

# PE/ HEALTH DEPARTMENT EXTRA HELP

FALL 2022

Course	Room	Morning Availability	Afternoon Availability
<b><i>Personal Fitness and Health</i></b>	Hoya Center	Wednesday 7:30 to 8:00	Wednesday 3:40 to 4:10

## Hints if you're struggling in your class:

- 1) Ask more questions during class.
- 2) Take good notes – write down **everything** your teacher writes on the board.
- 3) Do **all** your homework.
- 4) Form a Study Group with other students in your math course – they don't have to be in your same period.
- 5) See your teacher before or after school for extra help.
- 6) See other teachers on the list above outside of class for extra help.
- 7) Take advantage of online resources for your textbook.
- 8) Don't wait until the morning of a test or quiz to start getting help.

