

### HIGH SCHOOL ROADMAP

May

You're in the home stretch! Your daily routine may be disrupted with schools adapting to distance learning during this time, but do your best to keep your studying routine intact as you get closer to final exams! It's important to keep up with the material you are learning right now because it is the foundation for what your future, more advanced classes will build upon.

As you finish your school year, take some time to think about what went well or what could have gone better this year. Did you feel that you could have done more or less? Is your GPA where you want it to be or do you need to raise it before heading into Junior year? Reflect on these things and think of ways you can improve for next year!

June

The PSAT is a test that helps you practice for the SAT. You may have taken the PSAT in 9th or 10th grade, but the score you receive on your 11th grade PSAT may qualify you for the National Merit Scholarship Program and associated scholarships. Make the most of your summer to learn about what to expect on the test and start preparing for the test in the Fall. [Check out Khan Academy's resources here to learn about what to expect on the PSAT.](#)

If you're bored and itching for something to do, take advantage of some of the virtual volunteer opportunities and free resources out there to help you learn some new skills! You can learn a language with Rosetta Stone, get ahead on next year's subjects with Khan Academy, or learn how to code through Codecademy. All of these resources can help you further your skills and help you be productive this summer!

July

Use this time to work on studying for the SAT and ACT. You can download the [Question of the Day app from College Board](#) and do one question each day to sharpen your skills! You should also use test prep resources to review material and start working on practice tests.

Make sure you're also taking some time this summer to relax! Sometimes we overwork ourselves during the year and don't take time to recharge. Student burnout is becoming more prevalent and we need to do our best to combat it! [Check out these tips to prevent burnout and see what you can incorporate into your routine.](#)

*"The ethics of Islam enjoin all believers, individually or through institutions such as the Ismaili Imam, to assist the poor, the isolated, and the marginalized to improve their current circumstances and future prospects.*

-- His Highness the Aga Khan  
World Mountain Forum UNESCO, Paris, June 2000

### WELLNESS CORNER

Feeling a little stressed or experiencing anxiety about the current coronavirus outbreak? You aren't alone!

It's natural to feel anxious about the uncertainty in the world right now. Take a break from watching the news and go outside, play a game, watch your favorite movie, or read a new book. To help you work through any anxious feelings, there are many apps available to help you practice mindfulness in your everyday life. [Check out this list of mobile apps from the Anxiety and Depression Association of America aimed to help relieve anxiety!](#)

### Virtual Volunteering Opportunities

Volunteerism and service are an integral part of the Ismaili Muslim tradition. If you find yourself eager to give back to your local community and serve individuals that might need a little extra help during this time of uncertainty, there are many virtual volunteering opportunities available that you and your entire family can take advantage of. Be sure to stay plugged in with your region's i-CERV team for initiatives you can participate in. Check out some of the ideas below to get started!

- 1. Stay connected with seniors or isolated individuals by providing emotional support:** Check with your local nursing home to see if they are accepting cards or letters for their residents at this time. If you personally know any seniors or vulnerable individuals, keep in touch with them via phone calls, letters, and text messages.
- 2. Make protective face masks for medical personnel:** You can team up with your family to make protective masks for medical personnel right at home. Be sure to check with your local hospitals or clinics about their policies toward accepting homemade mask donations beforehand.
- 3. Write letters of encouragement to first responders and healthcare workers:** Thanking local healthcare workers is a great way to support the communities in which we live. You can draw a picture, write a poem, or send a kind note saying thank you to your local healthcare heroes. Different healthcare facilities may have specific guidance or needs to support their workers and keep them safe so you should conduct some research and planning beforehand.

### Scholarships

[Ocean Awareness Student Contest - \\$1,500 - due June 15](#)

[Delete Cyberbullying Scholarship - \\$1,000 - due June 30](#)

[Community Hero Scholarship - \\$5,000 - due July 3](#)

### STUDENT SPOTLIGHT

#### HOW ARE YOU COPING WITH THE CORONAVIRUS PANDEMIC?

“ My family has been a very big help in coping with this situation, and I am so thankful that I have been able to get even closer with them in this time of uncertainty. I have also been coping by using this time to finally do things I never had the time to do before. In addition, I have also been trying to find ways to help my community. ”

#### DO YOU HAVE ANY TIPS TO SHARE WITH YOUR PEERS?

“ Given the current situation, I found that having structure in my daily routine has helped me tremendously. It helped me feel like things were normal. I implemented things such as waking up at the same time every day and making simple to-do lists to help with this. I have also been reaching out to as many resources I can find for extra help and to stay on top of my work. ”



Shifa Ali

10th Grader - New York City, NY