



This worksheet is designed to provide you with an opportunity for some serious consideration about your schedule. Please think about your priorities and how you would like your life to unfold next school year.

We encourage you to stretch academically, to participate in other activities, and to be healthy. In planning courses for next year take into consideration: graduation requirements, college admission requirements, and time required by sports, clubs, or other commitments.

Questions to consider and discuss at home before Academic Advising:

Before you meet individually with your counselor be sure that you have seriously considered the following questions and discussed them with your parents/guardians. While no one expects to be overwhelmed by too many commitments, it does happen

- *Am I taking the course(s) for the right reasons? (See chart below)
- *Do I have enough time in the day for all these commitments?
- *How committed am I to doing well in this course even when it proves a challenge to me?
- *How quickly/efficiently do I complete my homework?
- *Have I considered the cumulative effect of taking multiple Honors/IB courses?
- *What will happen if the course load is difficult and I cannot change my schedule?
- *Would I be willing to adjust hours or give up my job?
- *Would I be willing to drop a sport or activity?
- *Would I be satisfied with a grade less than a "B"?

One of the biggest decisions revolves around Honors/IB courses. Common questions are "Should I take an honors/IB course?" or "How many honors/IB courses should I take?" To help determine the answer, students should ask themselves the following:

Why am I considering an Honors/IB course?

The Right Reasons

- *Love the subject
- *Want to learn more about the subject
- *Want to go in more depth in this area

Other Reasons

- *Looks good on my transcript
- *All my friends are taking it
- *I am feeling pressured to take it

Course Planning Worksheet:

We all only have 24 hours in a day. In choosing courses for next year it is helpful to realize how much time you have to devote to school work outside of school time. Honors/IB courses require more time outside of class to prepare and complete assignments. To help with time management complete the following chart:

How many hours a day do you:	Daily Total	Frequency	Weekly Total
Sleep (Yes, include naps)		x 7=	
Spend in school		x 5=	
Study or do homework		x 7=	
Watch TV		x 7=	
Spend online- including social media		x 7=	
Talk on the phone or text		x 7=	
Work at a job		x 7=	
Commute to/from school and work		x 7=	
Participate in clubs/sports		x 7=	
Prepare and eat meals		x 7=	
Other		x 7=	
Other		x 7=	
TOTAL HOURS			

Course Selection Worksheet: You will select 7 courses for the 2018 – 2019 school year. Use this worksheet as you plan for your courses.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Alternate Courses:

1. _____
2. _____
3. _____