



Home Education Partnership of Texas, Inc. – Joanne E. Juren

168...hours....

Many students are procrastinators! However, when they learn that there are only 168 hours in a week, most are shocked. No wonder students run out of time to study for that big test or to finish that big project.

As an educator of many years, I've watched myriad students come to school tired, sleepy, and ill-prepared for the rigors of their daily routine. I've watched other students bounce into class well-prepared and ready to ace today's test. What is the difference? ATTITUDE



Learn to be **PROACTIVE**. Many students are reactive. They fail to plan. They constantly "react" to events happening in their lives.

Students who use a master schedule will usually be more successful.

What is a master schedule? It is a calendar of activities. The calendar will account for every hour in every day. Classes, assignments, projects, tests, social activities, work, personal time, eating, and **SLEEP** must be penciled into the daily calendar.



Students who learn to plan out a daily....weekly....and monthly calendar will find that they suffer from "less" stress.

Use a pencil or computer to create the calendar. Track unexpected changes to each daily routine to learn to accommodate changes.

Don't be afraid to make changes. Don't be afraid to ask for help from a trusted mentor. Don't be afraid to admit that you are over-whelmed. This is the first step towards success!

"If you fail to plan, you plan to fail."



Sleep is important!

Most college students who procrastinate will pull "all nighters." These are disastrous to ones' health!

Learn to study throughout the weeks before the test.

Learn to break study into workable "chunks."

Use a master schedule to plan your sleep time first, class attendance next, and study time.

Study time is critical for success in school.

168 hours goes by quickly.

168 Hours



Become a SUPERSTAR STUDENT!
Adopt a PROACTIVE LIFESTYLE.



Develop a Master Schedule.
Plan each day's activities.



GET ENOUGH SLEEP!
Teen aged boys need 10-11 hours per night; girls need 8-9 hours per night.



To order *How to Study Smarter, Not Harder!* by Joanne E. Juren
Call: 281-922-0472

Remember, getting enough sleep is as important as good nutrition and exercise.



Website:
www.heptx.com



Contact:
281-922-0472



Email Joanne E. Juren:
jjuren@heptx.com

About the Speaker....

Joanne E. Juren, a Master Teacher who passionately inspires excellence in writing, teaches Honors English and History at Home Education Partnership of Texas, Inc. in Houston. Earning a B.A. from the University of Houston in both English and History Teacher Education, Mrs. Juren also has a minor in Speech. With a Masters in Educational Administration, Mrs. Juren earned her Principal's Certification while completing 18 hours on her Educational Doctorate. Known as a disciplined instructor of writing, she demands students use the Active Voice and elevated language when writing. Many of HEP's students receive writing awards, earn AP and/or CLEP credit, and excel in college writing courses.

With over forty years of experience as an educator and principal, Mrs. Juren founded and serves as the National Executive Director of Eta Sigma Alpha National Home School Honor Society and the National Home School Science Honor Society. Active in the Texas homeschool community, Mrs. Juren owns several homeschool businesses including HEP Bookstore, L.L.C., HEP Publishing Co., and Home Education Partnership of Texas, Inc., one of the nation's first university model programs started in 1997. A former homeschool and public school speech and debate coach, she has coached many UIL and NCFCA national and state champions. Chosen as the first winner of the "Home School Best Pioneer" Award by the Calvert School in 2002, elected to the Texas Home School Hall of Fame in 2015, and nominated numerous times as a member of "Who's Who of American High School Teachers," Mrs. Juren often appears on national television as an advocate of homeschooling. A world traveller, Mrs. Juren brings a wealth of knowledge, excitement, and experience to the classroom.