

## THIS WEEK

URGENT! Ok students, it's the last week before break. For students with EF challenges, this is a BIG make it or break it week. It's a week where a lot of my students can go from a C to an F, and it's too late to fix anything after Friday. Here's exactly how to handle it.

Want: Fun, freedom, great future with choices and independence, to be done with work.

Don't want: F's, retaking classes you fail, summer school, stress, anxiety, things hanging over your head, waiting to the last minute.

Suggestion: Do this checklist every single day this week, starting today, Sunday and doing it Friday too.

### Checklist

Check when done	To do
	Don't listen to the resistance voices too much. Override them with this thought, "I can do it. This is for me and my awesome future. I've got this." Mindset this week is about seriously focusing.
	Check grade portals THOROUGHLY to find missing, incomplete, late work or low scores.
	Make a master task list of everything important from your portal check
	Check ALL other portals, teacher pages, google classroom, schoology or any place teachers share information
	Beware of teachers inputting a bunch of grades all of a sudden, check portals daily
	Email teachers proactively to ask if everything is looking good.
	Block out more time than you think you need to do your final projects, essays, assignments, readings,
	Schedule your week carefully, because it's going to be packed. I suggest posting your schedule somewhere you can see it all the time
	Get accountability. Co-work with others.
	Remove distractions.
	Every day this week, get excellent rest, eat food that nourishes you, get plenty of movement and exercise.
	Ask for help

**PEPR**

Papers: Are there any papers, essays or other writing projects to write?

Exams: Are there any tests, quizzes or exams coming up I should study for?

Projects: Are there any projects I should be working on?

Readings: Are there any big readings, books, articles I should take time on to focus deeply on the reading?

Write your classes here -->							
Papers							
Exams							
Projects							
Readings							
Other							

Who are 3-4 people can I study **effectively** with?


Where will I study where I can **concentrate**?


When will I study? (add due dates, deadlines and study times)

<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>
13	14	15	16	17	18	19