

### HIGH SCHOOL ROADMAP

November

Now that you've gotten settled into high school, start thinking about your study routine! With finals around the corner, it is important to figure out if the way you're studying now is effective or not.

Unsure about your learning style or just want to see if there are different ways you could be studying? Take the [VARK: A Guide to Learning Preferences](#), a free online questionnaire that is used by learning specialists to help people determine if they are visual, aural, reading/writing, or kinesthetic learners!

December

Good luck on your first high school finals! Start studying early and try to avoid procrastinating on all the material you need to know. While it may be tempting to pull an all-nighter the night before your hardest final, remember that [sleep has been shown to be important for memory and sleeping can actually help you retain more information!](#)

Winter break is a great time for relaxing and recharging for next semester, but you can also use it to start on some community service! Whether it be with your local I-CERV group or with some friends at the local food bank, try to do something during winter break to keep yourself active in the community!

January

A new semester is a great time to reflect on the last semester and think about how you can improve! Do you think you need to spend more time studying or doing extracurriculars? Do you want to get involved in a different organization or take on a more active role in the ones you're in right now? It's never too early to start thinking about what organizations you might want to get more involved in.

Having a strong resume from 9th grade can help set you apart from other students during the college application process. It's never too early to get started and build a foundation for your involvement!

### WELLNESS CORNER

Finals can be both physically and mentally exhausting for a high school student. There are many ways you can maintain a healthy and happy lifestyle while keeping up with the pressures of school!

As you gear up for finals, remember to give your brain a break during studying! If you feel yourself getting tired or losing focus, take a short 20 minute break and then get back to studying. [You can take a walk during that break, meditate, or even hang out with your family!](#)

In order to best maximize your studying time, try to stay off your phone and avoid social media on your computer. If you're one of those people that gets distracted easily, you can download [Self Control](#) on your computer or [Flora](#) on your phone to help keep you productive and off your phone! Try them out and see if they help you focus!

### Start Something!

If you have an interest in something but don't see the club for it, don't be afraid to start one! Talk to some other students who might be interested and get a faculty advisor to help you so that you can have it set up by the time you're in 10th grade! Many national organizations, such as [She's The First](#), have local high school chapters that help them achieve their mission!

### Staying Involved In Jamatkhana

While it may seem difficult to balance school and stay involved in seva, it can easily be done! Volunteering at Jamatkhana or through I-CERV are activities that may be counted as extracurriculars in your college applications when it comes time to apply.

### Scholarships

AXA Achievement Scholarship - up to \$25,000 - due December 14

Burger King Scholars Program - up to \$50,000 - due December 15

Digital Privacy Scholarship - \$1,000 - due January 30

I Have A Dream Scholarship - \$1,500 - due January 31

### STUDENT SPOTLIGHT

#### WHAT ARE THE BEST AND WORST THINGS ABOUT NINTH GRADE?

“The best part of 9th grade is the memories you make. The high school experience is great, but it does have its ups and downs. Even under all those stressful situations, always remember to have fun and to not let what other people think stop you from doing what makes you happy. The worst part about high school is the stress. Bucketloads of homework day by day and upcoming tests get very stressful but don't let it affect you. 5 years from now it won't matter what you got on that one test, so don't worry too much.”

#### HOW DO YOU STAY INVOLVED IN JAMATKHANA AND STILL STAY ON TOP OF YOUR SCHOOLWORK?

“Managing your time is the key to almost every stressful problem in high school. Going to Jamatkhana only takes a few hours out of your day and by managing your time, a few hours will not make much of a difference.”



Ria Virani

10th Grader - Phoenix, Arizona