


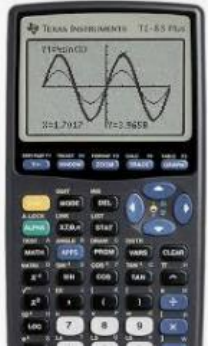


ESOL Choice Board for Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Think you'll have a hard time going to bed early this week and getting up on time for class?</p> <p>Click here to try out the "Sleepy Time" calculator, which helps you figure out what time is best to go to bed and wake up depending on your brain's sleep cycles.</p> <div style="text-align: center; margin: 10px 0;">  </div>	<p>It can be really tricky to stay on top of all the things you need to do for school, work, home, and life. Do you have a system to help? Take a look at these three options:</p> <ol style="list-style-type: none"> 1) Bullet journaling: Click here to read one student's experience using a bullet journal 2) To-do lists: Click here to read about some useful to-do list apps 3) Google calendar: Click here to start an account <p>What's your system?</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p>Discuss the upcoming semester with an adult who you trust. Talk with them about how you will make the most of this time. What are some ways you can help yourself succeed?</p> <p>After you talk, write down three "I will _____." statements to remind yourself how you will succeed during Semester 2. Post your statements somewhere you can see them every day.</p> <p>Completed this activity last semester, too? Go back and edit your original statements!</p>	<p>Background noise can be distracting, or calming, depending on the type of sound.</p> <p>Do you find yourself often getting distracted by background noise? Click here to try "A Soft Murmur," a site that is designed to help you ignore bothersome noise by playing custom ambient sounds to suit your environment.</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p>Need a graphing calculator you can use at home? Click here to check out Desmos!</p> <div style="text-align: center; margin-top: 10px;">  </div>