

MARCH 2019

Homework Habits

Did you set an academic goal this year to improve your homework habits? Do they need a pick me up at this point in the year? Regular and routine homework habits can make a big difference in your understanding of the work you are doing, improving your grades and reducing overall school stress. Read on for useful tips that can help you master homework and achieve your very best!

- ♦ Make sure you have all the materials you need and bring them home; use a homework folder to keep assignments together
- ♦ Designate a specific area where you will study every day that is comfortable and will have as little distraction as possible so that you can easily concentrate
- ♦ Plan to study and do homework at the same time every day
- ♦ Turn off the TV and any other things that will be easy distractions
- ♦ Use cell phones/computers/tablets only for work purposes, no personal texts/social media!
- ♦ Allow yourself planned short breaks periodically and when needed
- ♦ Prioritize tasks to make sure what needs to be done first is done first
- ♦ Make a checklist and break down large assignments, then celebrate as you check things off once they are completed
- ♦ Reach out to your teacher or friend in the class if you need help



Students, Parents, and Families, please feel free to contact us by email or phone with any questions.

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Programs and Events

Summer of Opportunity– JOBS!

Ages 14-20

Find the Perfect Summer Job: 6-8 week paid summer work experience through the City of Rochester & Rochester Works. Apply online through March 29th at www.summeryouthemployment.org Call 585-428-6366 for more information.

PathStone Youth Mentoring Program

Ages 14 to 17

A program to assist youth with: grades, attendance, life skills, planning for life after high school, learning how to live a healthy lifestyle and much more. For more information contact: Katie Malik, Mentor Coordinator, at kmalik@pathstone.org or 585-340-3718 or visit the office located at 15 Prince Street.

STAR Sisters Together Achieving Results

Grade 9

Local mentoring program, mission is helping young women succeed. Visit www.sisterstogether.org for more information and to apply.

S.W.A.T (Spreading Wellness Around Town) Youth Council

Ages 14 and up

SWAT is a youth council that meets each week with community leaders, and other professionals to talk about topics and issues that youth care about. SWAT is a way for youth voices to be included, and heard. Contact (585) 753-2638 for more information.

Academic Assistance and Tutoring

Urban League Afterschool Academy

Grades 7-9

Academic program focused on preparing students for college, work, and life. For more information call (585) 325-6530 ext. 3049.

Boys & Girls Club

Grades 7-9

Afterschool program focusing on Homework Help, Sports, Arts. Email cwatson@bgcrochester.org or call 585-328-3077 for more information.

Please visit our webpage at www.sotarochester.org, click on Counselor Corner, Foundation Tab