

Study Skills

Hello Class,

I hope you are all doing well both physically and mentally. This can be a tough time as we adjust from our “normal” school day routines to our current situation. The one thing I want to remind all of you to do is, BREATHE! When/if you’re feeling anxious or stressed out by the current changes, breathe. Deep breaths can help our bodies and minds so much when times get tense.

With that in mind, I’d like to remind you that this is a great opportunity for you all to work/study the things that are giving you trouble on or are having difficulty with. For me, it was Math. Earlier in the year I shared with you all that when I was in high school I stayed after school for extra help and even had a tutor I met with on a weekly basis. I just couldn’t seem to grasp or understand it well. Finally, early on in my last year of high school things started to make sense and my confidence increased. This is the essence and reason why we have Study Skills class. You all have the ability and smarts to do all the work your teachers assign to you. If you need help with those, that’s why I’m here; to help you. So please do your best, as I know you will, and reach out to me should you have any questions.

You can contact me through my email: hairb@mhUSD.org or through the Remind app so we can communicate over the computer.

Office Hours: to be arranged

So here’s what I’d like you all to do:

1. Treat your Study Skills time at home the same way you would at school. This means take time at home, from 1:16 - 2:07, as your Study Skills class. Finish any assignments that were assigned to you by your teachers.
2. If you have finished those assignments, work on Study Island.
3. A few weeks ago, I had you login to edmentum.com and take an online math assessment. Please logon on to this site and take the english assessments. Your username is your student ID number and password is your student ID number followed by your first and last initial.
Example: UserID: 154321 Password: 154321BH
Once you login go to the **ExactPath** option. This is where you will find your assignments and assessments.
4. Office hours: As we move forward on this “remote learning experience” I am planning to have office hours during our normal class time (1:16 - 2:07). I will let you know about those updates in the near future.

In the meantime, stay well, make the best of your time at home, and please reach out to me should you have any questions.

Mr. Hair