

Name _____

Today's Date _____

Student Improvement Time

Student Improvement Time (SIT) is a commitment to working on school related tasks each and every day after school. It helps build habits you will need for success in school and life. No more *if*, just *when*.



Step 1: Pick a Set Time.

- Pick a time, write it down, and stick to it as much as possible. *Build a habit!*
- **Set Alarms!** Having a reminder be the cue to start feels less negotiable
- Start with at least 15 minutes every day, then level up each year!
6th grade: 15-20 min 7th grade: 30-45 min 8th grade: 45-60 min

Step 2: Choose a Visible Work Space

- **Avoid:** Bedrooms with closed doors, laying down on the floor or couch, screens
- **Better:** Kitchen table, countertop with a stool, desk in a shared area

Step 3: Start with Training Wheels"

- **At first:** Plan to sit together with an adult the entire time, so they can help from start to finish. Phones away, all screens off. Chromebook and planner out. Work together step-by-step.

Activities for Student Improvement Time:

- ☐ Review planner - Is it filled in completely?
What assignments do you have to do tonight?
 - ☐ Complete homework due the next day.
 - ☐ Review grades on PowerSchool, together with your adult.
 - ☐ Check each Google Classroom, together with your adult.
(Pro tip: just because an assignment in a Google Classroom says it's "turned in" doesn't always mean it's complete. Have your student show you the completed assignment.)
 - ☐ Complete any missing assignments.
 - ☐ Email a teacher to ask a question or request a time to talk in person.
 - ☐ Study for upcoming tests or work on long term projects due in a couple weeks.
 - ☐ Organize binder and backpack.
 - ☐ Goal set for the week.
 - ☐ Read.
- After a few sessions side-by-side, slowly start to take over! They should help you get started, check-in periodically, and review your finished work.
 - Eventually, you'll do it all on your own, no training wheels needed.

My Student Improvement Time Plan:

Time: _____ Location: _____

Commit: _____

My signature above indicates my commitment to work daily to improve myself educationally while at home.

