

## ABRHS Course Selection for 2012-13

Dear Current 8<sup>th</sup> -11<sup>th</sup> Grade Students and Parents/Guardians,  
**The Time Management Worksheet** on the reverse is intended to help you think about the demands on your time during the next school year. As you complete the course selection process (see below for more information), we want you to think carefully about your choices and the impact that they will have on your overall well-being. All students are encouraged to use this form; however, it will be required for any students requesting a teacher recommendation override. This form must be attached to an override form, which will be obtained from each school's Counseling Department.

### *Course Selection Process:*

### 2012-2013 Scheduling Outline

February 1	Program of Studies goes on-line at the ABRHS Website
<b>Current ABRHS Students</b> *****	
March 5	Homeroom @ 7:23 to distribute On-Line PCR instructions.
March 5 - March 7	Teachers review completed recommendations with students.
March 8 @ 8:00 AM	PS Parent Portal is opened for grade 11 course selections
March 9 @ 8:00 AM	PS Parent Portal is opened for Grade 10 course selections
March 12 @ 8:00 AM	PS Parent Portal is opened for Grade 9 course selections
March 16 @ 3:30 PM	Course selection portion of the PS Parent Portal is closed. Selected courses for 2012-13 are displayed.
April 2 -April 9	HS Override Process
April 27	Last day of changes for all students
<b>Current JRHS Students</b> *****	
Feb 7 @ 7:00	Eighth Grade Parent's Night
March 13	ABRHS visits JRHS students
March 14-16	Teachers review completed recommendations with students.
March 20 @ 8:00 AM	PS Parent Portal is opened for grade 8 course selections
March 26 @ 3:30 PM	Course selection portion of the PS Parent Portal is closed. Selected courses for 2012-13 are displayed.
March 28-April 13	JRHS Override Process
April 25	8 <sup>th</sup> Grade Override Night
April 27	Last day for all course changes

**TIME MANAGEMENT ACTIVITY**  
Acton-Boxborough High School Course Selection Process

*This activity is intended to help students anticipate the time they will need to remain healthy, happy, and engaged learners.*

**Fill out for your busiest term:**

<b>School activities</b>	<b>Average Hours/Week</b>
School Days (5 days x 7 hours)	<b>35</b>
Anticipated Hours of Homework <sup>1</sup>	
Honors/Advanced Placement: <b>1+ Hour x 5 Nights Weekly x # Courses</b>	
Accelerated/Enriched: <b>.75 Hour x 4 Nights Weekly x # Courses</b>	
College Prep: <b>0.5 Hour x 4 Nights Weekly x # Courses</b>	
Standard Prep: <b>0.5 Hour x 3 Nights Weekly x # Courses</b>	
<b>Total School Hours:</b>	
<b>Extra-Curricular Activities</b>	<b>Average Hours/Week</b>
Paid Job	
Hobbies/Interests/Clubs	
Community Service	
Sports	
Music/Performances	
Other Obligations (Driver's Ed, SAT Prep, College Apps., etc.)	
<b>Total Extra-Curricular Hours:</b>	
<b>Daily Living Activities</b>	<b>Average Hours/Week</b>
Sleep (7 Days x 9 Recommended Hours)	
Physical Activity (1 Hour Recommended – May be Sports or PE)	
Necessities (Eating, Showering, Chores, etc.)	
Travel To/From School	
Family Time	
Free Time (Friends, TV, Phone, Internet, etc.)	
<b>Total Daily Living Hours:</b>	

**TOTAL HOURS**

**Available Hours/Week**

School Hours = _____ Extra-Curricular Hours = _____ Daily Living Hours = _____  YOUR TOTAL HOURS: <span style="border: 1px solid black; display: inline-block; width: 40px; height: 20px; vertical-align: middle;"></span>	<p><b>HOURS in a week</b></p> <p style="font-size: 2em; font-weight: bold;">168</p>
VS.	

***Based on the information above we acknowledge the workload we are going to undertake with this schedule:***

Parent/Guardian name \_\_\_\_\_  
 Parent/Guardian signature \_\_\_\_\_  
 Date \_\_\_\_\_

Student name \_\_\_\_\_  
 Student signature \_\_\_\_\_  
 Date \_\_\_\_\_

<sup>1</sup> Daily homework amounts are estimates