





Year ☺

NAME 

ADDRESS _____

CITY/TOWN _____ STATE/PROVINCE _____

ZIP/POSTAL CODE _____ PHONE _____

STUDENT NO  HOMEROOM _____



PLEASE NOTE:

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In case of accident notify:

Name _____

Address _____

City/Town _____ Prov./State _____

Zip/Postal Code _____ Telephone _____

Other important information:

Some data may be considered confidential and private, yet can be of vital importance in emergencies. Please use your discretion in entering the information.

Physician _____

Telephone _____

Blood Group _____ Rh Factor _____

Allergies _____

Medical Insurance No. _____

Other Medical Data _____



Your suggestion or feedback is important to us!

Please send us your comments or brilliant ideas per e-mail:
smile@premierendas.com

IF I plan to learn,
I must learn to plan.[®]



RESOURCES
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ENVISION

ENVISION SUCCESS!

Vague wishes alone won't take you far—you must transform them into meaningful goals. Doing so will help you discover new strengths and abilities, increase your confidence, and enjoy a sustaining sense of purpose.

Use your TimeTracker to write down a step-by-step plan to reach your goal. What can you do each day? Each week? Remember your other obligations and personal habits, and be demanding but reasonable.

1 FIGURE OUT WHAT MATTERS TO YOU.

What is success? What gives your life meaning? Where do you want to be in one month? One year? A decade from now?

EXAMPLE:

Raise G.P.A. to 3.0 or higher; research summer internships by April; enter 3 works in the art show next fall; graduate; go to college; start my own business; raise a family...

MONTHLY GOALS
-Improve English mark by 10%.
-Volunteer work at hospital.

2 SET YOUR GOALS.

Be specific—If a goal is vague, you will never know if you've achieved it. Choose a goal that lets you track your progress and ultimately evaluate your success.

EXAMPLE:

Unspecific: I want to do better in school.

Specific: My grade goals this semester are History A, Biology B, Art A.

Be realistic—Challenge yourself, but don't set yourself up for failure. Set a goal that you know you can reach, but only with dedication and effort.

EXAMPLE:

Unrealistic: I want to be an N.B.A. star this year.

Realistic: I want to make the J-V basketball team this October.

Set a deadline—The pursuit of perfection never ends, because perfection is impossible to reach. Decide when you will stop, evaluate your accomplishments, and move on to new goals.

EXAMPLE:

No deadline: I want to read more and improve my vocabulary.

Deadline: I want to read four books by January and learn ten new words each week until then.

3 WRITE THEM DOWN.

When you put them on paper, you no longer have dreams—you have goals.

MAKE TODAY COUNT®

The best part about developing a plan ahead of time is that you don't have to decide how to pursue your goal each day. Simply consult your TimeTracker and "make TODAY count" by doing what you have written down. This lets you focus your energy on each step instead of the miles ahead. Visualize the positive impact of reaching your goal, but don't overwhelm yourself by dwelling on how far you still may have to go.

Remember, a plan that isn't flexible is rarely effective. When setbacks occur, don't be too hard on yourself or get discouraged. Learn from the experience, revise your plan as needed, and get back on track as quickly as possible.

For additional encouragement and support, share your goals with people you care about. You might also think of ways to reward yourself, both along the way and when you finally achieve your goal.

MONDAY

22 DAY 5

Math Ch. 2 prob. #1-15

History—Read Ch. 2,3

English—Review sentence structure Ch.1-13

Finish *Of Mice and Men*—start book report

GETTING STARTED

TAKE OWNERSHIP OF YOUR TIME TRACKER

- Write your name and other identifying information in your TimeTracker.
- List your friends' phone numbers and e-mail addresses in the back of your TimeTracker.
- Use the monthly grids to record upcoming school activities, birthdays, and special events for the year.
- Set one or more written goals on the September monthly page.

DEVELOP A REGULAR TIME TRACKER ROUTINE

- Carry it everywhere—Make the commitment to bring your TimeTracker to class every day and home each night.
- Write everything down—As soon as you know about a new assignment, quiz, test, appointment, etc., write it down in your TimeTracker. This will reduce anxiety over forgetting something and free your mind for more important matters.
- Work by priorities—Refer to your TimeTracker regularly and keep asking yourself, "What is the best use of my time right now?" Focus all of your attention on the most important task until it is completed, and then move on to the next one.
- Monitor your progress—As you complete each task, check it off in your TimeTracker and enjoy the feeling of accomplishment. At the end of the day move any unfinished items forward to another day.

KEEP TRYING NEW IDEAS

With time you will discover even better ways to use your TimeTracker. Have fun developing the best organizational system for your unique personality.

STUDY SKILLS



Listening

- Concentrate on your teacher.
- Tune out noise/talking.
- Listen for the main ideas.
- Use the 5 W's and 1H to focus your ears:
What? Why? Where? When? Who? How?
- Be alert for the speaker's feelings and style.



Taking notes

- Do not write down everything.
- Write down important ideas and supporting facts.
- Use your own words, not your teacher's.
- Learn different note-taking methods.
 - mapping
 - outlining
- Keep notes organized by dating and numbering pages.
- Keep all notes for a class in one place.

Tip: Listen 80% and write 20% of the time.

Remembering



- Quickly review what you're learning in each class daily and weekly.
- Summarize important chapters, lectures, or discussions. Just doing this will help you remember.
- Apply what you're learning as soon as possible.
- Study with friends if you can stay on topic. Ask questions and answer their questions.
- Learn memory aid techniques to trigger recall.

Tip: Short, repeated study periods work better than one long cram session.



Workplace

- Work in the same place as much as possible.
- Keep your workplace clean and uncluttered.
- Make sure you have good lighting to avoid tired eyes and drowsiness.
- Use a firm, straight chair.
- Don't do homework in front of the TV!
- Quiet music may help, or it may just distract you. Choose what's best and stick to it.

TEST SKILLS



Get Ready,

- Find out what kind of test you're getting (multiple choice, essay-type).
- Avoid cramming.
- Set up a study schedule so you review everything well before the test. Use your agenda to keep track.
- Write out likely questions and answer them.
- Get enough rest the night before.
- Wear comfortable clothing.
- Take all the necessary tools: pens, pencils, erasers, calculator, hi-lighter, etc.

Tip: When you're well prepared, you experience less stress.



Get Set,

- Don't start writing as soon as you get the test.
- First, skim the exam to make sure you have it all.
- Then read the instructions.
- Hi-light key words like *discuss*, *compare*, *list* ...
- Quickly estimate how much time you have to answer questions.



Go!

- Answer easier questions first to boost your confidence.
- Read questions several times to be sure you understand exactly what is being asked.
- Never rush through questions in a panic. Be calm and pace yourself.
- Try to leave some time before the test is over to review and correct errors.
- If you run out of time on a certain question, leave some room and return to it later.

Multiple choice

- Don't guess unless there is no penalty for wrong answers.
- Before looking at the possible answers, try to form the answer in your mind.
- Don't change an answer that comes to mind first unless you're absolutely sure it's wrong.

Essay questions

- Always write answers in paragraph form unless a list is specifically asked for.
- Answer essay questions this way:
 - 1) Make a rough outline.
 - 2) Begin with a topic sentence that includes the key words of the question.
 - 3) Support your position with specific examples and detailed information.
 - 4) Conclude by very briefly summing up your answer.

CAREER

CAREER POSSIBILITIES

Work. It's where and how you'll probably be spending 80,000 hours or more of your future life. So doesn't it make sense to put some thought into your eventual career now?

What your adult working-self could become has a lot to do with who you are right now. Ask yourself: what gives you a charge, what are you good at? Think about your talents, interests, and accomplishments. Maybe talk to people who know you well. Take your school's aptitude test seriously.

Now check out the following charts of possible careers to see how your skills and interests match up with different areas of study and jobs. Does anything catch your eye? Talk to people in the field, or read up on them in books and trade journals. Surf the Net! A few career web sites include xap.com and jobfutures.ca.

Need more information? Talk to someone in your school's guidance department. Think of the time you spend exploring and planning now as an investment—one which will pay off in the future by ensuring that you find an enjoyable and challenging way to spend those 80,000 hours!

MAJORS/ FOCUSES OF STUDY	INTEREST PROFILE Do you like to...	IMMEDIATE EMPLOYMENT OR SOME TRAINING	CERTIFICATION, TRADE SCHOOL OR 2-YEAR COMMUNITY COLLEGE	4-YEAR COLLEGE/ UNIVERSITY <small>(Graduate Studies May Be Required)</small>
Business and Information Management  Extracurricular School Activities involving this major/focus of study: • Business Club • Debate Club • Junior Achievement • Technology/Computer Club	Work indoors? Work with numbers? Be organized and efficient? Convince people of your point of view? Be creative? Take risks?	Bank Teller Cashier Customer Service Rep. File Clerk Radio Dispatcher Receptionist Sales Rep.	Administrative Assistant Bookkeeper Building Contractor Computer Programmer Computer Support Tech. Court Reporter Food Services Manager Hotel Services Manager Insurance Agent Property Manager Real Estate Agent Retail Manager Travel Agent	Accountant Bank Officer Business Manager Business Executive Computer/Information Services Manager Financial Analyst Marketing Specialist Tax Attorney
Communications  Extracurricular School Activities involving this major/focus of study: • School Newspaper • Yearbook • Speech and Debate • Photography Club	Write? Debate? Work with computer graphics? Be creative? Speak in large groups?	Photographer Telecommunications Operator TV Production Clerk	Cartoonist Graphic Artist Radio/Music/TV Production Tech. Web Designer	Journalist Literary Editor Newspaper Editor Public Relations Consultant Technical Writer Television Anchorperson Television Reporter

MAJORS/ FOCUSES OF STUDY	INTEREST PROFILE Do you like to...	IMMEDIATE EMPLOYMENT OR SOME TRAINING	CERTIFICATION, TRADE SCHOOL OR 2-YEAR COMMUNITY COLLEGE	4-YEAR COLLEGE/ UNIVERSITY <small>(Graduate Studies May Be Required)</small>
<p>Community and Human Services</p> <p>Extracurricular School Activities involving this major/focus of study:</p> <ul style="list-style-type: none"> • Athletics • Foreign Language Club • Math Club • Science Club • Student Council • Student Leadership Club 	<p>Help people? Teach others? Seek answers to everyday questions? Work with young, older, or ill people? Prepare and serve food and beverages?</p>	<p>Bus Driver Child/Pre-school Caregiver Cook Food Services Worker Hospital Admissions Assistant Medical/Dental Receptionist Postal Services Worker Security Guard Truck Driver</p>	<p>Aesthetician Chef Dental Hygienist/Tech. Emergency Medical Tech. Hairstylist Firefighter Licensed Practical/Vocational Nurse Massage Therapist Medical Lab/X-Ray Tech. Medical Records Tech. Paralegal Assistant Pharmacy Tech. Physical Trainer Physical Therapy Assistant Pilot</p>	<p>Attorney Chiropractor Commercial Airline Pilot Dentist Law Enforcement Officer Minister Occupational Therapist Optometrist Pharmacist Physician Psychologist Physical Therapist School Principal/Teacher Social Worker Speech Therapist/Audiologist</p>
<p>Engineering and Technical Sciences</p> <p>Extracurricular School Activities involving this major/focus of study:</p> <ul style="list-style-type: none"> • Science Club • Math Club • Student Government • Technology/Computer Club • Technology Student Association 	<p>Solve problems? Repair things? Work with machinery? Think logically? Do math and science? Program or operate computers? Assemble and build things?</p>	<p>Assembler Construction Worker Floor Covering Installer Forklift Operator Locksmith Machinist Mechanic Plumber Oil Field Worker Road Maintenance Worker Telecommunications Installer Welder</p>	<p>Audiovisual Tech. Draftsman Electrician Electronics Repair Tech. Surveyor</p>	<p>Aerospace Engineer Architect Astronaut Automotive Engineer Chemical Engineer Civil Engineer Computer Systems Analyst Computer Engineer Electrical Engineer Mathematician Mechanical Engineer Petroleum Engineer Physicist Statistician</p>
<p>Environmental and Natural Sciences</p> <p>Extracurricular School Activities involving this major/focus of study:</p> <ul style="list-style-type: none"> • Environmental Club • Outdoor Club 	<p>Study science? Study math? Work with plants? Work with animals? Participate in environmental concerns? Help others with your knowledge?</p>	<p>Agricultural Worker Animal Handler/Trainer Boat Deckhand Fisherman Groundskeeper Horticultural Worker Logger Outdoor Guide Pest Controller Sanitation Worker</p>	<p>Biological Tech. Floral Designer Landscape Veterinary Assistant</p>	<p>Archaeologist Astronomer Biologist Botanist Environmental Educator Forester Geologist Horticulturist Meteorologist Park Naturalist Selenologist Veterinarian Volcanologist</p>
<p>Fine Arts</p> <p>Extracurricular School Activities involving this major/focus of study:</p> <ul style="list-style-type: none"> • Art Club • Band • Chorus • Dance Club • Drama Club • Literary Clubs 	<p>Write? Perform? Paint? Dance? Be creative? Play musical instruments? Be in plays?</p>	<p>Actor Artist Dancer Makeup Artist Musician Singer Stunt Artist</p>	<p>Author/Writer Dance Instructor Fashion Designer Interior Designer Playwright</p>	<p>Art Therapist Fine Arts Teacher Music Composer Orchestra Conductor</p>



1 Topic

What are you going to write about?

Sometimes the topic is determined for you. If not, write about something that interests you.

NARROW YOUR TOPIC

- After you know your topic, narrow it to a manageable size.
Large Mammals
Large Mammals of North America
North American Black Bears
Habitat of North American Black Bears

FOCUS YOUR WRITING ON A MAIN IDEA OR ARGUMENT

- Develop a thesis statement that briefly expresses your point of view.
The natural habitat of North American black bears is being lost to development at an alarming rate.

How will you write?

2 Strategy



WHAT IS THE PURPOSE OF YOUR WRITING?

- You can write to inform, to persuade, to entertain, or to instruct.
- Deciding what the purpose of your writing is will give you insight into how to write.
If you are writing to persuade, you might include examples that prove or give support to your claim.

WHO IS YOUR INTENDED AUDIENCE?

- You write differently depending on audience (e.g., friend vs. employer).
- Adjust your style and language for each audience.
- If you want to persuade, know your audience's position/beliefs.

WHAT POINT OF VIEW WILL YOU USE?

- Generally, pick a point of view and stick with it.

NONFICTION

- You can write with your own voice or without:
With: Based on this evidence, I conclude ...
Without: Based on this evidence, it is possible to conclude ...

FICTION

- You can write in either the first person or the third person.
First: I walked down the street ...
Third: She walked down the street ...

WHAT FORM WILL YOU GIVE YOUR WRITING?

- Different forms (e.g., essay, book review) have different requirements.
- Ask your teacher what form (or genre) you should write in.

What information do you need?

3 Content



RESEARCH YOUR TOPIC THOROUGHLY

- Start general—encyclopedias, CD-ROMs—to get a broad view of the topic.
- Go specific—books, magazines, Internet, interviews—to get more detail.

TAKE NOTES AS YOU GO

- Write down relevant information.
- Don't write down everything. Taking too many notes just

Tip: When you take notes, immediately jot down the title of the work, the author, the publisher, and the date published. This saves time later!

drowns you in information, making it harder for you to write a coherent paper in which everything fits together.

MAKE AN OUTLINE

- As you take notes, form general ideas about your topic.
- Take those ideas and make a general outline of your paper. Write down each main idea, then organize them. Make sure they all fit in place.

Finally, it's time for the real work!

4 Writing



WRITE YOUR FIRST DRAFT

- Begin with a brief, interesting introduction.
- Include your thesis statement.
- Develop each paragraph in turn as a whole. For interest, vary the lengths.
- Make sure each paragraph is linked to the next (and the previous).
- Use your best arguments at the beginning and near the end.
- Close with a restatement of your original thesis.

REVISE YOUR DRAFT

- Read it out loud slowly, listening for awkward words/sentences.
- Proofread for spelling and grammatical errors.
- Take out redundant phrases (ones that repeat what has already been said).
- Make sure the sentences have enough variety to keep readers interested.
- Check that all your paragraphs provide meaningful information.
- Clear up any vague or ambiguous sentences.

WRITE THE FINAL DRAFT

- Make it look good!



Documentation

- Find out what method(s) of documentation your teacher prefers.

GENERAL RESOURCES

EIGHT PARTS OF SPEECH

NOUNS

Common Nouns | refer to any place, person, thing, or idea> woman / country

Proper Nouns | refer to any particular place, person, thing or idea> Greta / Israel

EXAMPLE:

PRONOUNS / take the place of a noun.

Nominative case | for the subject of a sentence/clause> He went to bed.

Possessive case | shows ownership> The waterbed is his.

Objective case | receives action, or is after a preposition> They sold him a leaky waterbed.

VERBS / show action or state of being, and the time of that action or state.

PAST: She waited in the car.

PRESENT: She needs gas now.

FUTURE: She will enjoy her trip.

ADJECTIVES / describe nouns and specify size, color, number, and so on. This is called modifying.> A small light showed in the upper window of the old factory.

ADVERBS / describe verbs, adjectives, or other adverbs, and specify in what manner, when, where, and how much.> He whimpered miserably as the doctor injected the antidote. It hurt much more than he expected.

PREPOSITIONS / show how a noun or pronoun is related to another word in a sentence.> A dog lives in my garage.

Note: prepositions can also be used as adverbs.> **PREP:** The dog jumped up my leg.

ADV: The dog jumped up.

CONJUNCTIONS / join words, phrases, or clauses.

Coordinating conjunctions | connect elements of the same value> Take the cookie and eat it.

Subordinating conjunctions | join a main clause and a dependent (subordinate) clause> The cookie is overdone because the timer was slow.

INTERJECTIONS / are sudden, interrupting words or phrases that are also known as exclamations. They are often signaled by an exclamation mark.> Aha! There you are.
But then, alas, he tripped and fell.

SPELLING RULES

I before E, Except after C —
Or when sounded as A,
As in neighing and weigh.

Final consonants are not doubled when the word ends in more than one consonant.

EXAMPLE:

conform conformed conforming
help helped helping

When words end in soft ce or ge, keep the g before able and ous.

EXAMPLE:

advantageous changeable chargeable
courageous enforceable manageable
noticeable outrageous peaceable

When verbs end in ie, change the ending to y before adding ing.

EXAMPLE:

die dying (but died) lie lying (but lied)
tie tying (but tied)

Drop the final **e** before a suffix beginning with a vowel.

EXAMPLE:

love + ing = loving
 Exceptions: canoe + ing = canoeing
 hoe + ing = hoeing

Keep the final **e** before a suffix beginning with a consonant.

EXAMPLE:

care + ful = careful
 Exceptions: true + ly = truly
 argue + ment = argument

Final consonants may or may not be doubled when the accent is thrown forward. The American tendency is not to double the final consonant; British and Canadian usage is to double it.

EXAMPLE:

benefit	benefiting	or	benefitting
	benefited	or	benefitted
cancel	canceled	or	cancelled
	canceling	or	cancelling
travel	traveled	or	travelled
	traveling	or	travelling

Note: If in doubt, check it out!

PUNCTUATION

PERIOD / Put a period at the end of a:

- declarative sentence> Rain is wet.
- indirect question> She wondered what was wrong.
- imperative sentence that does not express strong emotion> Sign and return the application form at your convenience.

EXAMPLE:

COMMA / Use a comma to separate words and phrases in a series.

- Most writers now do use a comma before an *and* that connects the last two words of a series. Some prefer to omit that comma, however.> He's ready to go, but wait for me. Her hobbies were reading, watching old movies, driving, and running.

- SEMICOLON** / Use a semicolon between clauses in a compound sentence when the conjunction is omitted or when the connection is close.> The statistical evidence is there; it cannot be denied.

COLON / Use a colon to:

- begin a list> He studied three subjects: Biology, Chemistry, and English.
- formally introduce a statement> She stated: "I never saw the IBM contract."

- QUOTATION MARKS** / Use double quotation marks around a direct quotation.> He said, "Go away."
- Do not use quotation marks for indirect statements.> She said that she was happy.

APOSTROPHE / Use an apostrophe for:

- contractions> It's all right. (for *it is*)
- the possessive case of a noun> That is Bart's dog.

- QUESTION MARK** / Use the question mark for ... questions!!> What on earth do you mean?

- EXCLAMATION POINT** / Express strong feeling with an exclamation point.> That's crazy!

GENERAL RESOURCES

UNITS OF MEASUREMENT

Metric system			English system	
mm	millimeter	.001 m	1 foot (ft)	= 12 inches (in)
cm	centimeter	.01 m		1' = 12"
dm	decimeter	.1 m	1 yard (yd)	= 3 feet
m	meter	1 m	1 mile (mi)	= 1760 yards
dam	decameter	10 m	1 sq. foot	= 144 sq. inches
hm	hectometer	100 m	1 sq. yard	= 9 sq. feet
km	kilometer	1000 m	1 acre	= 4840 sq. yards = 43560 ft ²
			1 sq. mile	= 640 acres
			1 tablespoon (T)	= 3 teaspoons (t)
			1 cup (c)	= 16 tablespoons
			1 pint (pt)	= 2 cups
			1 quart (qt)	= 2 pints
			1 gallon (gal)	= 4 quarts
			16 ounces (oz)	= 1 pound (lb)
			1 ton	= 2000 pounds

Note: Prefixes also apply to l (liter) and g (gram). Canadian preferred spelling: metre, litre.

CONVERSIONS

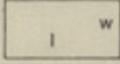
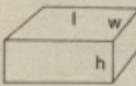
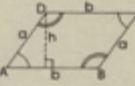
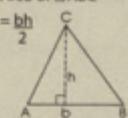
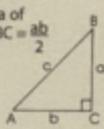
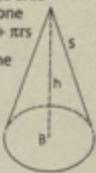
Length / Area				Length / Area							
to go from	to	multiply by	to go from	to	multiply by	to go from	to	multiply by			
cm	→	in	0.3937	in	→	cm	2.54	g	→	oz	0.0353
m	→	ft	3.2808	ft	→	m	0.3048	kg	→	lb	2.2046
km	→	mi	0.6214	mi	→	km	1.609	t	→	T	1.1023
m ²	→	ft ²	10.76	ft ²	→	m ²	0.0929	ml	→	fl oz	0.0338
km ²	→	mi ²	0.3861	mi ²	→	km ²	2.59	L	→	gal	0.2642
								oz	→	g	28.35
								lb	→	kg	0.4536
								T	→	t	0.9072
								fl oz	→	ml	29.575
								gal	→	L	3.785

Common Units used with the International System

UNITS OF MEAS.	ABBREV.	RELATION	UNITS OF MEAS.	ABBREV.	RELATION
meter	m	length	degree Celsius	°C	temperature
hectare	ha	area	kelvin	K	thermodynamic temp.
tonne	t	mass	pascal	Pa	pressure, stress
kilogram	kg	mass	joule	J	energy, work
nautical mile	M	distance (navigation)	newton	N	force
knot	kn	speed (navigation)	watt	W	power, radiant flux
liter	L	volume or capacity	ampere	A	electric current
second	s	time	volt	V	electric potential
hertz	Hz	frequency	ohm	Ω	electric resistance
candela	cd	luminous intensity	coulomb	C	electric charge

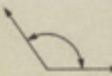
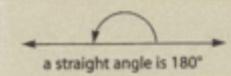
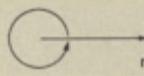
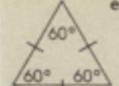
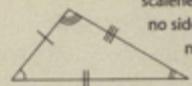
GEOMETRY

FORMULAS

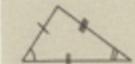
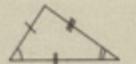
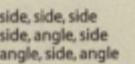
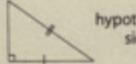
 <p>Perimeter = 2(l + w) Area = lw</p>	 <p>Volume = lwh</p>	 <p>Area of ABCD = bh</p>	 <p>Area of Δ ABC = $\frac{bh}{2}$</p>	 <p>Circumference of a circle = 2πr Area of a circle = πr²</p>
<p>Pythagorean theorem: c² = a² + b² Area of Δ ABC = $\frac{ab}{2}$</p> 	<p>Surface area of a sphere = 4πr²</p>  <p>Volume of a sphere = $\frac{4\pi r^3}{3}$</p>	<p>Surface area of a cylinder = 2πrh + 2πr²</p>  <p>Volume of cylinder = πr²h</p>	<p>Surface area of a cone = πr² + πrs Volume of a cone = $\frac{Bh}{3}$</p> 	<p>Volume of a pyramid = $\frac{Bh}{3}$ B = area of base</p> 

MATHEMATICS

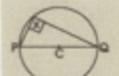
ANGLES AND TRIANGLES

 a right angle is 90°	 an acute angle is less than 90°	 an obtuse angle is more than 90° but less than 180°
 a straight angle is 180°	 1 complete angle of rotation = 360°	two complementary angles - add up to 90° two supplementary angles - add up to 180°
 equilateral triangle 3 sides of equal length, 3 angles of 60° each	 isosceles triangle 2 sides of equal length, base angles are equal	 scalene triangle no sides equal, no angles equal

CONGRUENCY CASES

 side, side, side	 side, angle, side	 angle, side, angle	 hypotenuse, side
--	---	--	---

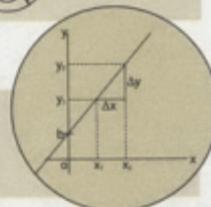
CIRCLE THEOREMS

 $\angle x = 90^\circ$ PQ is a diameter	 $\angle a = \angle b$ angles subtended on the same arc AB	 C is the center of the circle
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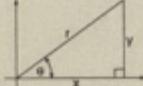
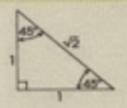
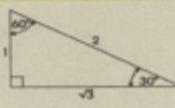
TRIGONOMETRY SLOPES

Equation of a straight line

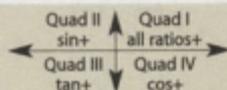
$y - y_1 = m(x - x_1)$ or $y = mx + b$
 where $m = \text{slope} = \frac{\text{rise}}{\text{run}} = \frac{\Delta y}{\Delta x} = \frac{y_2 - y_1}{x_2 - x_1}$ where $m = \text{slope}$, $b = y\text{-intercept}$



TRIGONOMETRIC RATIOS

$\sin \theta = \frac{y}{r}$ (opposite/hypotenuse) = $1/\csc \theta$		$\tan \theta = \frac{\sin \theta}{\cos \theta}$	$1 + \cot^2 \theta = \csc^2 \theta$
$\cos \theta = \frac{x}{r}$ (adjacent/hypotenuse) = $1/\sec \theta$		$\sin^2 \theta + \cos^2 \theta = 1$	$\cos^2 \theta - \sin^2 \theta = \cos 2\theta$
$\tan \theta = \frac{y}{x}$ (opposite/adjacent) = $1/\cot \theta$		$1 + \tan^2 \theta = \sec^2 \theta$	
 $\sin 45^\circ = \frac{1}{\sqrt{2}}$ $\cos 45^\circ = \frac{1}{\sqrt{2}}$ $\tan 45^\circ = 1$		$\sin 30^\circ = \frac{1}{2}$ $\cos 30^\circ = \frac{\sqrt{3}}{2}$ $\tan 30^\circ = \frac{1}{\sqrt{3}}$	$\sin 60^\circ = \frac{\sqrt{3}}{2}$ $\cos 60^\circ = \frac{1}{2}$ $\tan 60^\circ = \sqrt{3}$
$\sin(A+B) = \sin A \cos B + \cos A \sin B$	$\cos(A+B) = \cos A \cos B - \sin A \sin B$	$\tan(A+B) = \frac{\tan A + \tan B}{1 - \tan A \tan B}$	
$\sin(A-B) = \sin A \cos B - \cos A \sin B$	$\cos(A-B) = \cos A \cos B + \sin A \sin B$	$\tan(A-B) = \frac{\tan A - \tan B}{1 + \tan A \tan B}$	

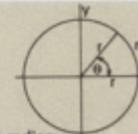
CAST



VALUE OF TRIG RATIO

θ	0	$\frac{\pi}{2}$	π	$\frac{3\pi}{2}$	2π
$\sin \theta$	0	1	0	-1	0
$\cos \theta$	1	0	-1	0	1
$\tan \theta$	0	∞	0	$-\infty$	0

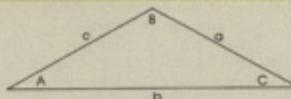
∞ undefined (infinite)



$\theta = 1$ radian
 2π radians = 360°

COSINE LAW:

$a^2 = b^2 + c^2 - 2bc \cos A$
 $b^2 = a^2 + c^2 - 2ac \cos B$
 $c^2 = a^2 + b^2 - 2ab \cos C$



GENERAL RESOURCES

ALGEBRA

EXPANDING

$a(b+c) = ab + ac$
$(a-b)^2 = a^2 - 2ab + b^2$
$(a+b)^2 = a^2 + 2ab + b^2$
$(a+b)(c+d) = ac + ad + bc + bd$
$(a+b)^3 = a^3 + 3a^2b + 3ab^2 + b^3$
$(a-b)^3 = a^3 - 3a^2b + 3ab^2 - b^3$

FACTORING

$a^2 - b^2 = (a+b)(a-b)$
$a^2b - ab = ab(a+1)(a-1)$
$a^2 + 2ab + b^2 = (a+b)^2$
$a^2 + b^2 = (a+b)(a^2 - ab + b^2)$
$a^2 - 2ab + b^2 = (a-b)^2$
$a^3 - b^3 = (a-b)(a^2 + ab + b^2)$

ROOTS OF A QUADRATIC

The solution for a quadratic equation $ax^2 + bx + c = 0$ is given by the quadratic formula

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

LAW OF EXPONENTS / If $a, b \in \mathbb{R}, a, b \geq 0$, and p, q, r, s are $\in \mathbb{Q}$, then:

1 $a^p a^q = a^{p+q}$	} $\frac{a^p a^q}{a^r} = a^{p+q-r}$	3 $(a^p)^q = a^{pq}$	5 $\left(\frac{a}{b}\right)^p = \frac{a^p}{b^p} (b \neq 0)$	7 $a^{-p} = \frac{1}{a^p} (a \neq 0)$
2 $\frac{a^p}{a^q} = a^{p-q}$		4 $(ab)^p = a^p b^p$	6 $a^0 = 1 (a \neq 0)$	8 $a^p = \sqrt[p]{a^p}$ $a^{\frac{1}{p}} = \sqrt[p]{a}$ $a^{\frac{1}{q}} = \sqrt[q]{a}$

LOGARITHMS • EXAMPLE:

$\text{Log}(xy) = \text{Log } x + \text{Log } y$	$\text{Log}\left(\frac{x}{y}\right) = \text{Log } x - \text{Log } y$	$\text{Log } x^r = r \text{Log } x$
$\text{Log } x = n \leftrightarrow x = 10^n$ (Common log)	$\text{Log}_a x = n \leftrightarrow x = a^n$ (Log to the base a)	
$\text{Ln } x = n \leftrightarrow x = e^n$ (Natural log)	$\pi = 3.14159265$	$e = 2.71828183$

PHYSICS EQUATIONS

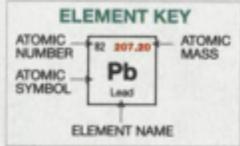
$D = \frac{m}{V}$	D density m mass $\left(\frac{1\text{g}}{\text{cm}^3} = \frac{1000\text{kg}}{\text{m}^3}\right)$ V volume	$P = \frac{W}{t}$	P power W (=Watt) W work J t time s
$d = vt$	d total distance m v average velocity $\frac{\text{m}}{\text{s}}$ t time s	$\text{K.E.} = \frac{1}{2}mv^2$	K.E. kinetic energy J m mass kg v velocity $\frac{\text{m}}{\text{s}}$
$a = \frac{v_f - v_i}{t}$	a acceleration $\frac{\text{m}}{\text{s}^2}$ v_f final velocity $\frac{\text{m}}{\text{s}}$ v_i initial velocity $\frac{\text{m}}{\text{s}}$ t time s	$F_e = \frac{kq_1q_2}{d^2}$	F_e electrical force N k Coulomb's constant $(k = 9 \times 10^9 \frac{\text{Nm}^2}{\text{C}^2})$ q_1, q_2 are electrical charges C d separation distance m
$d = v_i t + \frac{1}{2}at^2$	d distance m v_i initial velocity $\frac{\text{m}}{\text{s}}$ t time s a acceleration $\frac{\text{m}}{\text{s}^2}$	$V = \frac{W}{q}$	V electrical potential difference V (= Volt) W work done J q electric charge C
$F = ma$	F net force N (= Newton) m mass kg a acceleration $\frac{\text{m}}{\text{s}^2}$	$I = \frac{Q}{t}$	I electric current A (= Ampère) Q electric charge flowing C t time s
$F_g = \frac{Gm_1m_2}{d^2}$	F_g force of gravity N G universal gravitational constant $(G = 6.67 \times 10^{-11} \frac{\text{Nm}^2}{\text{kg}^2})$ m_1, m_2 masses of the two objects kg d distance between centers m	$W = VIt$	W electrical energy J V voltage V I current A t time s
$p = mv$	p momentum $\frac{\text{kg} \cdot \text{m}}{\text{s}}$ m mass kg v velocity $\frac{\text{m}}{\text{s}}$	$P = VI$	P power W V voltage V I current A
$W = Fd$	W work J (=Joule) F force N d distance m	$q = m \cdot c \cdot \Delta T$	q energy transfer J m mass kg ΔT change in temperature $^{\circ}\text{C}$ c specific heat capacity $\frac{\text{J}}{\text{kg} \cdot ^{\circ}\text{C}}$

PERIODIC TABLE OF THE ELEMENTS



MATHEMATICS | PHYSICS | PERIODIC TABLE

1																	18				
1	1.01																	4.00			
	H																	He			
	Hydrogen																	Helium			
2	3	4															10	18			
	Li	Be															Ne				
	Lithium	Beryllium															Neon				
3	11	12	13	14	15	16	17									18					
	Na	Mg	Al	Si	P	S	Cl	Ar									Ar				
	Sodium	Magnesium	Aluminum	Silicon	Phosphorus	Sulfur	Chlorine	Argon									Argon				
4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36			
	K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr			
	Potassium	Calcium	Scandium	Titanium	Vanadium	Chromium	Manganese	Iron	Cobalt	Nickel	Copper	Zinc	Gallium	Germanium	Arsenic	Selenium	Bromine	Krypton			
5	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54			
	Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe			
	Rubidium	Strontium	Yttrium	Zirconium	Niobium	Molybdenum	Technetium	Ruthenium	Rhodium	Palladium	Silver	Cadmium	Indium	Tin	Antimony	Tellurium	Iodine	Xenon			
6	55	56											81	82	83	84	85	86			
	Cs	Ba											Tl	Pb	Bi	Po	At	Rn			
	Cesium	Barium											Thallium	Lead	Bismuth	Polonium	Astatine	Radon			
7	87	88											113	114	115	116	117	118			
	Fr	Ra											Uuq	Uuh			Uue	Uuo			
	Francium	Radium											Ungarion	Unhexium			Unseptium	Unoctium			
		6																		7	
			La	Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu				
			Lanthanum	Cerium	Praseodymium	Neodymium	Promethium	Samarium	Europium	Gadolinium	Terbium	Dysprosium	Holmium	Erbium	Thulium	Ytterbium	Lutetium				
			Ac	Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr				
			Actinium	Thorium	Protactinium	Uranium	Neptunium	Plutonium	Americium	Curium	Berkelium	Californium	Einsteinium	Fermium	Mendelevium	Nobelium	Lawrencium				



RADIOACTIVE ELEMENTS
 Elements 43, 61, and 84 through 112 are radioactive. Elements beyond 109 have been identified by independent researchers but have not been formally recognized by the International Union of Pure and Applied Chemistry (IUPAC). When recognized, new elements will be added to this chart. The most stable isotope is listed inside parentheses for radioactive elements.

LEGEND

- METALS (Yellow)
- TRANSITION METALS (Green)
- INNER TRANSITION METALS (Light Green)
- METALLOIDS/ SEMIMETALS (Light Green)
- NOBLE GASES (Light Blue)
- NONMETALS (Purple)
- UNKNOWN ELEMENTS (Grey)

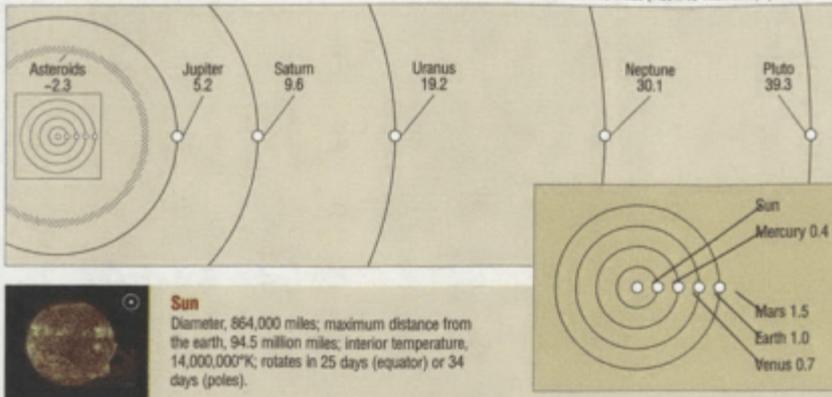
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GENERAL RESOURCES

SOLAR SYSTEM

PLANETARY DISTANCES

The average distances of the planets from the Sun. The numbers in the diagram are astronomical units (AU), i.e., based on the average distance between the Earth and the Sun: 1 AU = 93.0 x 10⁶ miles (1.50 x 10⁸ kilometers). (Not to scale.)



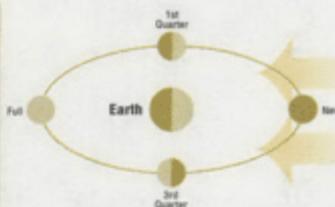
Sun
Diameter, 864,000 miles; maximum distance from the earth, 94.5 million miles; interior temperature, 14,000,000°K; rotates in 25 days (equator) or 34 days (poles).

PLANETARY STATISTICS

PLANET	DIAMETER	DISTANCE FROM SUN*	ROTATIONAL PERIOD
	<i>Inner Planet</i> 3,031 mi 4,878 km	<i>Inner Planet</i> 36.0 mi 57.9 km	58.64 days
	<i>Inner Planet</i> 7,521 mi 12,104 km	<i>Inner Planet</i> 67.2 mi 108.1 km	243 days (retrograde)
	<i>Inner Planet</i> 7,926 mi 12,756 km	<i>Inner Planet</i> 92.9 mi 149.5 km	23 hrs, 56 min, 4.1 sec
	<i>Inner Planet</i> 4,217 mi 6,787 km	<i>Inner Planet</i> 141.5 mi 227.9 km	24 hrs, 37 min, 22.3 sec
	<i>Outer Planet</i> 88,730 mi 142,800 km	<i>Outer Planet</i> 483.3 mi 778.3 km	9 hrs, 50 min (equatorial) 9 hrs, 55 min (polar)
	<i>Outer Planet</i> 74,900 mi 126,540 km	<i>Outer Planet</i> 886.2 mi 1,427.0 km	10 hrs, 39 min
	<i>Outer Planet</i> 31,763 mi 51,118 km	<i>Outer Planet</i> 1,783.1 mi 2,869.6 km	17 hrs, 54 min
	<i>Outer Planet</i> 30,775 mi 49,528 km	<i>Outer Planet</i> 2,794.0 mi 4,496.6 km	19 hrs, 12 min
	<i>Outer Planet</i> 1,430 mi 2,300 km	<i>Outer Planet</i> 3,666.0 mi 5,900.0 km	6 days, 9 hrs

Note: Photos of planets are not proportionally to scale.

PHASES OF THE MOON



TEMPERATURE CONVERSIONS

• FAHRENHEIT TO CELSIUS:

$$C = (F - 32) \times .555$$

• CELSIUS TO FAHRENHEIT:

$$F = (C \times 1.8) + 32$$

• CELSIUS TO KELVIN:

$$K = C + 273.15$$

Water boils*212°F100°C

Body temperature.....98.6°F37°C

Room temperature.....72°F22°C

Water freezes*32°F0° C

Absolute zero**-459.67°F.....-273.15°C

*at sea level

**hypothetically the lowest possible temperature



U.S. PRESIDENTS

1. George Washington 1789-1797
2. John Adams 1797-1801
3. Thomas Jefferson 1801-1809
4. James Madison 1809-1817
5. James Monroe 1817-1825
6. John Quincy Adams 1825-1829
7. Andrew Jackson 1829-1837
8. Martin Van Buren..... 1837-1841
9. William H. Harrison..... 1841
10. John Tyler..... 1841-1845
11. James Knox Polk 1845-1849
12. Zachary Taylor 1849-1850
13. Millard Fillmore 1850-1853
14. Franklin Pierce 1853-1857
15. James Buchanan 1857-1861
16. Abraham Lincoln..... 1861-1865
17. Andrew Johnson..... 1865-1869
18. Ulysses S. Grant 1869-1877
19. Rutherford B. Hayes 1877-1881
20. James A. Garfield 1881

21. Chester A. Arthur..... 1881-1885
22. Grover Cleveland..... 1885-1889
23. Benjamin Harrison 1889-1893
24. Grover Cleveland..... 1893-1897
25. William McKinley..... 1897-1901
26. Theodore Roosevelt..... 1901-1909
27. William H. Taft..... 1909-1913
28. Woodrow Wilson..... 1913-1921
29. Warren G. Harding..... 1921-1923
30. Calvin Coolidge..... 1923-1929
31. Herbert C. Hoover 1929-1933
32. Franklin D. Roosevelt 1933-1945
33. Harry S. Truman 1945-1953
34. Dwight D. Eisenhower 1953-1961
35. John F. Kennedy..... 1961-1963
36. Lyndon B. Johnson 1963-1969
37. Richard M. Nixon 1969-1974
38. Gerald R. Ford 1974-1977
39. Jimmy E. Carter..... 1977-1981
40. Ronald W. Reagan 1981-1989
41. George H.W. Bush 1989-1993
42. William J. Clinton 1993-2001
43. George W. Bush Jr..... 2001-

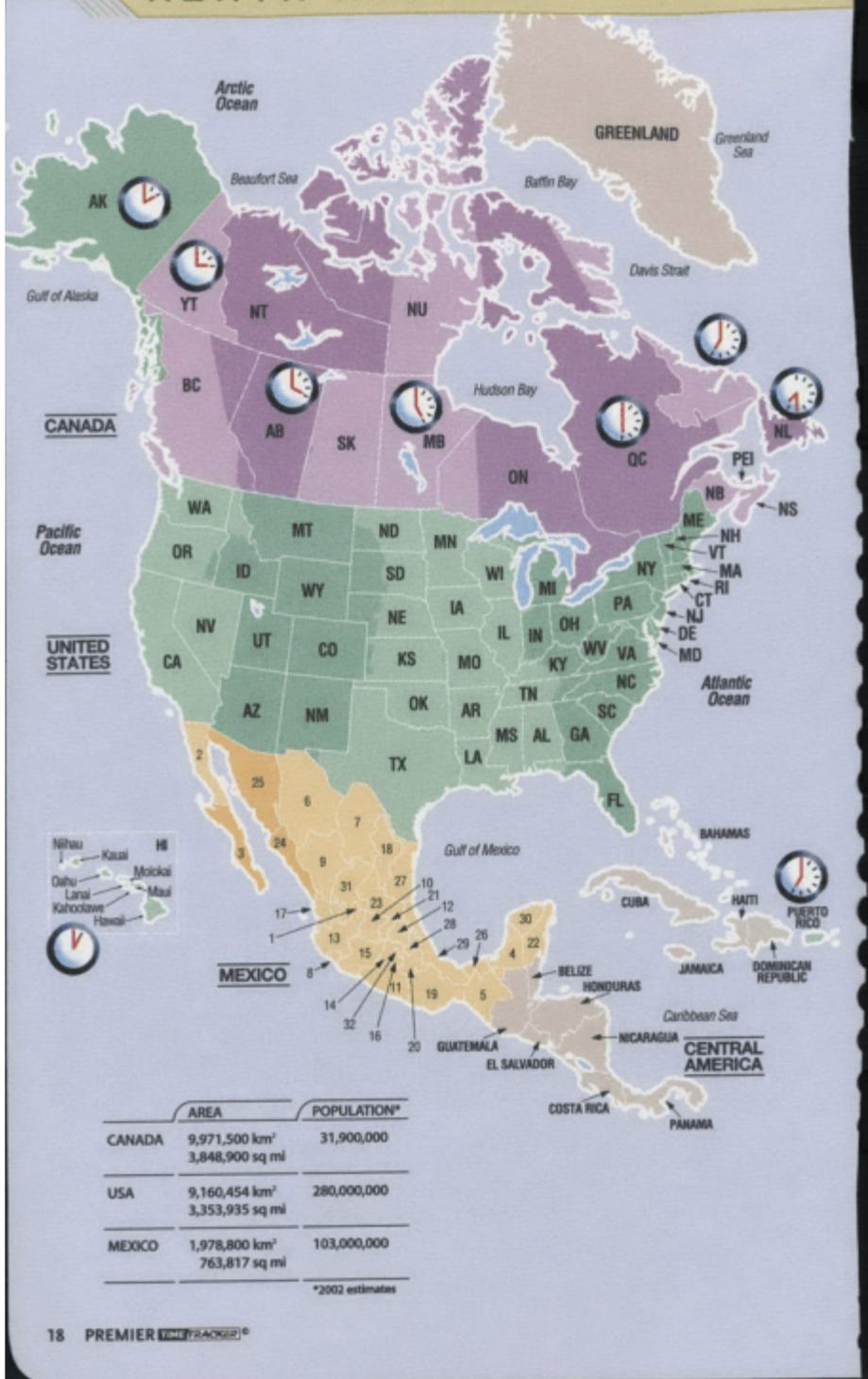


CANADIAN PRIME MINISTERS

1. Sir John A. Macdonald 1867-1873
2. Alexander Mackenzie 1873-1878
3. Sir John A. Macdonald 1878-1891
4. Sir John J.C. Abbott..... 1891-1892
5. Sir John S.D. Thompson..... 1892-1894
6. Sir Mackenzie Bowell 1894-1896
7. Sir Charles Tupper 1896
8. Sir Wilfred Laurier 1896-1911
9. Sir Robert L. Borden 1911-1920

10. Arthur Meighen..... 1920-1921
11. W.L. Mackenzie King..... 1921-1926
12. Arthur Meighen 1926
13. W.L. Mackenzie King..... 1926-1930
14. Richard B. Bennett..... 1930-1935
15. W.L. Mackenzie King..... 1935-1948
16. Louis St. Laurent 1948-1957
17. John G. Diefenbaker..... 1957-1963
18. Lester B. Pearson 1963-1968
19. Pierre Elliott Trudeau 1968-1979
20. Joseph Clark 1979-1980
21. Pierre Elliott Trudeau 1980-1984
22. John Turner 1984
23. Brian Mulroney 1984-1993
24. Kim Campbell 1993
25. Jean Chrétien 1993-2003
26. Paul Martin 2003-

NORTH AMERICA



CANADA | UNITED STATES | MEXICO

CANADA



Ottawa

10 Provinces / 3 TerritoriesCapital

AB	Alberta.....	Edmonton
BC	British Columbia.....	Victoria
MB	Manitoba.....	Winnipeg
NB	New Brunswick.....	Fredericton
NL	Newfoundland & Labrador.....	St. John's

NT	Northwest Territories.....	Yellowknife
NS	Nova Scotia.....	Halifax
NU	Nunavut.....	Iqaluit
ON	Ontario.....	Toronto
PEI	Prince Edward Island.....	Charlottetown
QC	Quebec.....	Quebec City
SK	Saskatchewan.....	Regina
YT	Yukon Territory.....	Whitehorse

UNITED STATES



Washington, D.C.

50 StatesCapital

AL	Alabama.....	Montgomery
AK	Alaska.....	Juneau
AZ	Arizona.....	Phoenix
AR	Arkansas.....	Little Rock
CA	California.....	Sacramento
CO	Colorado.....	Denver
CT	Connecticut.....	Hartford
DE	Delaware.....	Dover
FL	Florida.....	Tallahassee
GA	Georgia.....	Atlanta
HI	Hawaii.....	Honolulu
ID	Idaho.....	Boise
IL	Illinois.....	Springfield
IN	Indiana.....	Indianapolis
IA	Iowa.....	Des Moines
KS	Kansas.....	Topeka
KY	Kentucky.....	Frankfort
LA	Louisiana.....	Baton Rouge
ME	Maine.....	Augusta
MD	Maryland.....	Annapolis
MA	Massachusetts.....	Boston
MI	Michigan.....	Lansing
MN	Minnesota.....	St. Paul
MS	Mississippi.....	Jackson
MO	Missouri.....	Jefferson City

MT	Montana.....	Helena
NE	Nebraska.....	Lincoln
NV	Nevada.....	Carson City
NH	New Hampshire.....	Concord
NJ	New Jersey.....	Trenton
NM	New Mexico.....	Santa Fe
NY	New York.....	Albany
NC	North Carolina.....	Raleigh
ND	North Dakota.....	Bismarck
OH	Ohio.....	Columbus
OK	Oklahoma.....	Oklahoma City
OR	Oregon.....	Salem
PA	Pennsylvania.....	Harrisburg
RI	Rhode Island.....	Providence
SC	South Carolina.....	Columbia
SD	South Dakota.....	Pierre
TN	Tennessee.....	Nashville
TX	Texas.....	Austin
UT	Utah.....	Salt Lake City
VT	Vermont.....	Montpelier
VA	Virginia.....	Richmond
WA	Washington.....	Olympia
WV	West Virginia.....	Charleston
WI	Wisconsin.....	Madison
WY	Wyoming.....	Cheyenne
PR	Puerto Rico.....	San Juan

MEXICO



Mexico City

32 StatesCapital

1	Aguascalientes.....	Aguascalientes
2	Baja California.....	Mexicali
3	Baja California Sur.....	La Paz
4	Campeche.....	Campeche
5	Chiapas.....	Tuxtla Gutiérrez
6	Chihuahua.....	Chihuahua
7	Coahuila.....	Saltillo
8	Colima.....	Colima
9	Durango.....	Durango
10	Guanajuato.....	Guanajuato
11	Guerrero.....	Chilpancingo
12	Hidalgo.....	Pachuca
13	Jalisco.....	Guadalajara
14	Mexico.....	Toluca

15	Michoacan.....	Morelia
16	Morelos.....	Cuernavaca
17	Nayarit.....	Tepic
18	Nuevo León.....	Monterrey
19	Oaxaca.....	Oaxaca
20	Puebla.....	Puebla
21	Querétaro.....	Querétaro
22	Quintana Roo.....	Chetumal
23	San Luis Potosí.....	San Luis Potosí
24	Sinaloa.....	Culiacán
25	Sonora.....	Hermosillo
26	Tabasco.....	Villahermosa
27	Tamaulipas.....	Ciudad Victoria
28	Tlaxcala.....	Tlaxcala
29	Veracruz.....	Jalapa
30	Yucatán.....	Mérida
31	Zacatecas.....	Zacatecas
32	Federal District.....	Mexico City





PRIORITIES

SUNDAY

August 04

1

MONDAY

2

Civic Holiday (Can.)

TUESDAY

3

WEDNESDAY

4

THURSDAY

5

FRIDAY

6

SATURDAY

7

August 04

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY

8

MONDAY

9 DAY

AFTER SCHOOL

TUESDAY

10 DAY

AFTER SCHOOL

WEDNESDAY

11 DAY

AFTER SCHOOL

RESOLUTION

When we cannot change a situation, resolution comes through the way we choose to handle it within ourselves. GERALD COFFEE

THURSDAY

12 DAY

AFTER SCHOOL

FRIDAY

13 DAY

AFTER SCHOOL

SATURDAY

14

WEEKLY GOALS AND PRIORITIES



POINT TO PONDER

Attitudes are contagious.
Is yours worth catching?

August 04

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY
15

MONDAY
16 DAY

AFTER SCHOOL

TUESDAY
17 DAY

AFTER SCHOOL

WEDNESDAY
18 DAY

AFTER SCHOOL

MOTIVATION

Becoming a star may not be your destiny, but being the best that you can be is a goal that you can set for yourself. BRYAN LINDSAY



THURSDAY

19 DAY

AFTER SCHOOL

FRIDAY

20 DAY

AFTER SCHOOL

SATURDAY

21

WEEKLY GOALS AND PRIORITIES



TESTED & TRUE

Never test the depth of the water with both feet.

OPTIMISM

An optimist is a person who starts working on a crossword puzzle with an ink pen. ANONYMOUS



THURSDAY

26

Lined writing area for Thursday.

AFTER SCHOOL

FRIDAY

27

Lined writing area for Friday.

AFTER SCHOOL

SATURDAY

28

Lined writing area for Saturday.

WEEKLY GOALS AND PRIORITIES

Lined writing area for weekly goals and priorities.



TO YOUR HEALTH!

Start your day right. Skipping breakfast is like running a race track without your track shoes.

September 04



OCTOBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MONTHLY GOALS

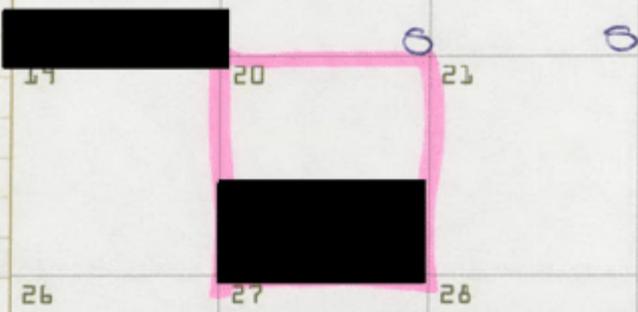
SUNDAY

MONDAY

TUESDAY

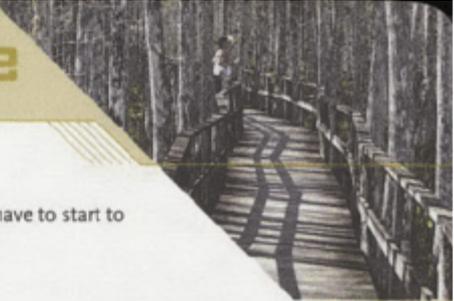
5
6 Labor Day (USA)
Labour Day (Can.) 7
HURRIC

12
13 **NO**
SCHOOL 14



26
27
28
Hurricane

Initiative



You don't have to be great to start, but you have to start to be great. JOE SABAH

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 [Redacted] ♥ ♥♥♥♥ ♥♥♥♥ ♥♥♥♥	3	4
8 ane	9 Frances	10	11
D 15	B 16 Rosh Hashanah [Redacted] No school	D 17	D 18
22	23	24	25 Yom Kippur
[Redacted]	[Redacted]	[Redacted]	26 Jeanne

September 04

S	M	T	W	T	F	S
1	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY

29
Aug.

MONDAY

30 DAY
Aug.

AFTER SCHOOL

TUESDAY

31 DAY
Aug.

AFTER SCHOOL

WEDNESDAY

1 DAY

AFTER SCHOOL

ENDURANCE

Be like postage stamp—stick to one thing till you get there. JOSH BILLINGS



THURSDAY

2 DAY

School
can be led

AFTER SCHOOL

FRIDAY

3 DAY

AFTER SCHOOL

SATURDAY

4

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

Get into a routine by studying at the same time every day.

September 04

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY
5

MONDAY

6 DAY

Labor Day (USA)
Labour Day (Can.)

AFTER SCHOOL

TUESDAY

7 DAY

AFTER SCHOOL

WEDNESDAY

8 DAY

AFTER SCHOOL

was
School
can be led

AMBITION

The nearest way to glory is to strive to be what you wish to be thought to be. SOCRATES



THURSDAY

9 DAY

AFTER SCHOOL

FRIDAY

10 DAY

AFTER SCHOOL

SATURDAY

11



WEEKLY GOALS AND PRIORITIES



POINT TO PONDER

Kind words can be short and easy to speak, but their echoes are truly endless. MOTHER TERESA

Handwritten in blue ink: "I'm going to France"

September 04

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

SUNDAY

12

MONDAY

13 DAY

NO
SCHOOL

AFTER SCHOOL

TUESDAY

14 DAY

AFTER SCHOOL

WEDNESDAY

15 DAY

AFTER SCHOOL

ENTHUSIASM

Youth is the season of hope, enterprise and energy -
to a nation, as well as to an individual. W.R. WILLIAMS



THURSDAY

16 DAY

Jewish
Holiday

Rosh Hashanah

AFTER SCHOOL

FRIDAY

17

AFTER SCHOOL

SATURDAY

18

WEEKLY GOALS AND PRIORITIES



TESTED & TRUE

Avoid cramming. Start studying
well before a test date.

September 04

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

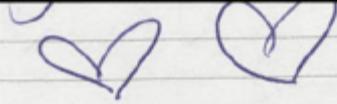
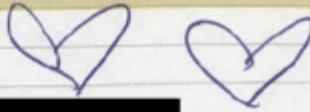
SUNDAY

19

MONDAY

20

DAY



AFTER SCHOOL

TUESDAY

21

DAY

AFTER SCHOOL

WEDNESDAY

22

DAY

AFTER SCHOOL

CREATIVITY

Happiness lies in the joy of achievement and the thrill of creative effort. FRANKLIN D. ROOSEVELT



THURSDAY

23 DAY

AFTER SCHOOL

FRIDAY

24 DAY

AFTER SCHOOL

SATURDAY

25

Yom Kippur

WEEKLY GOALS AND PRIORITIES



TO YOUR HEALTH!

The more hours you sleep before midnight, the better your body recharges.

September 04

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY
26

MONDAY
27 DAY

AFTER SCHOOL

TUESDAY
28 DAY

AFTER SCHOOL

WEDNESDAY
29 DAY

AFTER SCHOOL

BOYS
SON

ENERGY

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing. It's when you've had everything to do, and you've done it. MARGARET THATCHER



THURSDAY

30 DAY

AFTER SCHOOL

FRIDAY

1 DAY
Oct

AFTER SCHOOL

SATURDAY

2 DAY
Oct

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

Short, repeated study times are better than one long session.

October 04

NOVEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MONTHLY GOALS

SUNDAY

MONDAY

TUESDAY

research papers

3

4

5

11:45-2:30

10

11 Columbus Day (USA)
Thanksgiving Day (Can.)

12

stopped
chilled out

4-9

17

3-7

5-9

24

25

3-7

31 Halloween

11:00-3 11:30-3 11:30-3

Effort

Intelligence is the effort to do the best you can at your particular job. J.C. PENNEY



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NO School 5:30-10	2 The X 5-10
6	7 11:45-2:30	8 got paid 5:30-10	5.A.T Jeffery chilled at [redacted]
13	14	15 Chilled at a dumb keg 4-9 [redacted]	4-10 [redacted]
20	21	22 got paid Chilled at [redacted]	23 4-10 [redacted]
5-9 27 1/2 [redacted]	[redacted]	29 job interview Jeffery comes back 11:30-3 [redacted]	[redacted]

October 04

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY

3

MONDAY

4 DAY

AFTER SCHOOL

TUESDAY

5 DAY

AFTER SCHOOL

WEDNESDAY

6 DAY

AFTER SCHOOL

PERSEVERANCE

The strongest of all warriors are these two—Time and Patience. LEO TOLSTOI

THURSDAY

7 DAY

AFTER SCHOOL

FRIDAY

8 DAY

AFTER SCHOOL

SATURDAY

9

WEEKLY GOALS AND PRIORITIES



POINT TO PONDER

Patience and perseverance have a magical effect before which difficulties disappear, and obstacles vanish.

JOHN QUINCY ADAMS

DILIGENCE

Perseverance is not a long race; it is many short races one after another. WALTER ELLIOTT



THURSDAY

14 DAY

AFTER SCHOOL

FRIDAY

15 DAY

AFTER SCHOOL

SATURDAY

16

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

If you plan to write well, write often.

October 04

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SUNDAY

17

MONDAY

18 ☉

AFTER SCHOOL

TUESDAY

19 ☽

AFTER SCHOOL

went to [redacted]
5-9

WEDNESDAY

20 ☉

AFTER SCHOOL

5-9

RESPONSIBILITY

The price of greatness is responsibility.
WINSTON CHURCHILL



THURSDAY

21 ~~20~~ 7

AFTER SCHOOL

FRIDAY

22 ~~21~~ E

- 1-worksheet
- 2-did 3 ~~3~~ ~~worksheets~~ worksheet
- 4-read, vocab test

AFTER SCHOOL

Chilled at [redacted] CBDS

SATURDAY

23 Chilled at [redacted]

4-10 [redacted]

WEEKLY GOALS AND PRIORITIES



TESTED & TRUE

It's your choice: do it well, or do it twice.

October 04

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUNDAY

24 Chilled with [redacted]

MONDAY

25 7

- 1- Ch. 4 in book
- 2- 3.3 146 & 29 HW
- 3- talked about reasearch paper
- 4- ~~check~~ check binder, got handouts

got costum

AFTERSCHOOL

11:30-3

TUESDAY

26 0

- 1- nothing
- 3- Eco. test

won't
to me
↓

AFTERSCHOOL

11:30-3

WEDNESDAY

27 E

- 1- worksheet
- 2- 3.3 HW due

2:00 PM

DEPENDABILITY

Those whom we support hold us up in life.
MARIE VON EBNER-ESCHENBACH



THURSDAY

28 ~~30~~

1- nothing
3- ch 5 + 6 reviews

AFTER SCHOOL

11:30-3

FRIDAY

29 ~~31~~

2- Quiz, review
1- get papers signed for job
check stub
4- bring macbeth notebook
shakespeare's scientist, macbeth
summary packet, macbeth + Ghost

Read macbeth Act 1 due Tues

AFTER SCHOOL

5-11

SATURDAY

30

Jeffery's

WEEKLY GOALS AND PRIORITIES



TO YOUR HEALTH!

Build a healthy body: drink water, get enough sleep, bike, take walks, stretch, eat good food, relax.

November 04

DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MONTHLY GOALS	SUNDAY	MONDAY	TUESDAY
research papers		1	2
		5-9	5-9
	7	8	9
	12-1		
	14		16
		5-9	5
21 Slept all day		22 Chilled out	23 Chilled out
	5	3-9	5
28		29	4-9
			30 Econ paper due

Determination

Dedication and determination yield success and satisfaction. ANONYMOUS

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Eco. topic	4	5	6 9:30-4
10	11 Veterans' Day (USA) Remembrance Day (Can.)	12 Chilled w/ [redacted] Went to this kids house [redacted] at [redacted] CSU	13 5-10 12-4 5-10 Chilled at [redacted] BS
17 Chilled at [redacted]	18	19 Eng paper due Chilled at [redacted]	20 Chilled at [redacted]
	24 5-9	[redacted] moving	[redacted]
24 [redacted]	25 Thanksgiving Day (USA)	26 10-3	27 [redacted]
4-9 BS		4-9	

November 04

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY

31 11-3

Oct.



party

MONDAY

1 DAY 10

1- speaker
3- F-CAT w/s

AFTER SCHOOL

5-9

TUESDAY

2 DAY 11

1- speaker
2- pg. 103 10-28, 34+35, & w/s 3.4

AFTER SCHOOL

5-9

WEDNESDAY

3 DAY 12

1 Ch. 5
3- topic due

AFTER SCHOOL

FOCUS

Creativity has power only when it is focused.
ANONYMOUS



THURSDAY

4 ~~3~~ ~~17~~ Don't forget to bring the pic.
for [redacted] tomorrow!
1- WIS
2- W/b pg. 1-5
3- review for test Mon.
4- read and summarize

AFTER SCHOOL

FRIDAY

5 ~~1~~ ~~18~~

4- library

AFTER SCHOOL

SATURDAY

6

5-10

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

Keep working! It's cliché, but true: slow and steady wins the race.

November 04

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY

7

MONDAY

8 DAY

AFTER SCHOOL

TUESDAY

9 DAY

4-movie

AFTER SCHOOL

WEDNESDAY

10 DAY

AFTER SCHOOL

DISCIPLINE

Without discipline, there's no life at all.
KATHERINE HEPBURN



THURSDAY

11 DAY

Veterans' Day (USA)
Remembrance Day (Can.)

AFTER SCHOOL

FRIDAY

12 DAY

AFTER SCHOOL

SATURDAY

13

WEEKLY GOALS AND PRIORITIES



POINT TO PONDER

For every disciplined effort there is a multiple reward.

November 04

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY

14

MONDAY

15 ^{AM}

- 1- book work
- 2- WIS
- 3-

AFTER SCHOOL

5-9

TUESDAY

16 ^{DAY}

AFTER SCHOOL

WEDNESDAY

17 ^{AM}

AFTER SCHOOL

COMMITMENT

The quality of a person's life is in direct proportion to their commitment to excellence. VINCE LOMBARDI

THURSDAY

18 DAY

1 - talked about "Rule of 70"

3 - test

AFTER SCHOOL

5-9

FRIDAY

19 DAY

AFTER SCHOOL

SATURDAY

20

WEEKLY GOALS AND PRIORITIES



TESTED & TRUE

Soon and tomorrow never come... once you commit to a task, get it done!

November 04

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUNDAY
21

MONDAY

22 ☐

1- slept
3- test

AFTER SCHOOL

TUESDAY

23 ☐

1- slept
2- book work + w/s
4- movie study guide

AFTER SCHOOL

WEDNESDAY

24 ☐

1- w/s
2- diet + go
3- vocab
4- test, turn in research paper

AFTER SCHOOL

PURPOSE

Challenges are what make life interesting; overcoming them is what makes life meaningful. JOSHUA J. MARINE



THURSDAY

25 DAY

Thanksgiving Day (USA)

AFTER SCHOOL

FRIDAY

26 DAY

NO School

AFTER SCHOOL

SATURDAY

27

WEEKLY GOALS AND PRIORITIES



TO YOUR HEALTH!

A man too busy to worry about his health is like a mechanic too busy to care for his tools.

SPANISH PROVERB

December 04

JANUARY 05

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

MONTHLY GOALS

SUNDAY

MONDAY

TUESDAY

5

6

7

12

Chilled
out day
got cold outside

[Redacted]

13

[Redacted]
comes
back
speakers
12:30
w/ Mrs
shopping

14

20

exams
1,2

21

exams
3,4
memory
book
ch. 7-10
due

26

Boxing Day (Can.)

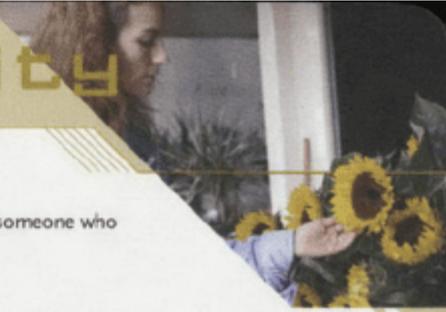
27

28

NO School
Stayed

Generosity

Real generosity is doing something nice for someone who will never find out. FRANK A. CLARK



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 BZZ sale bike concert
[redacted] [redacted] goes out of town	7 Hanukkah	10 CS Fay went to movies + bag final copy due eco.	11 10-4CS didn't go out cuz I slept in
15	16	17	18
22 got stay out chilled	23 got in trouble chilled	24	25 <u>Christmas Day</u>
29 went out for 1st time NO home	30 NO School	31 went to [redacted]	

December 04

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY

28

Nov.

MONDAY

29 DAY

Nov.

AFTER SCHOOL

TUESDAY

30 DAY

Nov.

3-ruf draft due

AFTER SCHOOL

WEDNESDAY

1 DAY

AFTER SCHOOL

COMMUNICATION

It's by what you do that you communicate to others that you are deeply involved in their well being.
ASHLEY MONTAGU



THURSDAY

2 DAY

AFTER SCHOOL

FRIDAY

3 DAY

AFTER SCHOOL

SATURDAY

4

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

When in class, don't forget to open your ears as well as your mouth!

December 04

S	M	T	W	T	F	S
	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY

5

MONDAY

6 DAY

didn't
go to
school

AFTER SCHOOL

TUESDAY

7 DAY

I- didn't go

AFTER SCHOOL

WEDNESDAY

8 DAY

AFTER SCHOOL

HONESTY

To speak ill of others is a dishonest way of praising ourselves. WILL AND ARIEL DURANT



THURSDAY

9 DAY

Hanukkah

AFTER SCHOOL

FRIDAY

10 DAY

3-final copy due eco

AFTER SCHOOL

went to [REDACTED]

SATURDAY

11

10-3 slept all night !!

WEEKLY GOALS AND PRIORITIES

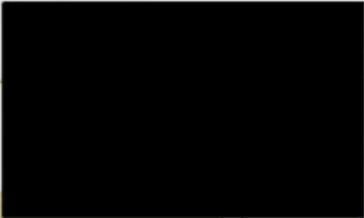


POINT TO PONDER

Lying is done with words and also with silence. ADRIENNE RICH

December 04

S	M	T	W	T	F	S
	1	2	3	4		
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



MONDAY

13 DAY

Lined writing area for Monday, December 13th.

AFTER SCHOOL

TUESDAY

14 DAY

Lined writing area for Tuesday, December 14th.

AFTER SCHOOL

WEDNESDAY

15 DAY

Lined writing area for Wednesday, December 15th. Includes a white redaction mark.

AFTER SCHOOL

POLITENESS

Politeness costs nothing and gains everything.
LADY MARY MONTAGUE



THURSDAY

16 DAY

AFTER SCHOOL

FRIDAY

17 DAY

AFTER SCHOOL

SATURDAY

18

WEEKLY GOALS AND PRIORITIES



TESTED & TRUE

Politeness is an inexpensive way
of making friends. HENRY FORD

December 04

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY
19

MONDAY

20 DAY

Exams
1, 2

AFTER SCHOOL

TUESDAY

21 DAY

~~Exams~~
3, 4

memory book due
en 7-10

AFTER SCHOOL

WEDNESDAY

22 DAY

my x-mas
break starts!!

AFTER SCHOOL

PATIENCE

Patience is a flower that grows not in everyone's garden. ITALIAN PROVERB



THURSDAY

23 DAY

[redacted] tells [redacted]
she's worried about me
got in trouble :)

AFTER SCHOOL

FRIDAY

24 DAY

Christmas
Eve
~~melting pot~~
with [redacted]

AFTER SCHOOL

SATURDAY

25

Christmas Day

Christmas

WEEKLY GOALS AND PRIORITIES



TO YOUR HEALTH!

Remember, starting a new exercise program requires time and patience... the results are not immediate!

December 04

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY
26

Boxing Day (Can.)

MONDAY
27 DAY

AFTER SCHOOL

couldn't
go out

TUESDAY
28 DAY

AFTER SCHOOL

go

WEDNESDAY
29 DAY

didn't go home
after the drive-in
and [redacted]

AFTER SCHOOL

KINDNESS

No act of kindness, no matter how small, is ever wasted. AESOP



THURSDAY

30 DAY



AFTER SCHOOL

FRIDAY

31 DAY

we
to



AFTER SCHOOL

SATURDAY

1
Jan.

New Year's Day

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

Study for tests together; ask questions, and teach each other.

January 05

FEBRUARY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MONTHLY GOALS

SUNDAY

MONDAY

TUESDAY

get a job
 stop doing dumb shit!

do better in school

2

3

4

winter

went to

9

10 Back to school

16 Chilled

17 Martin Luther King, Jr. Day (USA)
 NO school went to

got new car

23

24

30

31

Courage



Conscience is the root of all true courage; if a man would be brave, let him trust his conscience. JAMES FREEMAN CLARKE

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day went to [redacted]
5 break arrived at [redacted]	6 arrived at [redacted]	7 b-day arrived at [redacted]	8
[redacted]	13	14 fair comes went to curves	15 didn't do much not talking [redacted]
19 Report cards job hunting	20	[redacted] fri 4 orientation	22 get Pills
26	27 [redacted] b-day 18	28	29

January 05

S	M	T	W	T	F	S
	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

SUNDAY

2

MONDAY

3

DAY

AFTER SCHOOL

TUESDAY

4

DAY

AFTER SCHOOL

WEDNESDAY

5

DAY

AFTER SCHOOL

ATTITUDE

To succeed, we must first believe that we can.
MICHAEL KORDA



THURSDAY

6 DAY

AFTER SCHOOL

FRIDAY

7 DAY

AFTER SCHOOL

SATURDAY

8

WEEKLY GOALS AND PRIORITIES



POINT TO PONDER

Work is either fun or drudgery; it depends on your attitude. I like fun. COLLEEN C. BARRETT

January 05

S M T W T F S

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SUNDAY

9

MONDAY

10 DAY

Back to school

AFTER SCHOOL

TUESDAY

11 DAY

AFTER SCHOOL

WEDNESDAY

12 DAY

math-quiz
thg-need [redacted] book

AFTER SCHOOL

CONFIDENCE

You must do the thing which you think you cannot do.
ELEANOR ROOSEVELT



THURSDAY

13 DAY

Lined writing area for Thursday.

AFTER SCHOOL

FRIDAY

14 DAY

Lined writing area for Friday. Includes a blacked-out section with the handwritten word "today" in blue ink.

AFTER SCHOOL

SATURDAY

15 DAY

Lined writing area for Saturday.

WEEKLY GOALS AND PRIORITIES

Lined writing area for weekly goals and priorities.



TESTED & TRUE

If you don't have confidence in the diagnosis, you won't have confidence in the prescription.

STEPHEN R. COVEY

January 06

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY

16

MONDAY

17 DAY

Martin Luther King, Jr. Day (USA)

NO
School

went to the fair

AFTER SCHOOL

TUESDAY

18 DAY

AFTER SCHOOL

WEDNESDAY

19 DAY

math-quiz

Eng-need Frank book

AFTER SCHOOL

SELF-RESPECT

They cannot take away our self-respect if we do not give it to them. MAHATMA GHANDI



THURSDAY

20 DAY

Lined writing area for Thursday.

AFTER SCHOOL

FRIDAY

21 DAY

Lined writing area for Friday.

AFTER SCHOOL

Senior class picture

SATURDAY

22

Lined writing area for Saturday.

WEEKLY GOALS AND PRIORITIES

Lined writing area for weekly goals and priorities.



TO YOUR HEALTH!

Respect your body... it's the only one you'll ever have!

January 06

S	M	T	W	T	F	S
	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						

SUNDAY
23

MONDAY

24 DAY

AFTER SCHOOL

TUESDAY

25 DAY

AFTER SCHOOL

WEDNESDAY

26 DAY

AFTER SCHOOL

RESOURCEFULNESS

You cannot teach a man anything; you can only help him find it within himself. GALILEO

THURSDAY

27 DAY

AFTER SCHOOL



B-day

FRIDAY

28 DAY

AFTER SCHOOL

SATURDAY

29

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

Use a variety of resources to learn: books, CD-ROMS, internet, people...

February 05

MARCH

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MONTHLY GOALS

SUNDAY

MONDAY

TUESDAY

SAVE MONEY

stay good!

13

Chilled

20

27

7

14

V-day

worked

21

Presidents' Day (USA)

No school worked

28

1

8

was a brat all day

worked

15

work

22

got my roses

Integrity



Truth is the only safe ground to stand upon.
ELIZABETH CADY STANTON

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 [redacted] prepared at home chilled 😊	3	4 [redacted] stayed over Hrde and Brek	[redacted] stept over
9 [redacted] got flowers 😊	10	11 58 days lefted of school Hitch !! worked less 😊	12 stept over [redacted] worked BBS
16	17 work	18	19
23	24 work	25 get paid 😊	26 work

February 06

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

SUNDAY

30

Jan.

MONDAY

31 DAY

Jan.

Eng-memory Ch's due

AFTER SCHOOL

TUESDAY

1 DAY

AFTER SCHOOL

WEDNESDAY

2 DAY

AFTER SCHOOL

AUTHENTICITY

Always remember, you're unique, just like everyone else. ANONYMOUS



THURSDAY

3 DAY

Lined writing area for Thursday.

AFTER SCHOOL

FRIDAY

4 DAY

~~End-meeting cross out~~
Ch. 1-4 read

Lined writing area for Friday.

AFTER SCHOOL

SATURDAY

5

Lined writing area for Saturday.

WEEKLY GOALS AND PRIORITIES

Lined writing area for weekly goals and priorities.



POINT TO PONDER

Many individuals have, like uncut diamonds, shining qualities beneath a rough exterior. JUVENAL

February 05

S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

SUNDAY

6

MONDAY

7 DAY

AFTER SCHOOL

TUESDAY

8 DAY

AFTER SCHOOL

WEDNESDAY

9 DAY

AFTER SCHOOL

UNIQUENESS

Cherish forever what makes you unique, 'cuz you're really a yawn if it goes. BETTE MIDLER



THURSDAY

10 DAY

AFTER SCHOOL

FRIDAY

11 DAY

AFTER SCHOOL

SATURDAY

12

WEEKLY GOALS AND PRIORITIES



TESTED & TRUE

You can stand tall, without standing on someone. You can be a victor without having victims. HARRIET WOODS

February 05

S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

SUNDAY
13

MONDAY
14 DAY

2-math hw.

leaves

got flowers 

AFTER SCHOOL work 

TUESDAY
15 DAY

AFTER SCHOOL work

WEDNESDAY
16 DAY

gov. test

AFTER SCHOOL

92 PREMIER 

SINCERITY

Listening, not imitation, may be the sincerest form of flattery. DR. JOYCE BROTHERS



THURSDAY

17 DAY

AFTER SCHOOL

FRIDAY

18 DAY

Eng 5-10 read

AFTER SCHOOL

SATURDAY

19

WEEKLY GOALS AND PRIORITIES



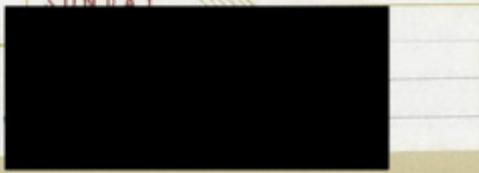
TO YOUR HEALTH!

Turn on a bright brain: read, travel, debate, meditate, crossword, play music.

February 06

SUNDAY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



MONDAY

Presidents' Day (USA)

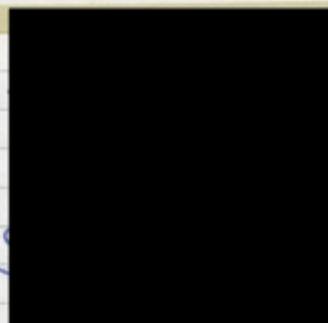
21 DAY

AFTER SCHOOL

TUESDAY

22 DAY

got
Roses



AFTER SCHOOL

came back

WEDNESDAY

23 DAY

AFTER SCHOOL

RELIABILITY

Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands. ANNE FRANK

THURSDAY

24 DAY

AFTER SCHOOL

FRIDAY

25 DAY

Read 5-10

AFTER SCHOOL

SATURDAY

26

WEEKLY GOALS AND PRIORITIES



STUDY ZONE

Now is generally a better time to do work than tomorrow.