

Freshman Mentoring

November 20



Log in to all your classes!

Teachers take attendance at the start of EVERY class, don't miss any or the administration will contact you!

If you don't know when periods start/end, download the Saturn app to see the schedule every day!



Make a Designated Work Space and Establish a Routine

- Our brains associate different places with different things, so **picking a place in your house just for schoolwork** will help you focus
- Answering calls from bed is tempting but **sitting upright** will make it easier to pay attention
- **Establishing a routine** (eating lunch or starting homework at the same time every day) will help you stay on top of work and make sure every day isn't monotonous.



Communicate with your Teachers



It's going to be easier to fall behind and harder to catch up on lessons, so ask questions in class if you're confused! If you are uncomfortable doing that, you can:

- Email your teacher
- Text a classmate
- Email your guidance counselor - they can set you up with an NHS tutor!

Talk during class!

This will make class feel more normal and helps teachers feel like they aren't just teaching an empty room. Students and teachers are feeling the same way right now, so be respectful of your teachers during Google Meets and participate when they ask if you're comfortable



Stay Active

Staying healthy and active will help you be less anxious and keep your brain ready to focus when you need to. Go outside for a few minutes every day, drink water, or read a book!

Also, take a technology break after school if you need one!





Stay Social

Sports have been postponed, but most clubs are still meeting over Google Meets. Ask club moderators for Google Classroom join info!

