



Lost in the Forest

You feel overwhelmed and wonder how you can do it all.
Can you get through this forest of confusion? Yes!

Here is a think sheet to help you sort through your thoughts and come up with a plan:

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1. **Start Here:** What are your goals for this school year? What would make you feel that you've had a successful year? Requirements? Desires? Include academics and nonacademics.

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2. Take a new look at your curriculum. Are there conflicts? Overlaps?

3.

Is your curriculum a good fit?

If YES:

What can you do differently?

What are some ideas which could relieve some of the pressure and stress you are feeling?

Can you: Pare down? Lengthen your school year?
Reschedule your days? Enlist help? Outside classes
or resources?

If NO:

What can you change?

Swap curriculum (online or locally)? Try unit studies?
Workbooks for basics?

Challenges other than curriculum related:

Lack of cooperation or support, large family, learning
disabilities, doubt