

Sample Daily Schedule

- 6:15 Am
 - Wake Up
- 7:45 AM
 - Arrive at School
- 8:15 AM- 3:15 PM
 - Normal School day
- 3:30 PM- 5:15 PM
 - Soccer Practice
- 6:00 PM- 8:00 PM
 - Eat dinner/Grade Work
- 8:30 PM-10:00 PM
 - Hockey Practice
- 10:30 PM-12:30 AM
 - Lesson Planning
- Around 1 AM
 - Lay down, but not fall asleep.



Working With Athletes

Your time after 3:15 is extremely valuable! Normally, it is set aside for planning and grading. However, if you work with high school student-athletes your time becomes extremely limited.

Here are some helpful tips!

- Allot time in your day to the individual activity.
- Make sure you include time to get ready and travel to the activity.
- Do not over commit!
 - Your student teaching and MSU classes do come first. If you need time to work on those make sure you let the coach you are working with that you cannot make it.
 - They will understand!
- Have fun with it! If you do not the athletes will know!

Scott Pangrazzi

TE 804
4-29-11
Capstone Project



Extracurricular Activities

A how to guide on how to
spend your time after school.

In School Extracurricular

Not all extracurricular activities are completed after school. However, their preparation and completion must be done before and after school.



Student Council Elections

During School Activities

- Meet with Principal to discuss schedule for elections.
- Hold assembly so candidates can give speeches.
- Pass out and collect ballots to every class in social studies department.

After School Activities

- Meet with candidates to go over procedures and process for elections.
- Interview with candidates to make sure they are qualified and prepared for elections.
- Count ballots and declare winners.

