### PE/ HEALTH DEPARTMENT EXTRA HELP

### FALL 2022

<table>
<thead>
<tr>
<th>Course</th>
<th>Room</th>
<th><strong>Morning Availability</strong></th>
<th><strong>Afternoon Availability</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Fitness and Health</td>
<td>Hoya Center</td>
<td>Wednesday 7:30 to 8:00</td>
<td>Wednesday 3:40 to 4:10</td>
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</tbody>
</table>

**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.