

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? 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 grade, but the version you will take in 10th and 11th grade is more advanced. The score you receive on your PSAT can also qualify you for the National Merit Scholarship Program and associated scholarships. Make the most of your summer to begin learning about what the PSAT is, what to expect on the test, and how to 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

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.](#)

Come up with a list of goals you're hoping to accomplish during the upcoming school year! Do you want to be elected for a leadership position in an organization? Do you want to challenge yourself with some harder classes? Try to think of some things you want to do this year and start brainstorming how you plan to get them done!

"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? DO YOU HAVE TIPS TO SHARE WITH YOUR PEERS?

“I'm at home scheduling out my day with school work, video games, and virtually talking to family and friends. A tip I have to fellow students is to stay at home and practice social distancing. Try to schedule out your day when you wake up and use this time to do something you didn't have time to do before.”



Shaaz Bharwani
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