

# EAGLE HOUR 2018



How to manage your time and maximize your free hour.

11:46-12:46

# MANAGING YOUR TIME

WHEN TO EAT/ GO TO TUTORIALS



Academic  
tutorials

MANAGING SCHOOL BUSINESS

*Taking Care of Business*



# LET'S EAT!



## Where to get lunch?

- Cafeteria lines
- Snacks available out of the School Store
- Concession Stand (Possibly in the future)
- Bring your lunch from home (Esp. first few days)
- Microwaves available in the cafeteria
- No outside food deliveries are allowed

## When to get lunch?

- Don't all go the first 30 minutes- cafeteria lines are open 11:46-12:40
- Alternate tutorial and eating times.

## Where to eat?

- Cafeteria
- Outside by the portables
- Flexible seating areas
- Hallways
- Classrooms with teacher permission

# TUTORIALS

## Teacher Schedules

Teacher schedules are posted:

- Online
- Outside their classrooms
- QR code links
- No after school tutoring
- Can come and go anytime throughout the hour- with teacher permission.
- Make Up Testing (Rm1406) {Mon-Wed}
- Plan your week!



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# GET IT DONE!



## What else can I get done during Eagle Hour?

- Request a locker
- Sign up/ Pick up VOE's
- Buy Pep Rally, Event Tickets, Etc.
- Request/ Pick up transcripts
- Turn in assignments
- Pay fines/fees
- See campus secretaries
- Visit guest tables in cafeteria
- Get measured for your Letter Jacket
- Join a Lunch Crew
- Go to the Library
- Attend Club Meetings

# COUNSELING SERVICES

**Counselors will be available in the cafeteria for basically anything that is a non-emergency**

- 5 Counselors available each day- Your counselor 3 x week
- Course selection Q& A
- 4 year planning assistance
- Scholarship information
- GPA Questions
- College Recruiting /Informational Sessions
- Discuss recommendation letters
- Special Workshops (Ex: Resume building, applying for college, interviewing skills, etc.)
- Organized support groups for emotional issues such as coping, anger, grief, test anxiety, etc.
- **Counselors will send a pass if they need to see you during Eagle Hour vs. pulling from class. Students will use the QR Code System to request to see their counselor.**