

January 2019

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February 2019

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March 2019

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April 2019

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May 2019

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June 2019 School out for most

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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

Calendar key

Green = Sunday Night Overhauls

Purple = Open Gym Nights

Blue = Parent Workshops

Red = no sessions (spring break)

*Reminder: March 10 is the start of Daylight Saving Time

NOTES:

- **Come prepared:** Always bring **all** school materials, planners, laptops, chargers, etc. Don't come in saying "I forgot it." Just bring everything to each session. Better to be prepared and not need it than to be unprepared and need something.
- **Bookmark "Current Boulder Clients." page on my site** - It has information for Spring. Or access it from the bottom of ANY page on my site.
- **Location** - [3131 Indian Rd, Boulder, CO 80301 \(map\)](#). Near 61st and Valmont. Please enter on the **East or North** side.
- **Scheduling with me** - Keep in mind that we will have to schedule your events for the spring. We need to plan any home visits, school meetings you need me for, meetings with any other professionals I can support you with and 1:1 sessions with parents or your child.
- **Bouns** - All families who do live coaching with me also get **free** access to UGYG, my in-depth online course. It is FILLED with helpful video lessons for students, in-depth lessons for parents, and printable PDFs to support your child. Click LOGIN on my site, UserName: shine.on.coaching@gmail.com Password: PremiumGuest! Please do not share this information.
- **Parent Workshops:** These are for **all** parents whenever possible. Be sure to get them in your calendar. It's ok if you have to miss a workshop, but try to attend because they will be very helpful.
- **1:1 Sessions:** Throughout the semester I do different types of 1:1 sessions. Sometimes I do 1:1 sessions with your child at the office or at home to help with any related issues. Sometimes I do 1:1 strategy sessions with any parents who want it. The point is to offer you **whatever** support you need, how you need it and when you need it.
- **School meetings:** Whenever possible I attend school meetings with you or guide you with navigating them.
- **Parking** - NOT on North if the business looks open.
- **Drop off** - East side if you pull off a bit or North side.
- **Notes on the Valmont area** - Drive slowly, cautiously, a small community (dogs, kids, etc.) Barn - do not go near the historic landmark
- **PDFs** - Turn in Assessment this month. I will get you the SNO and HW Routine handouts this month.

- **Emails** - I'll email you periodically with updates

SNO, Sunday Night Overhauls, 6-9pm: Students are required to be at the office every Sunday night by 6:00 pm at the latest. This is the most important night of the week.

5:45pm: Soft start, check in, get settled, eat, laugh, connect. (Feel free to bring food. There is a microwave and refrigerator. I often have extra food on-hand for students and I sometimes order out for students.)

6:00 pm – 6:30 pm: Lesson: Lesson on a student success coaching topic.

6:30 pm – 9:00 pm: Maintenance: During this time I help students "close out" the prior week and prep for the upcoming week. This includes coaching around all critical habits, such as effectively updating planners, organizing school materials precisely, checking the portal thoroughly, dealing with the inbox, as well as focus time for studying and homework. I coach each student throughout the night to thoroughly help with this process. Students may leave early if they finish early. When anyone has a big paper or exam, I stay late for them as needed.

OGN, Open Gym Nights, 3:30-7pm: Open Gym Nights are on most Tuesdays, Wednesdays and Thursdays from 3:30 pm – 7:00 pm (see schedule below). Students **must** attend **at least one** OGN per week, preferably 2-3. Showing up is most of the battle. This is an open time for students to come in for coaching, tutoring, homework and studying. Students may arrive at any time within the time window. I am often there early and stay late when families need me, just ask.