

# ACADEMIC HELP & SUPPORT

If you find that you are having a difficult time in a class, here are several recommendations you can do to get help:

1. **Ask your Teacher for help.** Your teacher is going to know the situation best and would be a good place to start. Teachers are available to you during Common Time, 8:06 a.m. – 8:51 a.m., in their classroom or by appointment. You can email your teacher as well. Email addresses are located in the Sheldon Perspective, Sheldon Planner, and on the Sheldon Website. Some teachers have homework assignments and homework hints on a website or a blog they created. Ask your teacher if they have a website or a blog for their class. If you want to leave a message in your teacher's box you can also call 687-3381.
2. **Get a Peer Tutor.** Most National Honor Society members are tutors. These students are Juniors or Seniors who feel very comfortable explaining certain academic areas to other students. They often have successful test taking skills and organizational skills, which are key to high school success. If you would like more information you can contact the NHS Advisor, Matt Binkerd at [binkerd\\_m@4j.lane.edu](mailto:binkerd_m@4j.lane.edu). In addition, some teachers have a tutor list for their subject area and some of Sheldon's Peer Mentors are also Peer Tutors. Your School Counselor has the current list of Peer Mentors and NHS Tutors.
3. **ER / Sheldon Academy.** ER is a teacher supervised study period where you can get help completing homework and assignments. It is available all four periods each term. You need a referral from your counselor, case manager, or the Academy staff to enroll in this class. **Sheldon Academy** afternoon/evening classes provide credit recovery opportunities for Juniors and Seniors to make up missing or failed classes. This is also referral based and requires a meeting with your counselor or case manager. For more information, check out the Academy website accessible from the Academic menu on the Sheldon website or at [www.shs.lane.edu/shac/](http://www.shs.lane.edu/shac/) or you can call 334-4809.
4. **Math Ry.** You can go to room B-22 during common time on Tuesdays and Wednesdays to get help on math lessons and homework. You can contact the math department for updated schedules and information at 687-3399.
5. **ESAAY (Eugene Springfield Asian-American Youth) Lunch Time Tutoring.** ESAAY students provide mentoring and tutoring in a casual environment every Tuesday at lunch time in the Multicultural Center. Some Asian languages are represented, mainly Korean. Open to all grades and all students. For more information about ESAAY contact YungSoona Geil-Walker at [walker\\_y@4j.lane.edu](mailto:walker_y@4j.lane.edu).
6. **Multicultural Center.** The Multicultural Center is a place to study. Elective credit is available to students who sign up to attend on a daily basis. For more details contact Jose Alonso at [alonso\\_j@4j.lane.edu](mailto:alonso_j@4j.lane.edu) or 687-3236.

7. **Learning Center Basic Study Skills.** This is for students who are already in the Learning Center, although it is open for all students if they request it. This is offered every period each term, as well as during common time. If interested please see your IEP Casemanager or your School Counselor.

8. **4J Night School and Summer School.** The 4J School District offers both Night School and Summer School classes to 4J students. Currently these classes take place at South Eugene High School. The Night School classes run either 6:30 – 7:40 p.m. and/or 7:50 – 9:00 p.m. either Monday/Wednesday or Tuesday/Thursday. The Summer School classes run 8:00 – 10:00 a.m., 10:10 a.m. – 12:10 p.m., and/or 1:00 – 3:00 p.m. Monday – Friday from usually during the month of July. There is a fee for Summer School, not for Night School. You need to get an application from your High School Counselor. If you have questions, you can contact the Night School and Summer School office at 687-3114.

9. **Summer Bridges Program.** If your student was in this 9<sup>th</sup> grade transition program, it would be a good starting place to check in with one of the Summer Bridge Teachers or the Freshman Counselor for academic follow-up or support. Contact Aura Solomon at 687-3720, or solomon\_a@4j.lane.edu, for more information.

10. **Other academic tools.** There are other things that parents and students can do to manage their homework and class assignments.

A. Grade Print-Out on the website: You can go to [www.shs.lane.edu](http://www.shs.lane.edu) and click on “Academic”. Then click on the department. Then click on the teacher. You will need to know your class title, period, and student number to access your personal information. You can preview your current grade and missing assignments.

B. Class Syllabi on the website: On Sheldon’s website click on “Academic”. Then click on “Academic Documents”. Then click on “Class Syllabi” and you can preview class expectations, learning goals, and assignments.

C. Weekly Homework Completion Form: There are tracking forms available for students at the front desk in the main office. You pick up the form and fill out your class information. You then take the form to your teachers at the beginning of each period. The teacher fills in your current grade and missing assignments. You pick up the form at the end of each class. It is recommended to complete on Fridays once a week, twice a month, or once a month depending on your situation.

D. Planners / Daily Calendars: Each teacher writes their daily assignments and homework on the board. You should take responsibility to write down the assigned work and the due dates into your planner or calendar. A helpful hint would then be to check it off when complete and cross it out when turned in to the teacher. Use a paperclip or a rubberband to keep the page on the current date – that way you are always up to date. A planner can also help you to not procrastinate and to keep track of long term projects and upcoming exams.

E. Parent-Teacher Conferences: Attend these with your parents to do a good check-in on how you are doing in class and discuss ways to improve.

F. Study Groups / Classmates: Working together with others is helpful, especially when each student is assigned a section or a concept to teach the rest of the group. The person teaching others will have an even better understanding and is more likely to remember the learning experience.

11. **Websites.** If you google “homework help online” you will get a wealth of links. Here are just a few: *(Be careful about any fees a website may want to charge you. Many of these sites are free resources.)*

<http://www.oregonlibraries.net/>  
<http://highschoolhub.org/hub/hub.cfm>  
<http://homeworkspot.com/high/>  
<http://school.discovery.com/homeworkhelp/bjpinchbeck/>  
[www.about.com/education/](http://www.about.com/education/)  
[www.collegeboard.com/student/plan/boost-your-skills/index.html](http://www.collegeboard.com/student/plan/boost-your-skills/index.html)  
[www.tutor.com](http://www.tutor.com)

12. **Local Businesses.** There are businesses in the local area that provide tutoring and/or standardized test preparation. There are fees involved. Here are a few:

Lane Tutoring Service, Inc.  
2141 Crest Drive, Eugene  
484-4133  
[www.lanetutoringservice.com](http://www.lanetutoringservice.com)

Sylvan Learning Center  
(SAT and ACT classes)  
1020 Green Acres Road #14, Eugene  
485-4589  
[www.ets.org](http://www.ets.org)

The Learning Center  
1627 Pearl, Eugene  
485-6613  
[www.thelearningcenter.com](http://www.thelearningcenter.com)

Kaplan Educational Center  
(PSAT, SAT, ACT classes)  
720 E. 13<sup>th</sup> #203, Eugene  
1-800-527-8378  
[www.kaptest.com](http://www.kaptest.com)

Academic Learning Services  
(SAT Preparation Class)  
1213 University of Oregon, Eugene  
346-3226  
[www.als.uoregon.edu](http://www.als.uoregon.edu)

Robert Sposato  
(SAT Preparation Class)  
[robspo@comcast.net](mailto:robspo@comcast.net)  
683-1018  
[www.satachievement.com](http://www.satachievement.com)

Tutoring Tree  
1679 Willamette Street, Eugene  
302-4374  
[www.MyTutoringTree.com](http://www.MyTutoringTree.com)

\*Sheldon High School is not endorsing any of the above agencies, programs, or websites. These are available resources for the public that you may like to use.

*~This information was compiled by Sheldon’s School Counselors. You are welcome to make an appointment with your assigned School Counselor to discuss any of these options in person. You can make an appointment at the front desk in the main office or by calling 687-3381.~*