

UPWARD & ONWARD

SPRING 2020 EDITION



We hope that you enjoyed your Spring break and that you will finish your Spring semester strong. We had an incredible academic year and that could not have been possible without you. We have a lot of great things planned for our Summer Academy and cannot wait to begin!

WITHIN THESE
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CONNECTED*

ACADEMIC YEAR RECAP



PARENT & STUDENT ORIENTATION

Time and place: TBD

SUMMER PACKET

Be sure to have the
summer packet filled out
and complete

SUMMER ACADEMY

Where: NSU-Tahlequah
When: May 31 - July 2

01

Make class time your best study time.

- Come prepared
- Listen attentively
 - paraphrase what the teacher says in your own words

02

Make a daily list

- Prioritize your items
- Keep it short
- set small goals

03

Make a weekly schedule

- Once per semester, make a schedule of your week of all classes, work and extracurricular activities, sleeping and eating and blank spaces to fit in necessary activities as they come up
- Schedule study time at the ratio of two hours of study per hour of class

04

Use daylight hours

- Find a quiet place to study
- Set up blocks of time for studying
- Use time wisely
 - review notes right before & after class
 - use note cards to memorize important items
 - make a list

05

Concentrate on one thing at a time

- Be active in what you are doing at the time
- Plan and take study breaks, study 30-40 minutes with 5-10 minute breaks

06

Don't procrastinate

- Don't let questions about material accumulate
- Instead of trying to get it perfect - just do it.

07

Set deadlines and reward yourself

08

Use your weekly schedule. Learn to say "NO"

09

Be realistic in your expectations of yourself

TIME MANAGEMENT WORKSHEET

Estimate the time you spend engaged in these activities during a typical 7-day week



SCHOOL

TOTAL WEEKLY HOURS: _____

In class time (e.g., 5 days x 7 hours = 35 hours)	
Homework: Subject 1*	
Homework: Subject 2	
Homework: Subject 3	
Homework: Subject 4	
Homework: Subject 5	
Homework: Subject 6	
Homework: Subject 7	



EXTRACURRICULARS

TOTAL WEEKLY HOURS: _____

Paid job	
Community Service	
Sports	
Visual & Performing Art	
Non-school assigned homework (e.g., SAT prep)	



UNSTRUCTURED TIME

TOTAL WEEKLY HOURS: _____

Playtime, Downtime, Family Time	
Necessities (e.g., grooming, eating, transportation)	
Chores	



SLEEP

TOTAL WEEKLY HOURS: 63

Weekday sleep (8-10 hrs/night, says American Academy of Pediatrics)	45 hrs
Weekend sleep	18 hrs

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text" value="63"/>	=	<input type="text"/>	**
<i>School Total</i>		<i>Extracurriculars Total</i>		<i>Unstructured Time Total</i>		<i>Sleep Total</i>		Your Weekly Total	

* Ask your teachers to estimate the maximum nightly homework

** 1 week = 168 hours



Social Media
@NSUOKUB

Download
BAND
Now



BAND APP

Download the Band app to stay notified of upcoming events and important information! Once downloaded, you can find the group titled: NSU-Upward Bound. Contact Paige for the code. It is only good for 48 hours.

Important Contacts

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