











HAPPY  
Summer

LaunchU  
*May 2023*

# What to Expect

-  Student Spotlight: Abby
-  Student Birthdays
-  Soft Skill: Self-Directed Learning
-  Career Explorers: Amy Bronkema, JDH Engineering
-  Launch U Love Story: 4 Friends
-  Mental Health Awareness: End of School Year Stress
-  Special Reminders
-  ICYMI: End of Year Celebration, GRCC Middle College Reception, and Launch U Graduation Celebration





# Hello! I'm...

Abby! I am currently in the General Associates program at Launch U. I started back in 2019 and am graduating this year. I'm looking at attending Aquinas College in the fall, majoring in English with an emphasis in creative writing. I also plan to pursue a minor in Fine Arts. My dream job is to write for animation, whether that be animated TV shows or movies. In my free time, I enjoy participating in color guard and doing art.

I've really enjoyed getting to know my classmates. I've made some great friends through this program. I enjoyed getting to play Uno, sing karaoke, and just have fun at all the holiday parties we've been able to have.



[My advice for incoming students is to] just have fun! Obviously you're here to work and take college classes, but this program is so much more than that. Take time to get to know your classmates and faculty. Everyone here wants you to succeed, and they're going to help you make it to that finish line.



# Student Birthdays

1

Tyler

2

Luken  
Carly

3

Lorelei

11

Emma

14

Kevin

17

Kuiper  
Edxon  
Michael

18

Neveah

24

Katelynn

25

Caden

26

Ella

29

Phe

31

Rubi

# Soft Skill: Self-Directed Learning

“[N]europlasticity...provides the foundation for two crucial messages for middle and high school students:

- They have the capacity to become functionally smarter...if they are willing to persist in the hard work that may be required when learning gets challenging.
- Success in school is largely determined by the learning strategies students employ, and not by some innate talent for academics.”



## Free Online College Courses:

- [Stanford University](#)
- [Harvard University](#)
- [MIT](#)
- [Coursera](#)
- [Khan Academy](#)
- [Local Summer Learning Opportunities](#)

## Tools for Self-Directed Learning

- ☒ Don't just read something - learn it!
- ☒ Consider your sources.
- ☒ Create, then edit.
- ☒ Stick to a schedule.
- ☒ Be metacognitive about which study skills work for you.

# Career Explorers

## In this episode:

Hear how Amy Bronkema from JDH Engineering, found the right place for her through a process of elimination and hands-on experiences.

This Career Pathway includes: Math, Science, and Engineering





# Launch U Love Story: 4 Friends

Four vastly different people met in the most unlikely of places, the Kent Innovation High School building. There was Madina, Emmanuella, Quinn, and Jalah. One was outgoing, another studious, while another was different from both the latter, with the last one being very bright. At first, the four of them seemed like they had nothing in common. They came from different backgrounds and had different interests. Quinn thought Jalah was too loud, Ella thought Madina was too serious, and Jalah thought Ella was too talkative. But as they spent more time together in the Launch U program, they began to realize that they were more alike than they thought.





They started helping each other with their assignments and projects, and soon they were spending time together outside of the program as well. They went on and had many lunches together, especially after those bad test days. They discovered new things about each other, and they learned to appreciate each other's unique qualities.

Whenever one of them had a problem or needed help, the others were there to support them. Madina helped Jalah with her math homework, Jalah helped Madina to be more confident in herself, and Ella always gave the rest of them plenty of laughs in class. They even helped each other with personal problems, like when Ella, Quinn, and Jalah Facetimed Madina when she had Covid so she could answer a question for her statistics professor.



As semesters passed and they grew, they continued to be the closest friends. They continued to call and text each other regularly, and they always made time to get together during school breaks, even when the plans would fail every time (usually because of Madina). One special memory of the four friends is when they would get together every Sunday night and facetime each other to work on math assignments. They shared plenty of laughs and giggles on those nights. With a group chat that was first created when the four formed their friendship, this form of communication is where the friends shared their successes and challenges, and offered each other advice and encouragement.

Ultimately, the four unlikely friends proved that true friendship knows no boundaries. As a program, LaunchU was able to bring four strangers who had nothing in common into a friend group that will continue to cherish one another even when the program ends. Always helping each other succeed and supporting one another, no matter what, their friendship will continue to be something unique that will never change.





“YOU HAVE **BRAINS** IN YOUR  
HEAD & FEET IN YOUR SHOES  
YOU CAN STEER YOURSELF  
← ANY DIRECTION YOU CHOOSE...  
YOU’RE ON YOUR OWN  
& YOU KNOW WHAT YOU KNOW...  
**YOU**  
ARE THE ONE  
WHO’LL DECIDE WHERE TO GO”



# Mental Health Awareness: End of School Year Stress

“The end of the school year can be stressful for both students and parents. As final exams and assignments become due, there is also a looming threat of big changes on the horizon. This can cause feelings of fear and anxiety. Our clinical experts share 5 things you can do to help relieve some of that stress as the school year comes to a close.”

And, remember, we think you're the best!

When you're the one that's standing there  
You'll reach the final bell!

**HOW YOU WALK OUT OF YOUR  
LAST CLASS**

**AT THE END OF THE  
SEMESTER**

## 5 Ways to Relieve End-of-School-Year Stress

- ☒ 1. Stick to a schedule
- ☒ 2. Stay active
- ☒ 3. Plan for the summer
- ☒ 4. Scale back on activities
- ☒ 5. Start the conversation





# Special Reminders

**May 8**

GRCC Summer Classes  
Begin

**May 16th-18th**

ALEKS Testing for current 11th grade  
General Associate students ONLY

**May TBD**

Accuplacer Testing - All 11th  
graders

**May 29**

Memorial Day - No School

**June 16**

Kent ISD Last Day of School

**August**

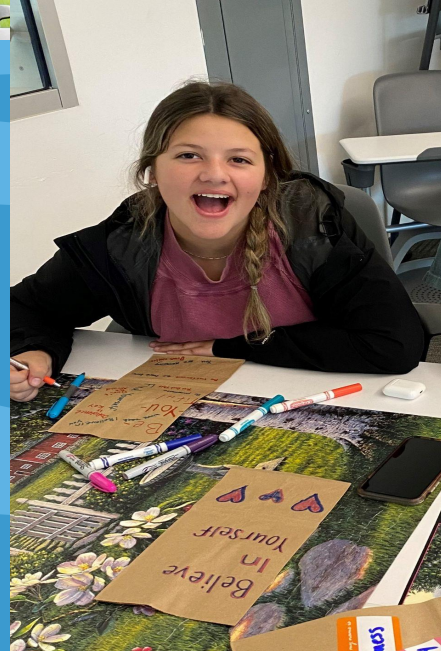
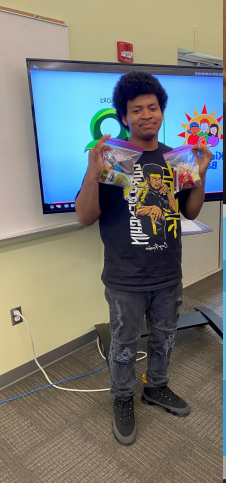
Student-Parent Refresher Meetings

**August 28**

Launch U/GRCC First Day of Classes



# In Case You Missed It







# CERTIFICATE OF COMPLETION

## CLASS OF 2023!

The Launch U staff wishes you the best of everything! It has been our honor to work with you and get to know you over the last few years.

**Congratulations!**











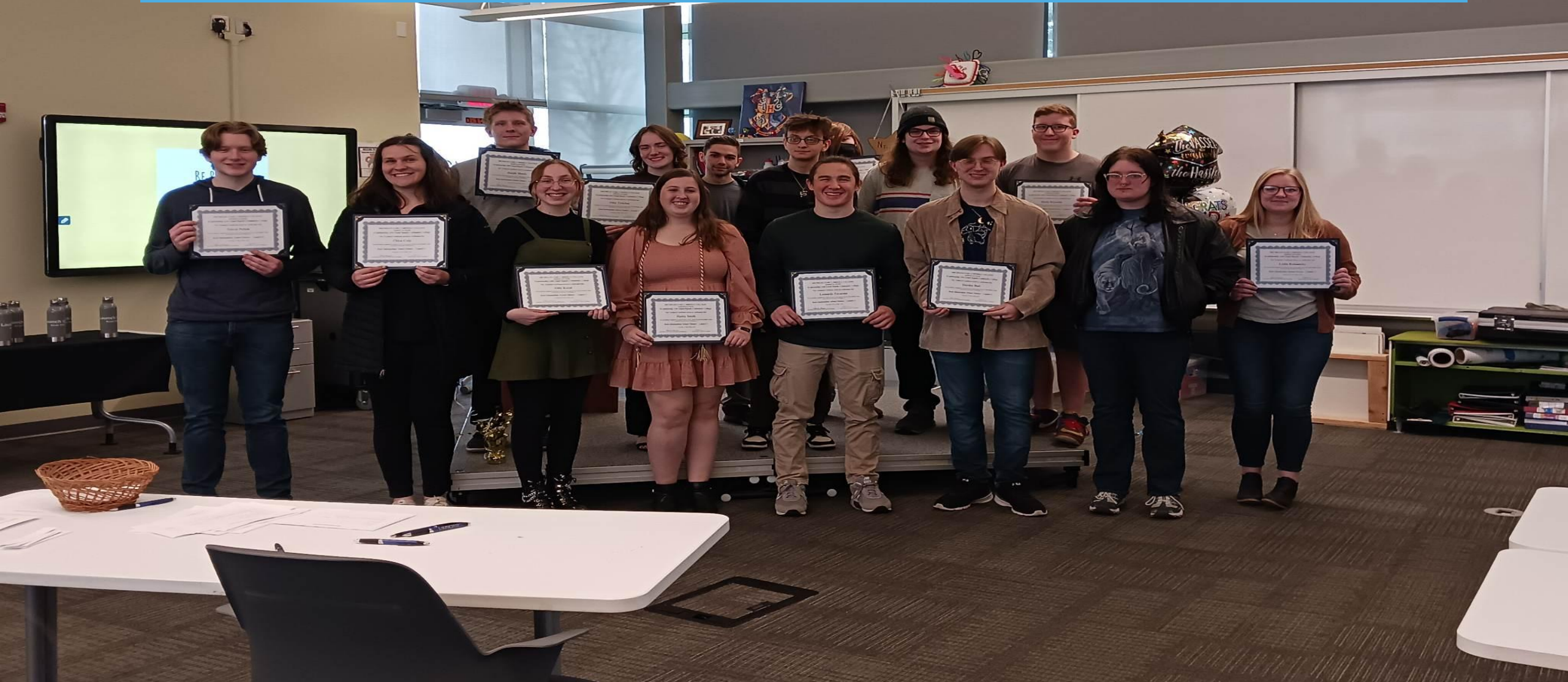




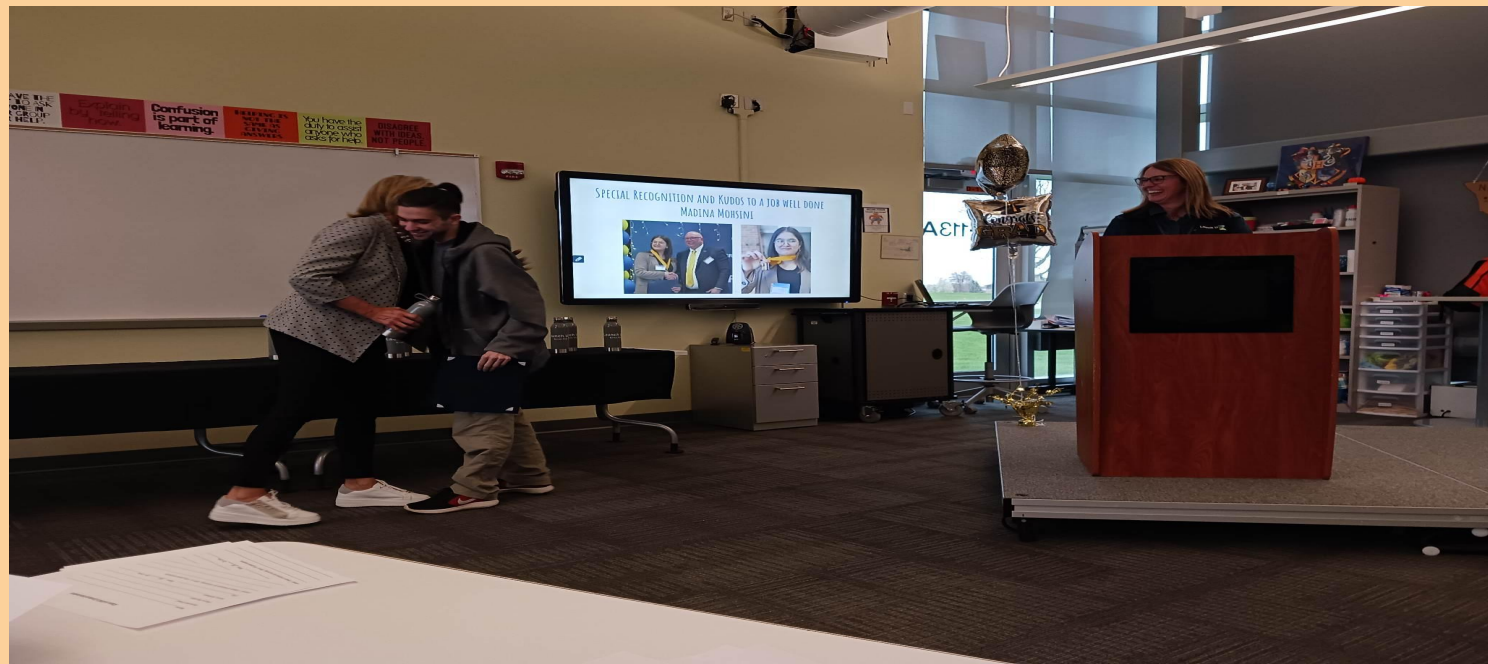
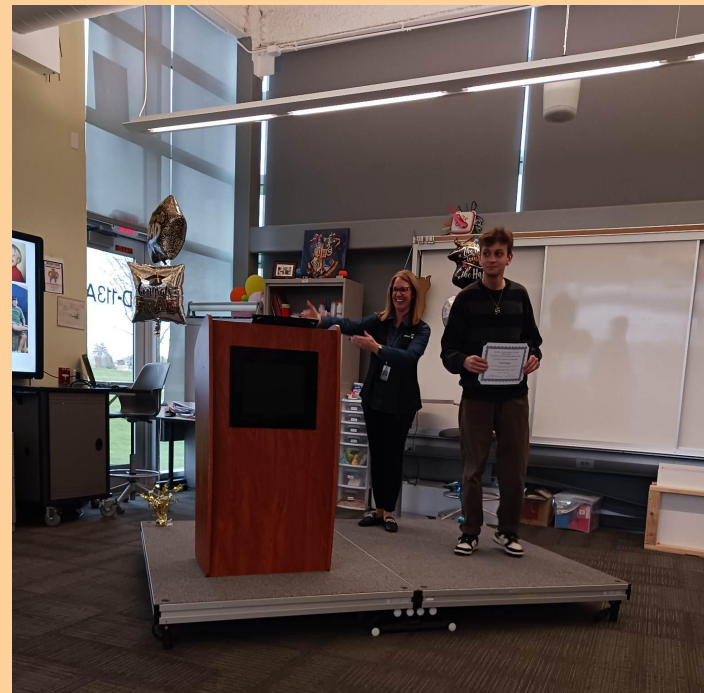
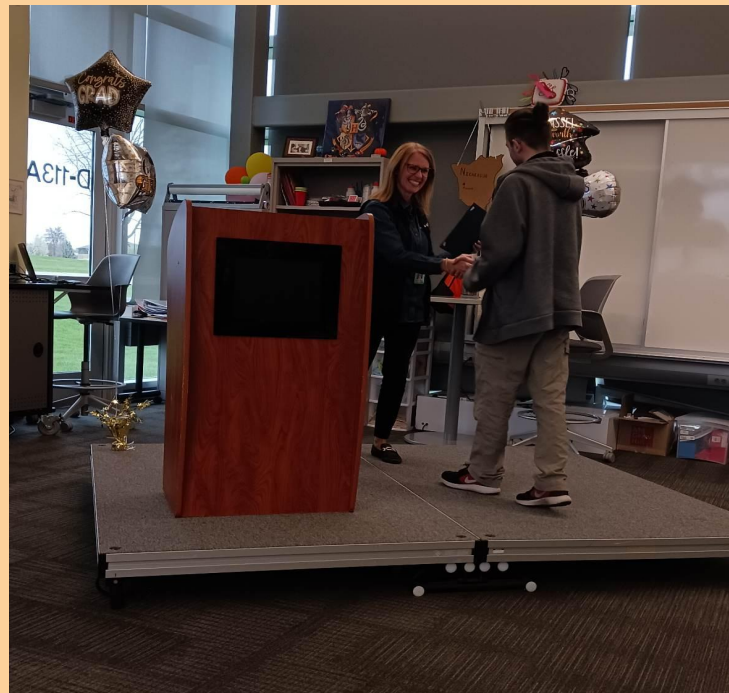
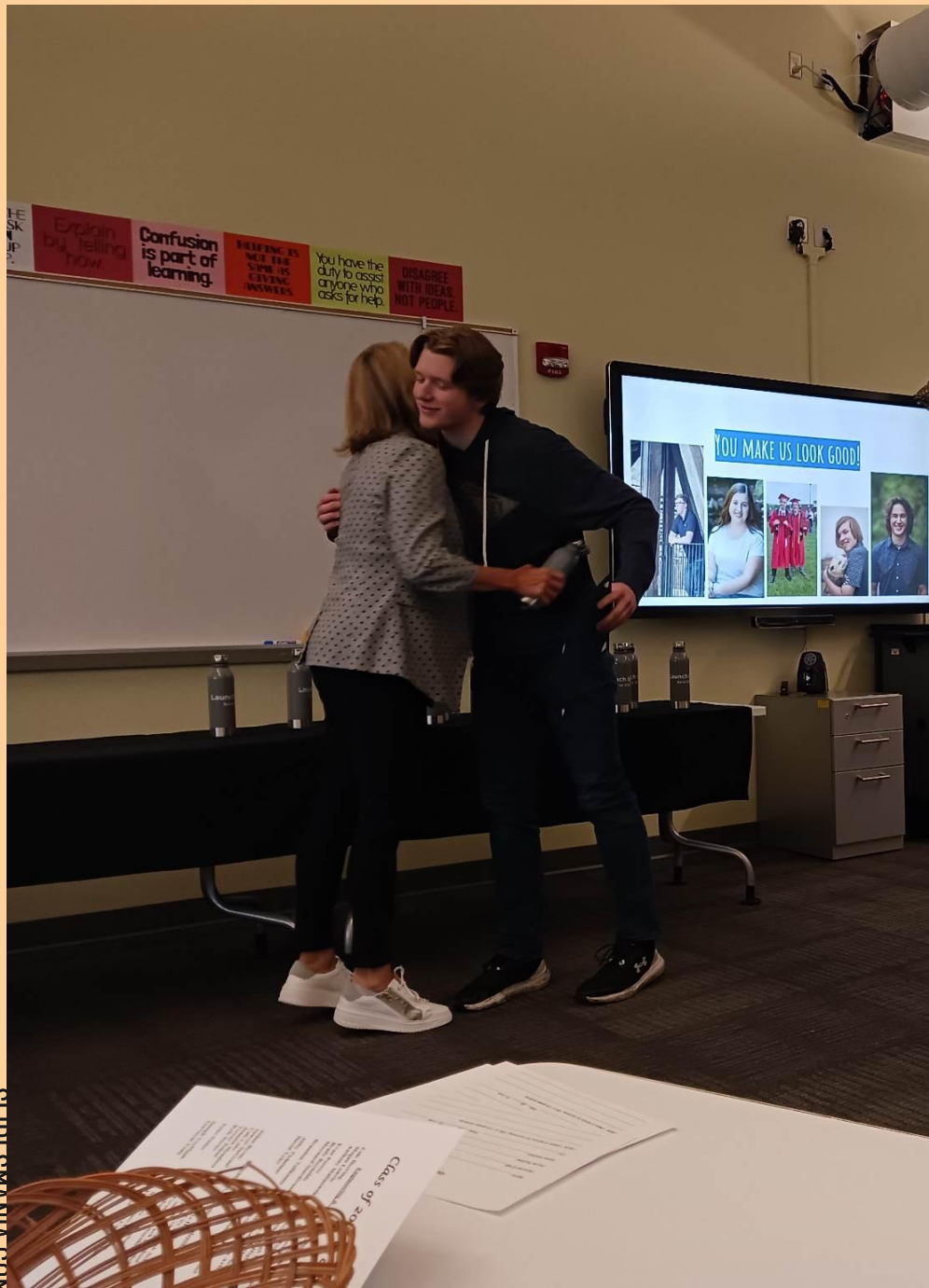


# 2023 Launch U Graduation Celebration

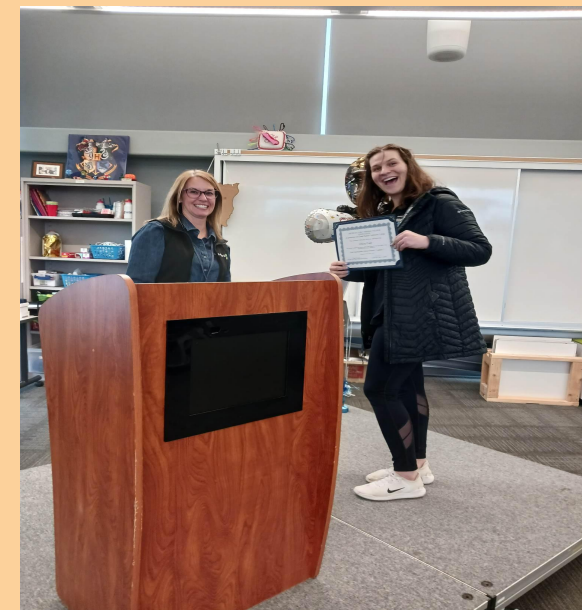
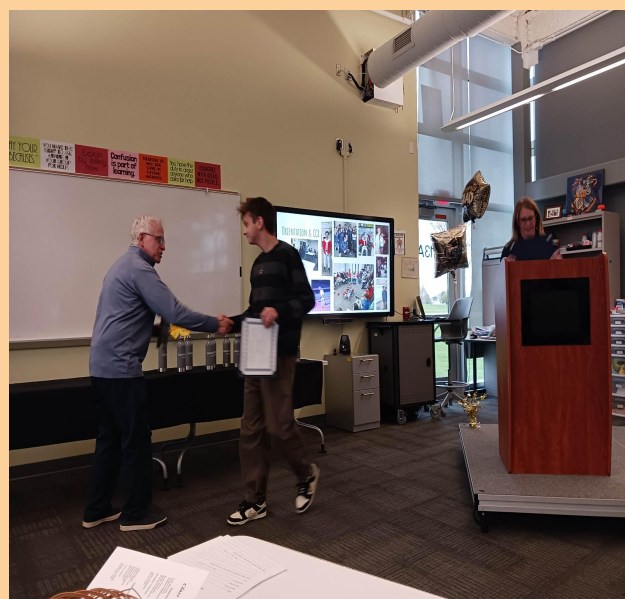
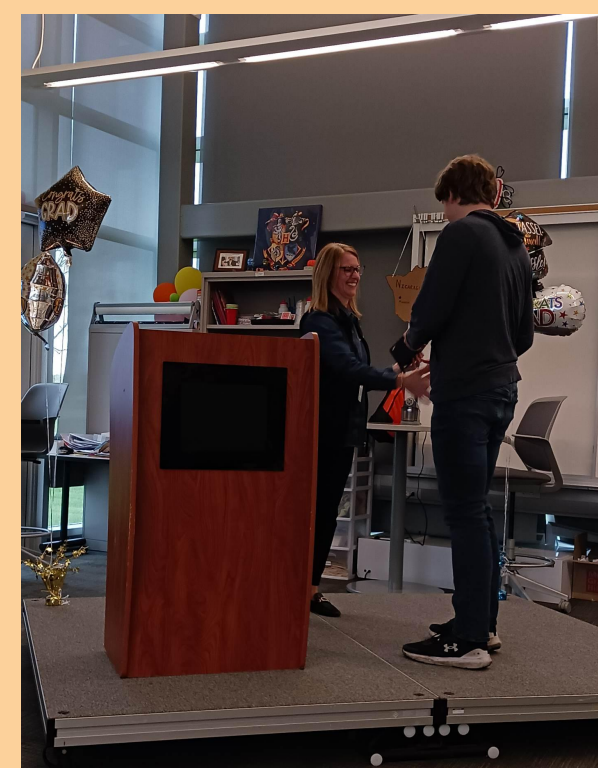
## We are so PROUD of YOU!!



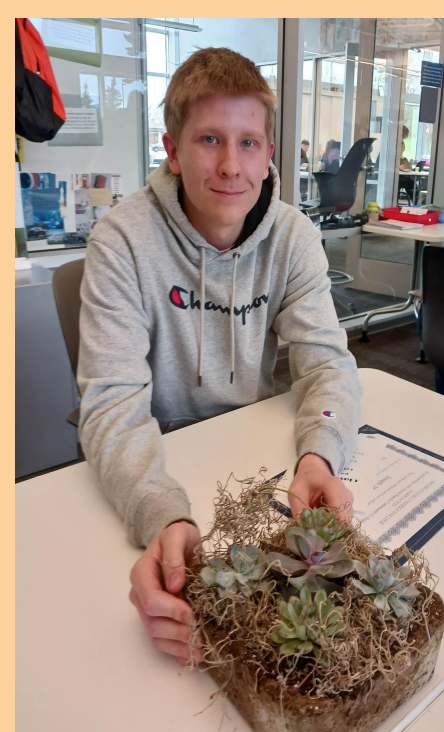














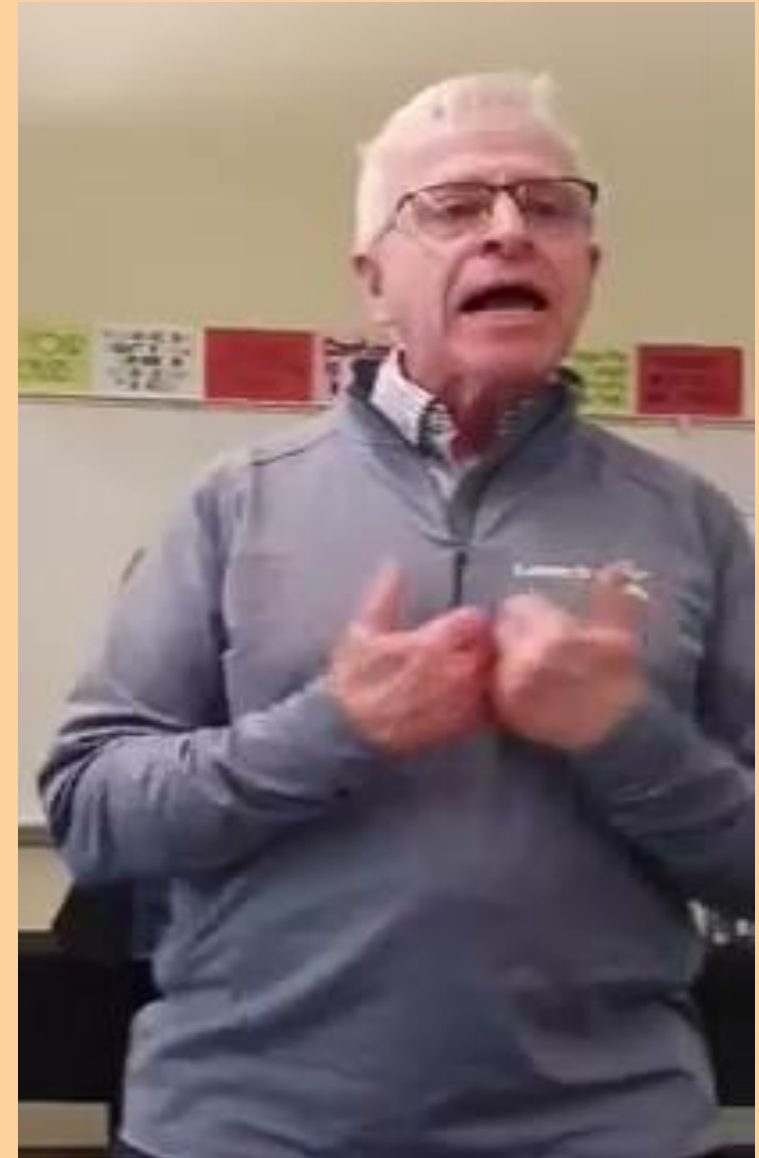
Academic Coach, Stacy Smith



Launch U 2023 Graduate, Joe Morris



Academic Coach, Mike Mitchell





Associate Superintendent, Dr. Ron Gorman



Launch U Dean, Dr. Cary Stamas

