

TORRANCE NEWS TORCH

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THS RINGS IN THE NEW YEAR FROM HOME

NEW YEAR, NEW YOU

BY KARA SERAFIN
Staff Writer

For many, a new year signals the need for New Year’s resolutions—a chance to reinvent and become a better person. But often, these intentions are tough to maintain and lead to discouragement. However, all hope is not lost; here are some tips that can help you keep your resolutions.

The process of creating resolutions is crucial and will decide if you will actually sustain them. It is helpful to follow the SMART acronym—specific, measurable, achievable, realistic, and timely—when forming resolutions.

To construct resolutions that are specific, define your who, what, when, why, and where. Simply saying that you will “exercise more” is too vague; clearly illustrating your resolutions will make them more concrete and simpler to accomplish. Pay special attention to the reason why you are making each of your resolutions, as it will aid you in staying motivated to actually realize them.

Making resolutions measurable is another important step in making them easier to execute. Quantify your resolutions by setting objectives with numbers. For example, you can say that you want to exercise three times a week. This way it will be easy to tell if you followed your resolution or not.

Both of these first tips will assist you with continuing your resolutions, but they won’t be very useful if you don’t make your resolutions achievable. Setting ambitious aspirations is admirable, but often they can be overwhelming and intimidating because they will be too difficult. Start small and work your way up. Small daily habits can produce grand results in the long run. Also make sure you don’t take on too many commitments at once. As the year goes on you can add more but start with only a few or even one because it will be easier to stay focused and not become overwhelmed.

The fourth step is to make your resolutions realistic. Think again about why you are making them and assess if they make sense for you. You don’t want to waste time trying to fulfill resolutions that don’t fit your overall life goals. Everyone is different, so some resolutions may be better suited for some people than others.

Finally, make your resolutions timely. This means setting a deadline for

when you want to complete them. For example, if you want to learn a new language, you can say that you want to earn a score of 50% proficiency by the end of the year. If your target is long-term, break it into smaller milestones, such as learning fifty new vocabulary words every month. You can also make rewards for each milestone you reach to stay motivated.

Peter Economy of inc.com states that “you are 42 percent more likely to achieve your goals if you write them down”. You can find SMART goal worksheets online and fill them out with your resolutions. Having a “resolutions journal” will allow you to keep track of your progress, for example, you can mark each day that you exercise. You can then do a quick check-in every week to stay on track and view your progress.

Some advice for staying inspired includes creating vision boards and having social support. You can find vision board tutorials online, but the basics are making a collage of photos (taken online from websites such as Pinterest or taken by you) that reflect your resolutions and remind you of them. Feel free to be creative.

Making resolutions with friends and family or even just telling them about your resolutions can help hold you accountable. Due to social distancing, it may be more challenging to make resolutions with others, but it can also be a method of connection during these socially isolating times.

Most importantly, believe in yourself and don’t give up. Failures can be discouraging but tell yourself before you even before you begin your resolutions journey that mistakes lead to growth. You can use these hiccups to reassess your resolutions and adjust them to make them work better for you. Remember that some progress is better than none.

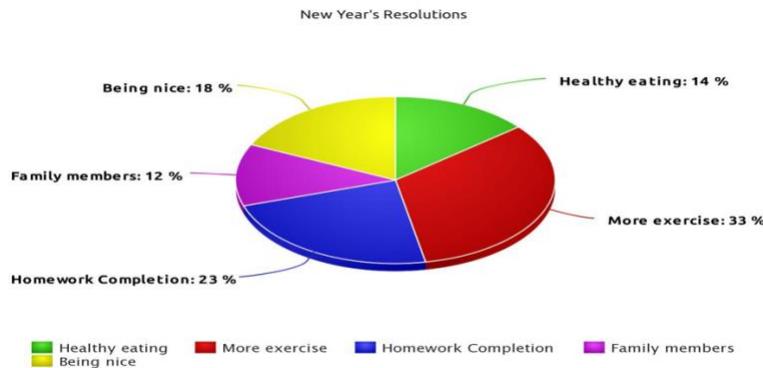
Enjoy the process of following your resolutions, along with the results. Your resolutions journey can enable you to learn more about yourself and what you can accomplish. Whatever resolutions you make this year, have fun with them and good luck!

RESOLUTION PIE CHART

BY MIKI IGNACIO
Staff Writer

A new year has set upon us, and many Tartars are willing to change themselves for the better. To start off 2021, Torrance News Torch has conducted a survey of New Year’s resolutions students wish to fulfill.

This year, most students are aiming to get in shape with more exercise, followed by completing homework on time, being nice and compassionate to others, eating healthy, and spending more time with family members. Exercising has been a popular New Year’s resolution for years on end, but really though: how many people actually stick to it till the end? Hopefully, at least a few Tartars will this year!



SILVER SCOUTS

BY VERONICA GARZA
Editor-in-Chief

Recently, nine of Torrance High School’s freshman Tartars were awarded the Girl Scout Silver Award, the second highest honor in Girl Scouting. According to Mrs. Tracy Clark, THS English teacher and leader of Troop 14575, the scouts begin this award as middle schoolers at the Cadette level. However, because of COVID, the deadline was extended to the end of 2020 for girls entering high school.

In order to achieve such a feat, scouts are required to form groups of four or five girls to address a concern within their community and partner with an organization to help fulfill that need. In addition, as stated by Mrs. Clark, scouts must complete “a Girl Scout Journey and a minimum of 50 hours per girl” and “it must be approved by the Girl Scouts of Los Angeles.” The girls’ leadership skills are heavily tested, as parents and troop leaders are asked to “remain hands-off.” Girl Scout Seniors (freshmen and sophomores) and Girl Scout Ambassadors (juniors and seniors) should be prepared to pass entrance and exit interviews to earn the award.

Troop 14575 was broken into two groups, the first of which worked towards building a storage bin for the Gardena/Carson Animal Shelter and was led by Mr. Chris Tanaka. The scouts—Alyssa Hsaio, Faith Johnson, Madison Lee, Alyson Sasaki, and Sydney Tanaka—fundraised in

order to acquire the necessary materials to complete their project. When asked to describe her experience, Alyson Sasaki commented “We spend hours meeting up together, discussing what to do next and how to achieve it...after 2 years, we were able to get through it and successfully complete it.” Sasaki walks away with more than an award, as she believes to have “gained much stronger bonds with the other girl scouts and have learned so much about communication and leadership skills.”

The second group decided to focus their efforts on the THS community and make masks for those who need them upon the reopening of the school. Led by Mrs. Clark, the scouts included: Carleigh Clark, Rileigh Clark, Isabella Martinez, and Elisabeth Truchin. The girls donated fabrics to make their masks and are patiently waiting until after February 1 to give the masks to Mr. Girgis. For now, the scouts are excited to work towards the Gold Award, which requires a minimum of 100 hours of service on their projects.

THS gives endless thanks to these young ladies and their troop leaders for their community service and leadership. Congratulations and wishes of good luck are in order for these nine scouts as they celebrate their Silver Award wins and work towards their Gold Awards.

