

UNDERGRADUATE
STUDIES
ACADEMY
2009-2010

Patriot Post

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Patriots Achieving Leading Succeeding

Something new and exciting has hit the hallways of American Senior High School. With the national average of high school drop outs rising Principal Luis E. Diaz went into action to provide the class of 2013 with a chance. The Undergraduate Studies Academy, (USA) is an academy experience for all freshmen. The academy focus is designed with rigor, relevance and personalization. PALS (Patriots Achieving, Leading, and Succeeding) is a curriculum that is designed to provide necessary skills for academic and social success. PALS provides a variety of both innovative and traditional lessons that encourage students to plan for post secondary education. PALS' teachers got together in

the summer to create the rigorous curriculum. Reaching out to an old resource, *Tools for Success*, which was part of the 2005 - 08 District Strategic Plan, they gathered old materials to help jump start the new program. Goals to be included: welcoming the students to high school, succeeding



in high school, tools for self assessment, and career and post secondary planning. Another generous resource

came from Learning For Life, a partner in education who provided American with Book One, *A Personal Compass for Daily Living* and Book Two, *A Road Map for the Future*. A personal "thank you" to Diane Hickman at Learning for Life who has taken great initiative in making this program become real.

Thank you Teachers!

MSG C. Baker

LTC. S. Brown

Mr. D. Davis

Mr. S. Moncada

Mr. R. Osorio



Learning for Life, a Dade County partner, is a character education program designed to meet the needs of youth and schools. It helps youth meet the challenge of growing up by teaching character and good decision – making skills and then linking those skills to the real world. Developed by

educators and child development experts, the age appropriate and grade specific lesson plans of the program have been praised for their ability to get youth involved through the use of such teaching techniques as role playing, small group, reflective, and dilemma exercises.

What to expect? Lessons that instill: Respect, Honesty/ Trust, Caring/ Fairness/ Self – Discipline, Citizenship, Responsibility, Perseverance, Courage, and Life Skills. For further information, visit their website at www.learningforlife.org

Let's Go Exploring!



Want a hands-on experience for a hands-on career? Then look into Skilled Trades Exploring organized by Learning For Life. Posts are organized for high school — age youth around many in demand vocational and technical areas.

Exploring's purpose is to provide experiences to help young people mature and prepare them to become responsible and caring adults. Explorers are ready to investigate the meaning of interdependence in

their personal relationships and communities.

Exploring is based on unique and dynamic relationships between youth and organizations in our communities. Local community organizations initiate an Explorer post by matching their people and program resources to the interests of young people in the community. The result is a program of activities that helps youth pursue their special interests, grow, and develop. Listen to

morning and afternoon announcements when the opportunities arise at American High School. All interested parties should sign up with Ms. Rowan, Room 3302.

Learning for Life* 1325 West Walnut Hill Lane, PO Box 152079* Irving, TX 75015-2079 *972-580-2433

AHS Explorers for the City of Miami FD aid spectators.

“Good Things Happen at Good Schools. Great Things Happen at American Senior High School.”
Elvira Ruiz

2008-2009
SHAPE
Club
Members
Celebrate
All
Their
Successes!



Get Involved Now!

AHS Clubs

- Art
- Band
- Best Buddies
- Cheerleading
- 5000 Role Models
- Heritage Players
- FEA
- Flags
- Mu Alpha Theta
- Music/Chorus
- National Honor Society
- Platinum Dazzlers

Pre-Medical Honor Society

- S.E.C.M.E
- SHAPE
- Silver Knights
- DFYIT
- Women of Tomorrow

Sports

- Football— Cross country—
- Bowling— Golf— Swimming—
- Volleyball— Baseball— Softball—
- Tennis— Track & Field



Are You in SHAPE?

For a second year at American High, *Students Helping Achieve Philanthropic Excellence* (SHAPE), is up to something fabulous! The SHAPE Program was introduced in South Florida in 2002 as an initiative of the Mark J. Gordon Foundation. In

October 2003, SHAPE Inc. became an independent 50(c)(3) nonprofit organization and began its expansion in Broward and Miami-Dade counties, Vermont and Michigan. Today, with over 28 schools actively involved, SHAPE expanded their mission to include more facets of youth development.

SHAPE's mission is to engage and empower high school students through philanthropic activities, leadership opportunities, civic engagement and career development to help them achieve personal and professional success. Visit www.shapestudents.org for more information. (08-09WKBK)

Best Buddies: Learning How to “See”

Best Buddies is a non-profit 501(c)(3) organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities. Founded in 1989 by Anthony Kennedy Shriver, Best Buddies is a vibrant, international organization that has grown from one original chapter to more than 1,400 college, high school and middle school campuses across the country, as well as, internationally.

Their six formal pro-

grams: Best Buddies Citizens, Colleges, e-Buddies®, High Schools, Jobs and Middle Schools – will positively impact more than 400,000 individuals this year.

This past summer, I became an intern for Best Buddies International through the SHAPE program (see bottom opposite page) and worked in their downtown Miami office. In the process, I garnered some 300 community service hours.

For the very first time, I have learned to actually “see.” I have learned to evaluate someone for their abilities and not to depend

on unreliable sources such as facial appearance or intelligence quotient. Additionally, to really “see” someone means to make a significant change in one’s vocabulary. From now on, let’s abandon the “R” word; the correct term is “intellectually and developmentally disabled.”

I have seen individuals who have been vengefully silenced by the societal dogma of our generation, only to be reawakened by the assistance of a Peer Buddy’s helping hand. They are a prime example of what anyone can achieve regardless of any limitations attributed to them by an intellectual or developmental disability. At first, I began this internship as a means of building my resume and acquiring professional skills which would help me to advance in high school and college. I did it for Harvard and Columbia. But now, I think I ultimately did it for them.

For more information about Best Buddies, please see the ESE chairperson, Ms. Quintana.

Women of Tomorrow: Achieving your Fullest Potential

Do you want to increase your self-esteem? Do you feel that you have the tools to be successful, but you just need a push in the right direction? Are you a young girl looking for a strong support system of other intelligent women such as yourself?

If your answer to these

questions is “Yes”, then Women of Tomorrow is the perfect place for you! WOT is believed to be the only program of its kind in the country, pairing extremely accomplished professional women with small groups of at-risk teenage girls in public high schools for monthly mentoring sessions. WOT also

offers scholarship opportunities for graduating seniors who have been members in the mentoring program for three to four years.

If you are a freshman and think WOT is the program you need for immediate and future success, please see Ms. T. Martinez in Room 139C to place your name on the waiting list for next school year.

Mu Alpha Theta: Taking It to the Limit! By Rebecca Garcia

Mu Alpha Theta is the national high school mathematics honor society with over 75,000 student members in more than 1,500 schools nationwide. Members of Mu Alpha Theta are dedicated to inspiring keen interest in mathematics, developing strong scholarship in the subject, and promoting the enjoyment of mathematics in high school and college

students.

As President of our school’s Mu Alpha Theta’s chapter, I am not going to sugarcoat things. I understand. [Some words I’ve heard to describe math: “stupid”, “useless”, “dumb”, and even some profanity that would be inappropriate to disclose here.] At the Club Fair, as I recruited and informed people that this was essentially a math club, they literally escaped from me like fugitives on the

run.

But why don’t you take it to the limit? Why don’t you want to increase your mental capabilities, while making some new friends in the process? Why don’t you hone your mathematics skills (no matter how mediocre you may think they are) by competing in one of our monthly competitions? Why wouldn’t you want to tutor others and share your knowledge, helping them to improve their grades in the process? Why wouldn’t you want to go on fieldtrips to universities such as UF and participate in our Pi Day fundraiser? Why wouldn’t you want to achieve your full potential? Why don’t you take it to the limit? Give mathematics a chance. It might be more than you think.

To join Mu Alpha Theta, members must maintain at least a 3.0 unweighted GPA and be taking or have passed Geometry. For more information, please see Dr. Gray in Room 271.



American Senior High School

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American High School

Alma Mater

Music by: Jeffrey Schleifer

Words by: Mr. Roscoe Speed

We Hail You Our Alma Mater.

In Our Hearts You Will

Always Be Dear.

And As We Live

And Learn Together,

Let Your True Spirit Shine

Bright and Clear.

With You We Stand For Greatness,

And Great We Will Always Be.

To Our School American,

We Pledge Our Loyalty.

Academies @ American



Academy of Biomedical Careers



Fine Arts Academy



American Teaching Academy



Academy of Information Technology & Business



University of Cambridge International Examinations



Law Studies Academy



Engineering Academy for Student Excellence



JROTC



AMASE Academy