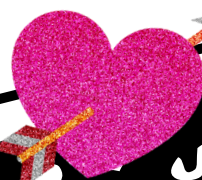




QUARTER 2

Winter 2022 - 2023

Philly Students



UrbEd Advocates



QUARTER 2 HAS BEGUN!

As you are adjusting to a new routine and new grade, check out these helpful tips to use this quarter.

Be Prepared

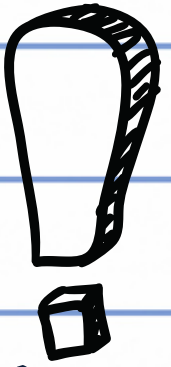


Always show up to class ready to do your best! Check out this checklist below on ways to prepare for class-

1. Read over your syllabus, this is important! Most likely, it includes project dates, test dates and more that your teacher will expect you to know.
2. Strive to do your work ahead of time, this will eliminate last minute stress and procrastination, to ensure you do your best work.

CREATE A ROUTINE

Routines are important, as you return from fall break. Creating a before-school routine and after-school routine will come in handy as you navigate throughout the rest of the school year. Write down your routine and place it somewhere where it is visible to see everyday.



Before School

Wake up at _____

Breakfast at _____

Shower at _____

Check assignments and make sure they are turned in (if needed) _____

Lunch packed _____

Be ready at the bus stop or school by _____

Fill in your own times here!

After School

Relax at _____

After school snack at _____

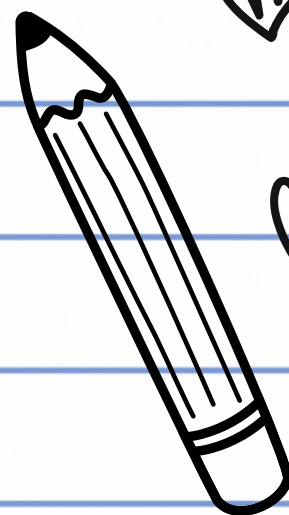
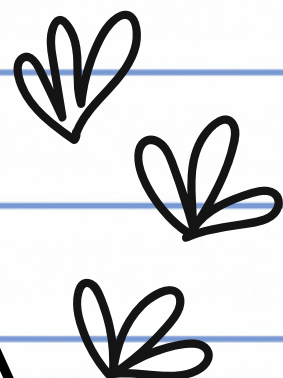
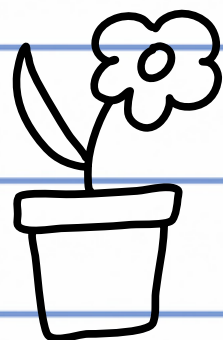
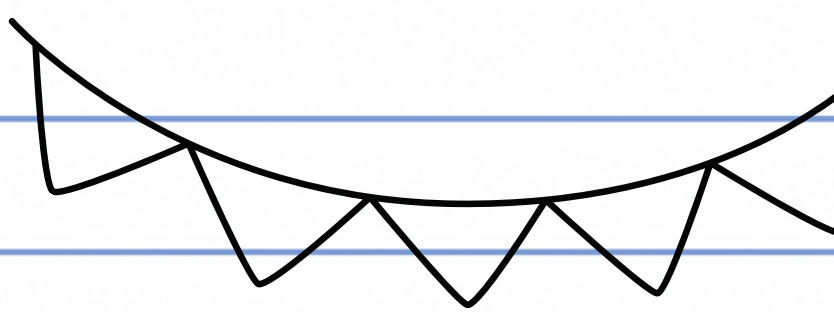
Start homework at _____

Dinner at _____

Relax _____

Shower _____

Sleep _____

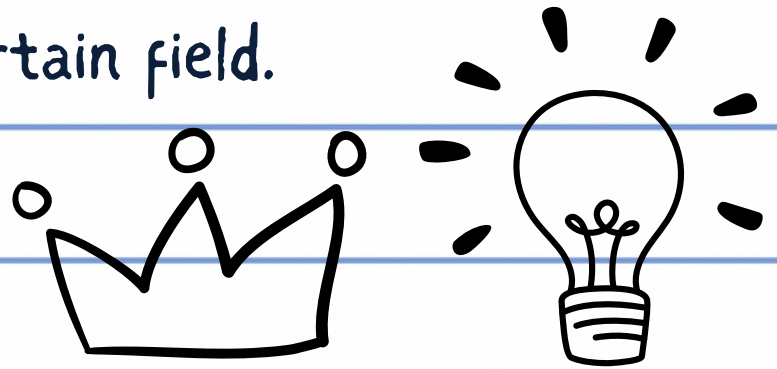


Join Clubs/Extracurriculars

It's not too late to join clubs and extracurricular activities that interest you at your school. Joining clubs is important because you are able to establish friendships and or great relationships with teachers and potential mentors outside of the classroom.

Furthermore, being active within a school club or extracurricular activity can be beneficial considering if you would like to attend college or major in a certain field.

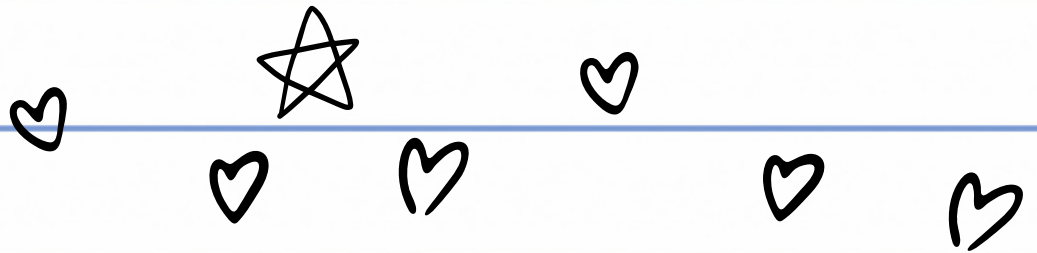
Ask for Help



Don't be afraid to reach out for help, when needed. Speak up! Your teachers are here to help you succeed! You may have questions about your school work, upcoming projects and more... don't hesitate to email your teachers if needed. Also, check with your school, as they may offer tutoring resources that may be beneficial to you throughout the school year.

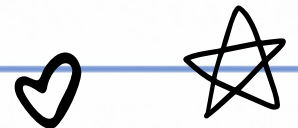
AFFIRMATIONS

Your best school year yet has begun! Check out these affirmations below, which may be useful to reference throughout the school year-



I am capable of doing my very best.

I am successful.



I am important and I matter.



A test grade does not define my future.

I am intelligent.

Want to learn more? Need help?

Check out our Advocacy Guide from last fall for more tips. Email us at help@urbedadvocates.org to meet with someone from our student team.



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