

How Middle And High School Students Can Manage Their Time

Middle school and high school can be stressful. There are new

1. Prioritize your schedule as a student.

2. Check Engrade regularly.

ments. Check your grades. It's a good idea to involve your parents.

3. List the exact due dates for assignments, tests and other home-work

4. Set a time limit on how long you study for each class.

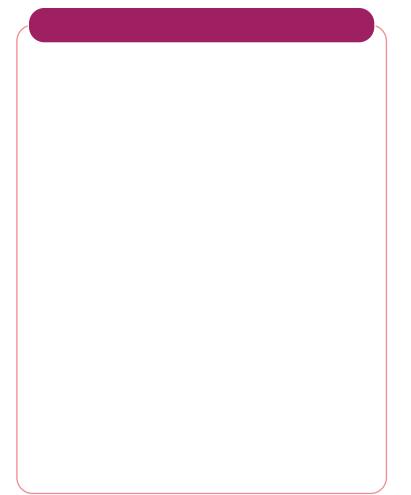
5. Avoid procrastination and distractions.

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-Basketball Schedule KAS @ Nile Valley - Jr. Boys and Girls Monday October 10th KAS @ Nile Valley – Sr. Boys and Girls Wednesday October 12th

> KICS @ KAS – Jr. Boys and Girls Monday October 24th KICS @ KAS – Sr. Girls and Boys Wednesday 26th

KAS @ Unity – Jr. Boys and Girls Monday October 31st KAS @ Unity – Sr. Boys and Girls Wednesday November 2nd



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