

## Scholars Student Resources 2017/18

Teacher Course	Contact Info School phone 567-5640	Office Hours & Lunch Availability	HW
Mrs. Dills Scholars English 9	kdills@natomasunified.org Ext 6619	TTh lunch and after school drop-in plus other times by appointment	2
Ms. Black Scholars English 9	dblack@natomasunified.org Ext 6623 Remind code @727c84	M-F 3-4:30 drop-in, but prefer if you let her know topic in advance, occasionally available B lunch	3
Ms. Taylor Scholars English 10	ktaylor@natomasunified.org Remind code @4ca76k Uses Google Classroom	MTThF B Lunch and after school Room is open during B lunch daily, mostly sophomores	3
Ms. Hennessy Scholars French 1 & 2	shennessy@natomasunified.org Ext 6628 Uses Google Classroom	M-F 3-3:45, please make an appointment	3
Mrs. Tenorio Scholars Spanish 1 & 2	btenorio@natomasunified.org	TTh 7:15-7:55 drop-in, plus other times by appointment Room is open during B lunch some days, mostly sophomores	5
Ms. Nieh Scholars Mandarin 1 & 2	lnieh@natomasunified.org	M-Th 3:15-4 drop-in	5
Mr. Pritchard AP Human Geography	sritchard@natomasunified.org Remind code @3f34agg	TTh after school	1
Mr. Olavarri Scholars World History	molavarri@natomasunified.org Website updated often Uses Remind and Schoology	Before and after school, plus at lunch by appointment (0 HW when working on projects)	0
Mr. Patrick Adv Human Biology	rpatrick@natomasunified.org Ext 6683	M-Th 3-4 appointment preferred Room is open during A lunch, tends to have seniors (good place to go for peer help)	5
Mrs. Morgan-Hecht Adv Human Biology	ahecht@natomasunified.org (sub jhecht@natomasunified.org)		
Mr. Stedronsky Scholars Physics	cstedronsky@natomasunified.org Uses Google Classroom, can ask to get parent summary	TWTh 3-3:30 drop-in Make an appointment for other times including lunch	3
Mrs. Sandoval Math III	ksandoval@natomasunified.org	T-F 3-4 (check ahead for T) drop-in Available during both lunches (Flipped class, must do video notes at home)	4
Mrs. Reyes Trigonometry	sreyes@natomasunified.org Ext 6720 Remind codes P5 @86f9a, P6 @b3a68c Uses Google Classroom, can ask to get parent summary	M-F 3-5:30 drop-in Room is open during A lunch, tends to have seniors in there (good place to go for peer help)	4
Mr. Goebel Math I	bgoebel@natomasunified.org Ext 6714	M-F 7-8 and 3-4 Room is open during A lunch, mainly freshmen	0
Mr. Wells Math I & II	jwells@natomasunified.org	M-F after school drop-in Room is open during A lunch	0
Mr. Woodworth Math II	jwoodworth@natomasunified.org Remind code P1 @facdac, P6 @f89hg	TTh 3-4 by appointment Room is open during A lunch, mainly CECA students but you're welcome to eat with them	2

Ms. Resch Math III	cresch@natomasunified.org Ext 6727 Remind code @dd67be	MW 3-4 drop-in	4
Mrs. Kocher Math I	skocher@natomasunified.org Ext 6728 Website updated often, with notes posted	M-F 7:30-8 drop-in Th 3-4 by appointment Room is open during A lunch, mainly 9th & 10th students	2
Mr. Mizuno Math II & II+	gmizuno@natomasunified.org	M-Th 3-4 drop-in Room is open during A lunch	2
Mr. Singh Bassi Math I & III	sbassi@natomasunified.org		
Mr. Hui Math II	dhui@natomasunified.org		
Mr. Hernandez Math II	gihernandez@natomasunified.org	M-F 3-4 drop-in	

Where there are blanks, I did not have information at time of printing. However, check with the teacher or his/her website for more information. Phone extensions are included for teachers who indicated that calls are a good way to reach them. The HW number tells you about how many assignments to expect weekly.

## Study Advice

Don't be afraid to ask for help. Yes, we do want you to give it a good try first, but everyone needs help at times. We know the assignments get more challenging every year, and everyone needs some assistance at times.

If you can't get quick help from another student in class, ask your teacher before seeking other resources. The teacher is most familiar with what needs to be done in the context of the class.

If you need urgent help and can't find your teacher, is there another teacher of that subject available? Have you tried asking Ms. Downing in A107?

Peer tutors are in A119 after school Monday-Thursday.

Consider making a study group. You could meet in A107 or one of the study rooms in the library.

Make plans, both short term and long term, for how you will accomplish your school work. Figure out what works best for you, whether that's a paper planner, a list, an app or some other method, but be consistent in what you do. Enlist your parents to help keep you on track but don't expect them to manage your schedule.

Have a set place that you can work with minimal distractions. Set aside your phone for a while.

Tackle the assignments which seem hardest or the ones from the subjects you like least first, while you're most alert. Get them out of the way so you can move on to what you enjoy.

Focus on work for defined periods of time with scheduled breaks. For example, plan to work for 45 minutes without interruption and then take 15 minutes off. You'll probably find that if you can avoid distractions, you'll spend less total time working this way.

Sleep is important, too! A "power nap" for about 20 minutes is a good idea. Don't be in the habit of starting work late at night. The more sleep deprived you are, the longer it will take to get things done, and then you'll miss even more sleep. It's a bad cycle. Commit to getting back on schedule and then try to stick to it.

If there are unusual circumstances, talk to your teachers about extensions. Waiting until the last day or two to work on a project assigned weeks ago is not an unusual circumstance.

Know your teachers' policies about late work and about what to do when genuinely stuck on an assignment.

Homework for Scholars classes should not be consuming all your time. If you think it's taking too long, come talk to Ms. Downing or your counselor so we can work on a plan together.