

POWER HOUR SCHEDULE

FALL 2022

****All sessions are on Monday evenings with the exception of the week of Halloween. Instead of meeting on Monday, October 31, we will meet on Tuesday, November 1

Start time: 7:00 EST/4:00 PST End time: 8:00 EST/5:00 PST

Meeting location: Virtual (link will be provided prior to the first session)

| TOPICS | STUDENT POWER HOUR | PARENT POWER HOUR |
|---|-------------------------|--|
| Foundations: Tools, systems, and goal setting | October 3 | October 10 |
| Tracking Assignments: Planning daily and weekly homework time. | October 17 | October 24 |
| Back Pack Confessionals: Overhauling your daily systems. | ****Tuesday, November 1 | November 7 |
| The Long Game: Planning for long-term assignments/tests | November 14 | November 21 |
| Talking to Teachers: Self-advocacy | November 28 | December 5 |
| Strong Finish: Pushing through the muck to get to your restful break | December 12 | |
| Fresh Start: Shifting your focus to get back on track and closing reflections | January 2, 2023 | January 2, 2023 (Digital Reception) |