



# Semester Preparation Guide for Parents

This document is intended to guide parents in the transition back to school and the function of Semester Preparation Sessions. Students may be inclined to challenge the purpose and benefit of semester prep sessions when meeting prior to the first day of school.

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## SEM PREP SESSIONS OBJECTIVES

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Identify and document goals, resources and strategies.



Reconnect and build rapport between the coach and student.



Demonstrate a positive, back to school mindset.



Identify systems and natural rhythms to support autonomy.



Identify strengths and challenges.



Establish readiness in academic areas of:

- mathematics
- reading and writing
- study skills
- time management
- organization



Create daily & weekly schedules.

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*"Before anything else, preparation is the key to success."*

- Alexander Graham Bell