

High School:

Organization & Stress



By: Alex Pardy

How to Help YOU be more organized

School:

- *Use Planners to write dates down (tests, assignments, homework, meetings etc..)
- *Use a labelled file folder to store notes, and work handed back.
- *Develop good habits (show up to class on time, don't hand work in late, etc...)
- *Have separate folders/note books for each class
- *Keep smaller supplies in a zippered pouch (pencils, pens, erasers, sharpeners, etc...)

Home:

- *Set a designated study area at home
- *Make sure your study area has everything you need
- *Step times to study/do homework
- *Keep your study area clean
- *Set study/homework breaks
- *Plan ahead the night before, so you're not rushed tomorrow
- ***TWEAK YOUR SCHEDULE SO IT FITS YOU, NOT THE OTHER WAY AROUND!!**

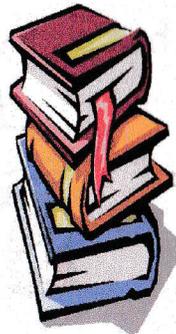


Facts to help you become less stressed

- Don't stay up late studying!
- Get a good nights sleep :)
- Drink lots of water and juice.
- **PLEASE EAT!! FOOD IS GOOD!! IT IS YOUR FRIEND!!**
- Don't skip out on meals.
- If you do skip a meal, like breakfast for example, take some small snacks with you because odds are you will probably be hungry later.
- Make time for **YOURSELF!!**
- **When ever you are finding it hard to study or do homework, take a break. It will distract and relax your mind, so when you go back to it, you might be able to solve it, with a clear head.**



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A Place

A crazy place full of hormonal teenagers.

A place where you are **JUDGED** for being **YOU**.
A place that stresses you out because of:

*Homework,,
Sports,
Clubs,
Teachers,
Friends,
Home.*

A place where they expect you to know what you want to do when you graduate,

A place where just yesterday, you had to raise your hand to go to the washroom.

A place that teaches you math that you don't need, unless you're going into something that needs it.

A place where you want to be a teenager, but most times, they won't let you.





Quotes to make you SMILE :),
and to make you THINK.

*Stressed spelled backwards is des-
serts*

-Loretta Larocks

*Organization isn't about Perfection,
It's about Efficiency, Reducing stress
and clutter, Saving time and money,
And Improving your overall quality of
life.*

-Christina Scalise

Nothing is IMPOSSIBLE, the word itself says

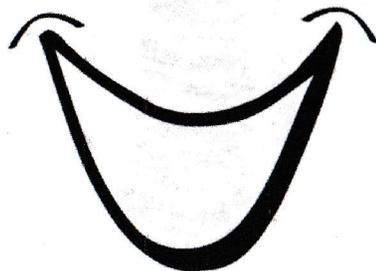
"I'M POSSIBLE"

-Audrey Hepburn

*When one door of happiness closes, an-
other one opens; but often we look so
long at the closed door, that we do not
see the one which has been opened for*

us.

-Helen Keller



Videos that I found that could help You

- Back to School Organization:
How to Organize Your Binder &
Supplies
-Home Organizing by Alejandra.tv
- How I Stay (almost) stress free
-Madison Allhouse
- How to stay organized/
motivated for school
-missmolly14
- Stay Organized after school –
tips and life hacks
- faithincuteness

You Tube

Study Intervention

By: Alex Pardy

'Study, study, study. That's all I seem to do anymore.' I thought to myself as I sat in the middle of my bed surround by notes, and homework, and copies of the notes I have already copied.

"JESSICA! DINNER IS READY!" my mother yelled from the bottom floor.

"I'm not hungry! Put it in the microwave and I will eat it later!" I replied, earning a huff from my mother, because this was the fifth time this week that I didn't eat dinner, but I do eat it... eventually... at three in the morning.

I shook my head and ran a hand through my strawberry blonde hair. This was my normal routine, relax for half an hour after school, do homework and study until three in the morning, eat what was in the microwave while checking my social media sites, then go to bed, wake up at five to get ready for school. Expect weekends, when I sleep in until seven. Lynn, my best friend, thinks I'm crazy because I basically run on at least an hour of sleep each day, and am the top of my class.

Before I know it, it's quarter to three, so I shovel everything into my bag, and head downstairs. I walk into the kitchen and over to the microwave and turn it on.

When I turned around there at my kitchen table sit my parents, Lynn, Mrs. Sawyer (My guidance councillor), Paul, Danny, and Andrew, who are in band with me in school, and the out-of-school bands that I did with them, but I dropped. Finally my eyes landed on Michel, who I haven't seen since Christmas because the University he goes to is in another province.

"Guys..." I said cautiously as I backed up into the microwave stand.

"Listen Jess, we care about you, we also care about what you have been doing." Michel started, and I watched as everybody nodded their heads in sync.

"We talked to Lynn, and then we called Mrs. Sawyer to talk about what has been going on." My mother said with a sad smile.

I couldn't believe that this was happening.

"This is some kind of 'study intervention' isn't it?" I asked putting air quotes around study intervention, then crossing my arms.

"Well the jokes on you, I don't need it. I'm FINE!" I said and turned to the microwave as it beeped. As I opened it and grabbed the plate, I felt a hand on my shoulder.

"Yes you do need this Jess." Lynn's voice says from behind me.

"At least sit down and here us out J." I hear Paul's voice say from across the room.

I sigh and nod my head giving in.

"Fine, but I'm still eating this chicken and potatoes as y'all talk." I spoke and they all laughed as Lynn led me to the seat in-between her and Michel.

"Jessica, with the information I've been given by your parents, I can tell that you have been stressing out over school. You've dropped out what the extracurricular that you love, you're eating at three in the morning, you're not getting enough sleep at night and you are constantly studying. These signs lead me to believe that you are under some sort of stress dear, and these people here are worried about you." Mrs. Sawyer spoke. I looked up from my food and saw everybody staring at me.

"We miss you at band J. I'm DYING as second trumpet!" Andrew whined, and I cracked a grin as I put another piece of chicken into my mouth.

"Second's not that bad, have you seen the first part?" I said when I finished the food in my mouth and seen Paul nod, agreeing with me.

Then the usual banter that happens between the four of us started. Like I had never left them, and dropped down to third/fourth trumpet school and

studying in-between our pieces. I smiled sadly and shovelled potatoes into my mouth so I would stop talking.

"Jess?" I heard Michel say quietly, "Is this obsessive studying because of what happened in September?" he asked.

"Jessica? What happened in September that you didn't tell us?" My father asked sternly.

I sighed as I looked down at my food that was left and shoved it away.

"The first, second, and third of September, each of my classes gave pop quizzes each day to test what we remembered, and knew. All but band class. This year that's the only class I have with you three," I spoke pointing to Paul, Andrew, and Danny.

"And Lynn and I only have physics, but my other classes I have on my own. They all gave tests those three days. I got the results back the following Friday," I paused, on the verge of tears,

"I failed, that's when I decided from then on that I would study, and not fail. So I quit All-City Band, started to study all the time during my off block, study in-between music pieces we played in school, I stopped eating regularly, and stopped sleeping normally..."

I looked over at Lynn as I paused. "Lynn I'm really sorry, I've been a bad best friend. Yes we text, talk in school, and hang out once on the weekends, but we haven't constantly hung out like before. And guys, I'm sorry I left 'J.P.A.D' I miss you guys." I said as I got up and walked over to my 'P.A.D.'

"Group hug?" I asked as the guys with a smile as they turned around.

"Well..." Andrew started as the three of them all smirked at me. "OF COURSE!" They said as they hugged me and we laughed.

"So does this mean that you are re-joining us at All-City?" Danny asked, and as I nodded I was once again engulfed by their arms.

"Jess! It's February, I'm taking you prom dress shopping!" Lynn yelled.

"Alright!" I replied as I stood in front of the guys

"Jessica, your parents are going to help you become more organized at home. They will help you create a study and homework schedule. You are also going to check in with me at least every other day when you are at school, just come in and say 'hi', nothing big. Lynn should make sure you are eating lunch or some sort of snack food, and your parents have agreed to make sure you are eating meals with them whenever you are at home. And dear? Please try to go to bed before midnight, School

doesn't start until eight thirty, you'll be fine to sleep in to six, or six thirty." Mrs. Sawyer finished as she made her way to the door.

"Have a good Saturday dear!" she said as she left.

"Sleepover?" I asked looking at my parents, who nodded in approval, before they got up and headed to bed.

"You guys go upstairs, I will be up in a minute or two." I told the guys and Lynn who then proceeded to race each other up the stairs and to our lounge in the attic.

I turned towards my brother who sat at the kitchen table finishing the rest of the food I didn't eat.

"Thank you." I said as I approached my big brothers side.

Michel turned and smiled at me.

"It was actually mine and Lynn's idea." He said as he turned to me and smiled.

"I'm thankful that you are such a great big brother," I said as I hugged him.

"But don't you think that you could have waited until like nine in the morning instead of three in the morning for this so called 'Study Intervention'?"

I asked putting air quotations around study intervention.

He chuckled and ruffled up my hair.

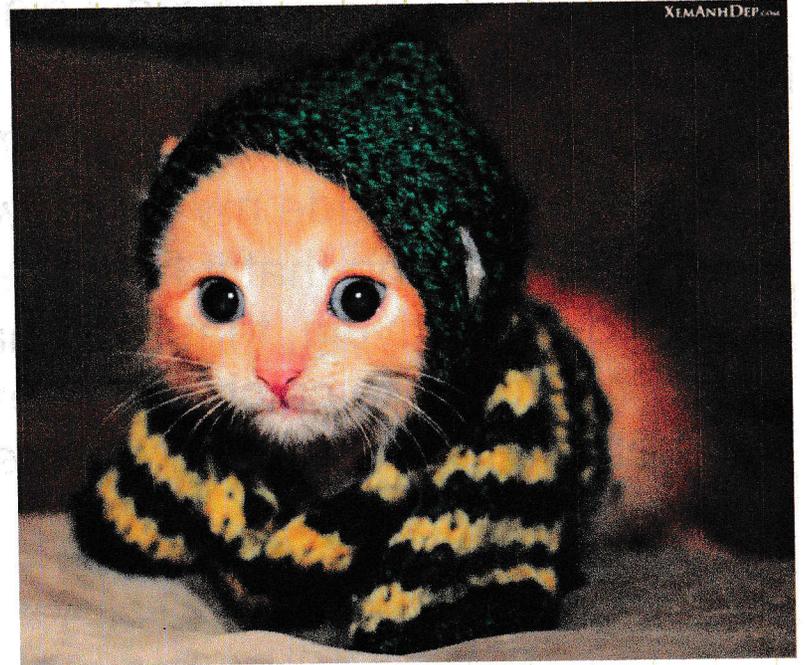
"Go catch up with you friends, they've missed you. We'll do something Sunday before I have to leave." Michel said with a smile.

"Alright, but I am going to hold you to that!" I said as I made my way towards the stairs, knowing that if I ever relapsed over studying, that I you have a safety net ready to catch me when I fall and help me get back onto my feet.

The End

By: Alex Party

To Make Your Day a bit
Better Here is a kitten



I hope you have a wonderful
day, and are no longer stressed