A school day, one step at a time

Grades 6–12 · Everyday planning choices

You do not need a perfect routine. Choose one small action and check what support is available.

Check what is actually due

Read the directions. Ask which task comes first if the order is unclear.

Make the first step small

Open the directions, gather one supply, or write one question.

Include rest and support

A busy plan may need to change. Ask for help if the demands do not fit the time or resources available.

Look back and adjust

What helped? What is still unclear? Choose the next step with support if needed.

For the counselor: do not assume access to food, a quiet home, transport, supplies, or after-school time. Use a made-up school day and adjust expectations rather than blaming a student.