

CLASS OF 2023

# Quarter 2 Newsletter

## this quarter

I will be visiting English classrooms December 5- 9 to discuss post-secondary planning progress. We will also focus on academic success, time-management, work/life balance and self-care.

See below for tips on these topics

## reminders

The FAFSA is a graduation requirement

- Students should complete the FAFSA as soon as possible, but before February 1
- Contact Mrs. Walls if you need assistance with FAFSA completion

## important dates

- Thanksgiving break: Nov. 21-25
- CCHS General Scholarship Application: opens Dec. 1
- 2nd Semester schedule change requests due by Dec. 2
- Winter break: Dec. 21- Jan. 4
- Regular Decision deadlines for Colleges/Universities is Jan 1 or 15- check your institution

## Academic Success

- CHECK GRADES DAILY
- COMMUNICATE WITH YOUR TEACHERS - ask what you can do to bring your grade up
- ASK QUESTIONS
- USE YOUR TIME WISELY- (terrier time before and after school)
- ATTEND TERRIER TUTORING (M/W/TH after school in the library)
- TURN IN ALL ASSIGNMENTS!

## Time Management

- KEEP A CALENDAR (PAPER OR DIGITAL) - Google Calendar notes all due dates listed in Google Classrooms
- SCHEDULE TIME TO STUDY
- PRIORITIZE IMPORTANT TASKS
- CREATE A ROUTINE - this might include scheduled time to complete assignments or review notes
- STRIVE TO BE ON TIME

## Self Care

- Sleep- at least 8 hours nightly
- Participate in a fun activity outside of school
- "Unplug" from all devices for at least one hour daily
- Use a system to manage and organize academic work
- Do a de-stress activity weekly (meditation, walking, art, music, etc)

## Additional Resources

Academic Success Link

Community Resource Link

Mental Health Resources Link