

# OLL SAT Prep Workshop

Is your high school student ready for the SAT Test?

Date: January 17 – March 7, 2015

Time: 9 am – 1pm each Saturday

Place: OLL Katharine Drexel Center

Cost: \$80 / student



Knights of Peter Claver Ladies Auxiliary and Teen Ministry are sponsoring OLL SAT Prep Workshop, in support of higher education of our parish youth. The training will be led by renowned Kaplan Institute trainer and high school teachers, and will cover i) Math, ii) Verbal, and iii) Composition Writing. The fee covers cost of pre- and post- tests, Kaplan training materials, trainers' fees, and snacks. The Workshop is open to OLL high school students.

Results from our previous OLL SAT Prep Workshop were excellent! Students increased scores by average 50 points, in each area, between the pre- and post-tests.

Based on student feedback, we increased the length of the workshop to 8 weeks and maintained the Kaplan training. We will also offer a low fee, due to sponsorship by KPCLA.

**REGISTER TODAY!!**

Contact Paula Scotman ([pscotman@aol.com](mailto:pscotman@aol.com)) or  
Joy Jordan ([jordanjoy@bellsouth.net](mailto:jordanjoy@bellsouth.net))

# OLL Career Fair

Do you love what you do?

Volunteer to talk about your profession at OLL Career Fair!

Date: Sunday, February 15, 2015

Time: 10 am – 3 pm

Place: OLL Katharine Drexel Center



Knights of Peter Claver Ladies Auxiliary and Teen Ministry along with Health Ministry will be sponsoring OLL Career Fair, in support of young adults and adult professionals. The OLL Career Fair will include presenters from multiple fields with each sharing an overview of the field, skills needed, training needed, opportunities, etc.

We aim to have at least 15-20 professions participate from various areas – business, arts & entertainment, law, teaching, communications, technology, engineering, medical, law, professional trades, non-profits, clergy, government, military, etc!

We are requesting volunteers from OLL who are willing to spend an afternoon sharing information on their profession.

## VOLUNTEER TODAY!!

### PRESENTERS ON ALL CAREERS ARE NEEDED

Contact Paula Scotman ([pscotman@aol.com](mailto:pscotman@aol.com)) or  
Joy Jordan ([jordanjoy@bellsouth.net](mailto:jordanjoy@bellsouth.net))



## ***Moving through the Christmas Season in a Time of Grief***

*Decide what you can handle comfortably and let family and friends know. Can I handle the responsibility of the family dinner, etc. or shall I ask someone else to do it? Do I want to talk about my loved one or not? Shall I stay here for the holidays or go to a completely different environment?*

*Make some changes if they feel comfortable for you. Open presents Christmas Eve instead of Christmas morning. Vary the timing of Channukah gift giving. Have dinner at a different time or place. Let the children take over decorating the house, the tree, baking and food preparation, etc.*

*Re-examine your priorities: greeting cards, holiday baking, decorating, putting up a tree, family dinner, etc. Do I really enjoy doing this? Is this a task that can be shared?*

*Consider doing something special for someone else. Donate a gift in the memory of your loved one. Donate money you would have spent on your loved one as a gift to charity. Adopt a needy family for the holidays. Invite a guest (foreign student, senior citizen) to share festivities.*

*Recognize the loved one's presence in the family. Burn a special candle to quietly include your loved one. Hang a stocking for your loved one in which people can put notes with their thoughts or feelings. Listen to music especially liked by the deceased. Look at photographs.*

*If you decide to do holiday shopping, make a list ahead of time and keep it handy for a good day or shop through a catalog.*

*Observe the holidays in ways which are comfortable for you. There is no right or wrong way of handling holidays. Once you've decided how to observe the time, let others know.*



*Try to get enough rest --- holidays can be emotionally and physically draining.*

*Allow yourself to express your feelings. Holidays often magnify feelings of loss. It is natural to feel sadness. Share concerns, apprehensions, feelings with a friend. The need for support is often greater during the holidays.*

*Keep in mind that the experience of many bereaved persons is that they do come to enjoy holidays again. There will be other holiday seasons to celebrate.*

*Don't be afraid to have fun. Laughter and joy are not disrespectful. Give yourself and your family members' permission to celebrate and take pleasure in the holidays.*

*Join in parish Eucharistic Celebrations to give thanks for the blessings of love and good memories.*

## **OLL Grief Support Group**

**Date: January 13, 2015**

**Time: 7:00pm -8:30pm**

**Place: Katharine Drexel Center (Parish Hall)**

**Anyone struggling with grief or loss of any kind is welcome!**