



## Avondale High School Academic Support

Below are some suggestions for struggling students in need of academic support. If you have any questions or need additional information or support, please contact your school counselor.

Ms. Jackie Chavez (A-Go) 248-537-6134  
[jacqueline.chavez@avondaleschools.org](mailto:jacqueline.chavez@avondaleschools.org)

Ms. Melinda Reyes (Gp - O) 248-537-6134  
[melinda.reyes@avondaleschools.org](mailto:melinda.reyes@avondaleschools.org)

Ms. Shelby Dallaire (P - Z) 248-537-6193  
[shelby.dallaire@avondaleschools.org](mailto:shelby.dallaire@avondaleschools.org)

Ms. Kim Olszak (Special Programs) 248-537-6120  
[kimberly.olszak@avondaleschools.org](mailto:kimberly.olszak@avondaleschools.org)

### ParentConnect

Email Ms. [Carolyn Benson](mailto:Carolyn.Benson@avondaleschools.org) (248-537-6106) in the counseling office. She will send your parents instructions about using Parent Portal in MiStar to keep track of your grades.

### NHS Tutoring

Attend NHS tutoring in the Media Center after school. Check with your counselor for dates and time.

### Get Organized

Use folders & binders, no loose paper in backpacks or in books. Put the date on all your notes & homework & put things in order by date.

### Study Partners

Have a study partner in each class. Find a friend to work with and contact whenever you're absent. Have two names and phone numbers in your agenda for friends in each class.

### Ask Teachers for Help

Ask your teacher when you can meet to get additional help.

### Homework Routine

Designate a specific time and place to do your homework and follow this routine every day. Start homework before dinner & reward yourself with breaks.

### Eliminate Distractions

Put away your phone, turn off the TV, stop texting/messaging, etc. Budget your time so you can do these things after your homework is done.



### Modify Your Study Techniques

- Create flash cards for studying
- Make your own test/quiz
- Have parents or friends quiz you after you have studied your notes.
- Teach your parents. If you teach it, it helps you learn.
- Use your resources: family, friends, and/or Google searches for helpful websites in the subject you are struggling in (i.e., hotmath.com)
- Look over old test and correct mistakes

### The Pomodoro Technique

What is it? The Pomodoro Technique is a time-management tool developed in the 1980's and has since been used by professionals and organizations around the world to promote productivity. Pomodoro means "tomato" in Italian, and the popular icon associated with the Pomodoro Technique is the tomato-shaped kitchen timer (which you use with the Pomodoro Technique). An essential component of the Pomodoro Technique is that it requires the student to actively plan each study session and be thoughtful about what tasks to accomplish. Another essential component of the Pomodoro Technique is that it teaches users how to effectively take breaks when working.

Why does it work? Your life is hectic. Right now, you probably have readings to catch up on, a paper to write, and that nagging physics homework in your backpack. Where do you begin? The Pomodoro Technique helps you plan your course of action in a very thoughtful way so you feel you have a sense of direction. Sometimes "time" is your worst enemy; if you have too much time before your work must be done, why bother starting now? If you don't have enough time, you'll rush through it and end up with a product that doesn't really represent what you are capable of. The Pomodoro Technique will help you because it will teach you to use time as a tool to systematically accomplish each task on your to-do list. Also, when you work you often reward yourself with breaks (which are good) but those breaks are often spent doing other activities (like checking email, Facebook) that end up consuming far more time than you intended. Then it feels impossible to get back on track with what you were doing. The Pomodoro Technique also helps you learn to accurately gauge how much effort and time academic tasks will require.

How does it work? The Pomodoro Technique is a way of taking your study time and chunking it into small, bit-sized pieces, and self-monitoring what you accomplish while you work. First, you create a task-list of the work to be accomplished and estimate how many "chunks" (or "pomodoros" which are 25-minute sessions of uninterrupted work) each task will take to complete. Next you set a Pomodoro Timer (or other software) and get to work. After 25 minutes, the timer will ring, signaling you to record what you accomplished and take a short, 3-5-minute break. As you check things off or your list, you are giving yourself feedback about what you have accomplished, which will help you in the future in setting timelines for completing work. Also, you will find it rewarding that your "to-do" list is shrinking, and being replaced by a "done" list.

**Resource:** <http://cirillocompany.de/pages/pomodoro-technique/>



### Additional Resources

- Free online resources to assist with math and sciences - <https://www.khanacademy.org/>
- The Michigan Electronic Library - <http://mel.org/SPT--BrowseResourcesNewMeL.php>
- Math help - <http://www.webmath.com/>
- Study Skills –
  - <http://www.how-to-study.com/>
  - <http://www.studygs.net/>
  - <http://www.testtakingtips.com/>
- Various subjects - <http://www.hippocampus.org/>
- Making flash cards - <https://quizlet.com/>
- Free online resources to assist with all subjects - <https://www.sophia.org/>
- Sylvan Learning - <http://www.sylvanlearning.com/locations>