Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ADV Teacher\_\_\_\_\_\_\_\_\_

Congrats you have successfully completed the 1st Quarter at Depoali! We know it is hard to get back into the swing of school and routine.

It is at this time of the year we want to reflect on what worked well and what we can still improve on moving forward.

You are going to write a letter to yourself. You will read this letter at the start of the 4th Quarter of this school year.

Some things to consider when writing to yourself:

1. What goals either in school, friends, sports, hobbies, or other activities do you want to accomplish by the 4th Quarter or remind yourself to finish by the end of the school year?
2. What words of encouragement might you need to hear?
3. What reminders might you need at the start of the 4th Quarter?
4. Praise how well you are doing now to remind yourself that life can be cool
5. What is challenging now that you hope to master by the 4th Quarter?
6. It is nearing the end of the year, people get grouchy. How can you prepare yourself to handle those issues before they get too crazy?
7. How can you challenge your 4th Quarter self to help others? What would you do?
8. What is important to you?
9. Write something positive about EACH of your teachers.
10. What advice do you need in the 4th Quarter?

You do NOT need to write on all 10 of the above topics. The hope is that they spark ideas and go into deep thought. Please also include 2 academic goals in your letter. Give more than simple statements or the minimum. Future **YOU** deserves your best now!