

# THE Counselors' Corner

*Be Kind. In life and online.*

*November 9, 2017*

## November: Self-Management

### The Value of a Routine

Most things in life work on a schedule. Schedules are a way to help predict what is coming and plan accordingly. At times, you may feel bombarded by homework and studying for tests. This can be alleviated if you put a homework routine into place.

How to make a homework routine:

1. Create a table with the days of the week, hour by hour (see below!)
2. Write "dinner" in the time box you spend eating dinner.
3. Mark off any boxes after your usual bedtime.
4. Fill in the days of the week with any regularly scheduled extracurricular activities or responsibilities.
5. Find a consistent time spot where you can spend completing your homework at the same time, same place, every day. Below are the recommended minutes students should be spending on homework:
  - a. 6<sup>th</sup> grade ~ 60 minutes (2 boxes)
  - b. 7<sup>th</sup> grade ~ 70 minutes (a little more than 2 boxes)
  - c. 8<sup>th</sup> grade ~ 80 minutes (almost 3 boxes)
6. All other open boxes can be used for free play. It is recommended that students should have at least 2 boxes (1 hour) open every day for free play.

BONUS! Create a routine or checklist for completing homework:

- ☐ Charge iPad
- ☐ Math homework
- ☐ Science homework
- ☐ English homework
- ☐ Social Studies Homework
- ☐ Read
- ☐ Pack bag for school tomorrow

*\*If you have no to very little homework, spend that block of time studying or reading silently.*

### Courtesy Call from the Counselors:

Parents: We would love to meet with you when you need us - however, due to the confidential nature of our work and the students that are often in our offices throughout the day - we ask that you please email us for an appointment. If you are dropping by without an appointment, we ask that you wait in the front office until the front desk can check to see if we are available. Thanks so much!

#### School Counselors

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### After School Schedule/Homework Routine

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
9:30-10:00					