



STEPS FOR WHEN YOU ARE FEELING OVERWHELMED

AT HOME

CHECK PSL



Additional instructions and examples for this assignment may be posted on your class Power School page. Make sure you scan the the tabs on the left for the unit you are currently working in. There may even be a specific tab for information about the project.

CALL A CLASSMATE



Someone in your class may know the answers to your questions/dilemma. Phone or text a classmate to ask questions about the assignment. Help other students when they call you!

EMAIL YOUR TEACHER



Write a polite email to your teacher for help. Don't pass blame and own your problem. Offer solutions. "I could come in after school to go over _____ with you. I may have to turn ___ in late because ____." Respectfully self-advocating for your own learning requires bravery but it is a life skill!

MEET YOUR TEACHER



Plan to meet with your teacher after school during Extra Help period from 3:30 to 4:15. There may be other students there, but they may have similar questions! A late assignment might mean you lose a few points, but a complete well-thought out assignment is better than a zero!

PUT IT ASIDE



Now, you have communicated and taken steps to solve your problem. Let yourself off the hook until you can follow up later. Put the assignment aside. Work on something else. Eat something delicious. Go for a walk. Don't shut down; you are going to figure it out.

PRACTICE PERSPECTIVE



"The greatest teacher in the world is failure."
Mistakes, struggles, getting stuck...these are all signs of learning and growth. A letter grade will not define who you are or who you will be.