mindfulness is paying attention to the present moment. Being fully present now means we can't zonk off, mindlessly scroll social media, or watch a show. Mindfulness is not simply the absence of thinking about the past or the future; it is also the presence of being fully in the present moment.

The second part of mindfulness is to do that without judgment. What does that mean? One of the reasons it can be challenging for us to just focus on the present moment is that when we do so, our mind starts spamming us with all sorts of critical, wandering, or otherwise unhelpful thoughts.

Be kind to yourself

At first, your brain will likely wander often. You can redirect it by noticing the intrusive thought but trying not to dwell on it, by saying things to yourself like "I notice my mind wandering but I'm going to focus on my breath." When you start practicing mindfulness you probably have to redirect your attention A LOT! That's OK. Just keep at it and it does get easier.

Start small

The other way to improve your ability to be mindful is to start small and build up, just like you would train for anything. If you have never run more than a few laps, you couldn't run a marathon tomorrow - you'd slowly build up, running just a few laps at first, then maybe a mile, then maybe a few miles. It would likely take you months to get to 26 miles!!! Mindfulness is just the same. Start small - maybe only 2-3 minutes. Move up to 5 minutes. Then 10 minutes.

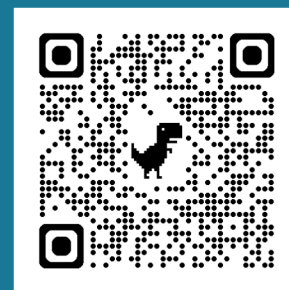
Schedule practice

Set aside a few minutes once a day at first. Often the best times are first thing in the morning or just before bed - but you should pick a time that works for you to find 5 quiet minutes to focus. Set a reminder on your phone, and have a place and activity picked out. If we say "I'm going to start mindfulness this week" - that's not a very specific plan. But if we say "Every night before I go to bed I'm going to do 3 minutes of deep breathing" - that's a pretty specific plan that makes it easier to stick to.

In the case of mindfulness, all the hype is real! Mindfulness really can help improve your mental health and performance. And it is really easy to learn. Good luck getting started on your mindfulness practice!

"We use mindfulness to observe the way we cling to pleasant experiences & push away unpleasant ones."

Sharon Salzberg



Source: <https://www.joon.com/blog/mindfulness-for-teens>

Top Three Earners This Week

More Course Completions = Positive Student Progress
Congratulations! Keep Up the Great Work!

Jacob M. has completed **36 hours** online on Imagine Edgenuity
+ Completing **19 Quizzes and 3 Tests**

Corinne C. has completed **30 hours** online on Imagine Edgenuity
+ Completing **19 Quizzes and 1 Tests**

Dario M. has completed **29 hours** online on Imagine Edgenuity
+ Completing **27 Quizzes and 4 Tests**



Upcoming Colleges Visiting Our Campus

[More Information at GPA College and Career Center](#)

TEXAS TECH UNIVERSITY

BARTON SPRINGS UNIVERSITY

THE UNIVERSITY OF OKLAHOMA
1890

University of Colorado Boulder

October 21
Morning Momentum
& Lunch Tabling
11:40 - 1:00

October 22
All Day
9:00 AM - 2:45 PM

October 23
Afternoon Advantage
2:00 - 2:40

October 24
Afternoon Advantage
2:00 - 2:40

>> Newsworthy Report <<

Special Congratulations to Our Third Graduate of the 2024-2025 School Year!

Mang Ca Nan is our third graduate of the year. He has completed all his necessary credits and is currently participating in the Go ATX program led by the Austin Youth Development team of the City of Austin Public Health. He wants to focus on exploring areas of industry-based certifications to discover what career paths will fit him best before attending college. We are excited to see him work alongside other COA professionals who will encourage him to face new challenges to help him reach his goals. Again, congratulations from the GPA staffing team. We are #RebelProud!



City Youth Programs

Career Learning and Employment Opportunities

Coach Cavazos led the focus group into an action-packed lesson that inspired students to define different parts of themselves and assess which career paths work best for them and their lifestyles.

They were asked to **define success** and to outline the steps to achieve that success. Additionally, they were required to evaluate their personality types using the **Myers-Briggs assessment** and engage in a peer review to share their results and discuss the test's strengths and weaknesses. The session was lively, and students also had the opportunity to enjoy **Costa Rican Casada with Chicken and Agua de Sapo**.

However, the class ran out of time due to the packed schedule. As a result, the next focus group will continue discussing how to lay out personality types to **identify the best career paths that align with their interests**.

GPA Focus Group Personality Types in the Real World



Lunch in the Courtyard

Fall is Coming! Cool Weather Soon? We hope. . .

Students are now allowed to eat in the courtyard during lunch.

Unfortunately, our Lone Star state *hasn't gotten the memo* and persist to roast Central Texas longer than anticipated, however, the courtyard will be open for leisure. Mind the weather~

- **YES**, you are able to play music.
- **NO**, you may not leave trash or litter.
- **YES**, enjoy the atmosphere.
- **NO**, you may not order food for delivery from outside.

Remember to Pick Up after Yourself and Have Fun!



Upcoming Community Events

More Information at GPA Calendar Events

Operation Blue Santa

Families with children under 14 years of age who live in Austin city limits may register for holiday food and gifts. Click the link or scan the QR code to register before **Oct 28**.



SCAN ME

*Las familias con niños menores de 14 años que vivan dentro de los límites de la ciudad de Austin pueden registrarse para recibir comida y regalos navideños. Haga clic en el enlace o escanee el código QR para registrarse antes del **28 de octubre**.*

<https://bluesantaapp.org/public/>



Austin Police Operation Blue Santa

Austin Voices Family Resource Centers can help you apply!

¡Los Centros de recursos para familias de Austin Voices pueden ayudarle a completar solicitudes!

Location lugar	Address dirección	Days días	Dates / fechas October/octubre	Times horas
Burnet FRC	8401 Hathaway Dr., P-505, 78757	Wednesday & Thursday <i>miércoles y jueves</i>	Oct .9, 10, 16, 17, 23, 24	3pm-5pm
Dobie FRC	1200 E. Rundberg Ln., Purple Portable, 78753	Tuesday <i>martes</i>	Oct. 8, 15, 22	10am-12pm
Dobie FRC	1200 E. Rundberg Ln. 78753	Friday <i>viernes</i>	Oct. 11, 18	12pm-2pm
Martin FRC	1601 Haskell, Rm #113, 78702	Tuesday & Thursday <i>martes y jueves</i>	Oct. 8, 10, 15,17, 22, 24	8am-10am
Navarro FRC	1111 Fairfield Dr., Portable, 78758	Tuesday & Thursday <i>martes y jueves</i>	Oct. 8, 10, 15,17, 22, 24	10am-12pm
Northeast FRC	7104 Berkman Dr., 78752 Technology Building	Tuesday & Thursday <i>martes y jueves</i>	Oct. 8, 10, 15,17, 22, 24	9am-11pm
Perez FRC	7500 S. Pleasant Valley Dr. Portable 12, 78744	Tuesday & Friday <i>martes y viernes</i>	Oct. 8, 11, 15, 18, 22, 25	8am-10am
Webb FRC	601 E. St. John Ave, Portable, 78752	Monday & Wednesday <i>lunes y miércoles</i>	Oct. 7, 9, 14, 16, 21, 23	10am-12pm



Community Resources

Near Our Campus

Family & Wellness Programs

- ACC Food Access
- Free Health Clinics
- Manos de Cristo Organization
- Neighborhood Services Unit
- And MANY MORE!

Learn More:

Scan the QR Code for Our Full List of resources for Family Wellness, Health Care, Immigrant Assistance AND MORE!



Our Mission

To provide a non-traditional high school educational experience that supports academic and personal growth through personalized instruction to meet our students' academic and emotional needs through community-building and fostering solid relationships.

Our Vision

For every student to graduate with the necessary skills to be successful in life.

- #: 512 - 414 - 6635
- @GPA_AISD on X (Twitter)
- <https://gpa.austinschools.org>
- 1121 E Oltorf Street, Austin, Texas 78704

**"Your time is now.
Start where you are,
use what you have,
do what you can."**

— Arthur Ashe



Stay Connected!

**Join Us on
Remind Today!**

>> GPA News Feed <<

