

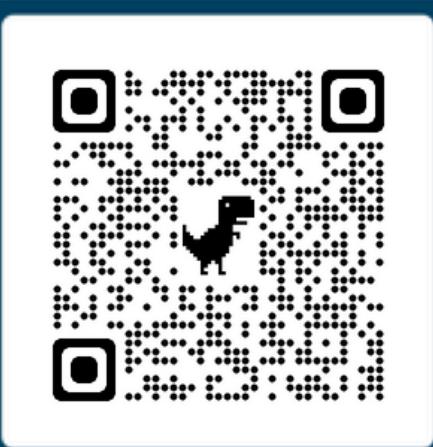


OKLAHOMA  
VIRTUAL CHARTER ACADEMY<sup>SM</sup>

POWERED BY STRIDE K12

OVCA  
School Year 22-23 Planner

**GET READY TO**



OVCA HUB



**ROCK**



2022-2023 Academic Calendar  
Oklahoma Virtual Charter Academy

| July 2022 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| Su        | M  | Tu | W  | Th | F  | Sa |
| 3         | 4  | 5  | 6  | 7  | 8  | 9  |
| 10        | 11 | 12 | 13 | 14 | 15 | 16 |
| 17        | 18 | 19 | 20 | 21 | 22 | 23 |
| 24        | 25 | 26 | 27 | 28 | 29 | 30 |
| 31        |    |    |    |    |    |    |

| August 2022 |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|
| Su          | M  | Tu | W  | Th | F  | Sa |
|             | 1  | 2  | 3  | 4  | 5  | 6  |
| 7           | 8  | 9  | 10 | 11 | 12 | 13 |
| 14          | 15 | 16 | 17 | 18 | 19 | 20 |
| 21          | 22 | 23 | 24 | 25 | 26 | 27 |
| 28          | 29 | 30 | 31 |    |    |    |

| September 2022 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|
| Su             | M  | Tu | W  | Th | F  | Sa |
|                | 1  | 2  | 3  | 4  | 5  | 6  |
| 7              | 8  | 9  | 10 | 11 | 12 | 13 |
| 14             | 15 | 16 | 17 | 18 | 19 | 20 |
| 21             | 22 | 23 | 24 | 25 | 26 | 27 |
| 28             | 29 | 30 | 31 |    |    |    |

| Date   | Event or Holiday                          |
|--------|-------------------------------------------|
| Jul 04 | Independence Day - School/Office Closed   |
| Jul 25 | New Teachers Start                        |
| Aug 01 | Teachers Return                           |
| Aug 01 | Professional Development                  |
| Aug 02 | Professional Development                  |
| Aug 03 | Professional Development                  |
| Aug 15 | First Day Semester / 1st Qtr              |
| Sep 05 | Labor Day - School/Office Closed          |
| Oct 11 | Last Day 1st Qtr                          |
| Oct 12 | Teacher Work Day - No School              |
| Oct 13 | Fall Break - School Closed                |
| Oct 14 | Fall Break - School Closed                |
| Nov 21 | Thanksgiving Break - School Closed        |
| Nov 22 | Thanksgiving Break - School Closed        |
| Nov 23 | Thanksgiving Break - School Closed        |
| Nov 24 | Thanksgiving Break - School/Office Closed |
| Nov 25 | Thanksgiving Break - School/Office Closed |
| Dec 15 | Last Day Semester / 2nd Qtr               |
| Dec 16 | Teacher Work Day - No School              |
| Dec 19 | Winter Break - School Closed              |
| Dec 20 | Winter Break - School Closed              |
| Dec 21 | Winter Break - School Closed              |
| Dec 22 | Winter Break - School Closed              |
| Dec 23 | Winter Break - School Closed              |
| Dec 26 | Winter Break - School/Office Closed       |
| Dec 27 | Winter Break - School/Office Closed       |
| Dec 28 | Winter Break - School/Office Closed       |
| Dec 29 | Winter Break - School/Office Closed       |
| Dec 30 | Winter Break - School/Office Closed       |
| Jan 02 | Teacher Work Day - No School              |
| Jan 03 | First Day Semester / 3rd Qtr              |
| Jan 16 | MLK Day - School/Office Closed            |
| Feb 20 | President's Day - School/Office Closed    |
| Feb 23 | Professional Development - No School      |
| Feb 24 | Professional Development - No School      |
| Mar 10 | Last Day 3rd Qtr                          |
| Mar 13 | Spring Break - School Closed              |
| Mar 14 | Spring Break - School Closed              |
| Mar 15 | Spring Break - School Closed              |
| Mar 16 | Spring Break - School Closed              |
| Mar 17 | Spring Break - School Closed              |
| May 26 | Last Day Semester / 4th Qtr               |
| May 29 | Memorial Day - School/Office Closed       |
| May 30 | Teacher Work Day - No School              |
| May 31 | Teacher Work Day - No School              |
| Jun 01 | Teacher Work Day - No School              |
| Jun 02 | Teacher Work Day / Check Out - No School  |

| October 2022 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Su           | M  | Tu | W  | Th | F  | Sa |
|              | 1  | 2  | 3  | 4  | 5  | 6  |
| 2            | 3  | 4  | 5  | 6  | 7  | 8  |
| 9            | 10 | 11 | 12 | 13 | 14 | 15 |
| 16           | 17 | 18 | 19 | 20 | 21 | 22 |
| 23           | 24 | 25 | 26 | 27 | 28 | 29 |
| 30           | 31 |    |    |    |    |    |

| November 2022 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | M  | Tu | W  | Th | F  | Sa |
|               | 1  | 2  | 3  | 4  | 5  | 6  |
| 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 13            | 14 | 15 | 16 | 17 | 18 | 19 |
| 20            | 21 | 22 | 23 | 24 | 25 | 26 |
| 27            | 28 | 29 | 30 |    |    |    |

| December 2022 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | M  | Tu | W  | Th | F  | Sa |
|               | 1  | 2  | 3  | 4  | 5  | 6  |
| 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 14            | 15 | 16 | 17 | 18 | 19 | 20 |
| 21            | 22 | 23 | 24 | 25 | 26 | 27 |
| 28            | 29 | 30 | 31 |    |    |    |

| January 2023 |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|
| Su           | M  | Tu | W  | Th | F  | Sa |
| 1            | 2  | 3  | 4  | 5  | 6  | 7  |
| 8            | 9  | 10 | 11 | 12 | 13 | 14 |
| 15           | 16 | 17 | 18 | 19 | 20 | 21 |
| 22           | 23 | 24 | 25 | 26 | 27 | 28 |
| 29           | 30 | 31 |    |    |    |    |

| February 2023 |    |    |    |    |    |    |
|---------------|----|----|----|----|----|----|
| Su            | M  | Tu | W  | Th | F  | Sa |
|               | 1  | 2  | 3  | 4  | 5  | 6  |
| 7             | 8  | 9  | 10 | 11 | 12 | 13 |
| 14            | 15 | 16 | 17 | 18 | 19 | 20 |
| 21            | 22 | 23 | 24 | 25 | 26 | 27 |
| 28            | 29 | 30 | 31 |    |    |    |

| March 2023 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| Su         | M  | Tu | W  | Th | F  | Sa |
|            | 1  | 2  | 3  | 4  | 5  | 6  |
| 7          | 8  | 9  | 10 | 11 | 12 | 13 |
| 14         | 15 | 16 | 17 | 18 | 19 | 20 |
| 21         | 22 | 23 | 24 | 25 | 26 | 27 |
| 28         | 29 | 30 | 31 |    |    |    |

| April 2023 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| Su         | M  | Tu | W  | Th | F  | Sa |
|            | 1  | 2  | 3  | 4  | 5  | 6  |
| 7          | 8  | 9  | 10 | 11 | 12 | 13 |
| 14         | 15 | 16 | 17 | 18 | 19 | 20 |
| 21         | 22 | 23 | 24 | 25 | 26 | 27 |
| 28         | 29 | 30 | 31 |    |    |    |

| May 2023 |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Su       | M  | Tu | W  | Th | F  | Sa |
|          | 1  | 2  | 3  | 4  | 5  | 6  |
| 7        | 8  | 9  | 10 | 11 | 12 | 13 |
| 14       | 15 | 16 | 17 | 18 | 19 | 20 |
| 21       | 22 | 23 | 24 | 25 | 26 | 27 |
| 28       | 29 | 30 | 31 |    |    |    |

| June 2023 |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|
| Su        | M  | Tu | W  | Th | F  | Sa |
|           | 1  | 2  | 3  | 4  | 5  | 6  |
| 7         | 8  | 9  | 10 | 11 | 12 | 13 |
| 14        | 15 | 16 | 17 | 18 | 19 | 20 |
| 21        | 22 | 23 | 24 | 25 | 26 | 27 |
| 28        | 29 | 30 | 31 |    |    |    |

Special Events - TBD

PT Conferences

Prom

HS Graduation

*This Planner Belongs To:*

Name:

Student ID:

Eng. Teacher:

Math Teacher:

Sci. Teacher:

Hist. Teacher:

Elec. Teacher:

Principal:

Counselor:

CFA:

Misc. School Websites-

Website:

Username:

PW:

Website:

Username:

PW:

**Hola! Bienvenidos a nuestra escuela!**

Mi nombre es Sonia Gaytan, Asesor Familiar Comunitario

Si necesitas ayuda en español puedo ayudarte.

Puede enviarme un correo electrónico a

**sogaytan@okvirtual.org (OVCA)**

• Puede enviarme un mensaje de texto a 405 345 6018

• Puedes llamarme a 405 259 9478 ext. 3150



OVCA HUB

# Attendance Matters!

## Attendance facts:

As a virtual public school in Oklahoma, students are expected to complete 72 instructional activities per quarter, or about 2 activities per day, under state law. This is cumulative – students are expected to work daily. At OVCA, an instructional activity is defined as:

- Completion of assignments that are used to record a grade for a student that is factored into the student's grade for the term in which the assignment is completed;
- Attending live classes;
- Attending testing, virtual or in person;
- School-sanctioned outings in-person or online
- Attending Orientations.

Students who fall below 70% of expected instructional activities at any point during the school year will receive support from staff: CFAs, paraprofessionals, counselors, engagement specialists, and/or the truancy specialists. A student who is below 45% of the expected number instructional activities for three consecutive weeks may be withdrawn for lack of attendance. If you have specific questions, please contact our Truancy Specialist Celeste Claggett at [cclaggett@okvirtual.org](mailto:cclaggett@okvirtual.org).

## Truancy facts:

Students enrolled at OVCA are expected to school daily. Once a student has missed 5 consecutive school days, OVCA staff begin contacting learning coaches to check in on the student and family to work to re-engage the student. OVCA staff will attempt to reach families via email, phone calls, and/or text messages. If a student misses 15 consecutive school days, a student may be withdrawn for truancy and the legal guardian of the student referred to the state authorities for truancy. If your student will be absent for 5 (or more) consecutive school days, please contact your Community Family Advisor (CFA) with this information so that they can make the correct staff members aware and make sure that your student has what is needed to get back on track with school work.

More details regarding OVCA's Attendance & Truancy Policies can be found at The OVCA HUB.



# Bison Best 3 for Me

On each weekly page you will be given an opportunity to recognize the good stuff going on in your life right now. It will be as easy as 3, 2, 1, and will take as little as 10 minutes. Here is how it works:

Each week in the column on the right jot down:

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

Give it a try and see how the **Bison Best 3 for Me** works for you!

*"A GOAL without a PLAN is just a WISH"*

OVCA's GOAL this school year is to help each of our students PLAN for success! Let's work together to make this not just a wish, but a reality for you!

The OVCA MS/HS Planner is designed to help you structure your month and week. Along with our weekly structured class schedule, and your Week At A Glance from each of your teachers, this planner will help you feel more in control of your schedule.

Goal setting is an important life skill that we want to encourage. On the following pages you will find information about using the W.O.O.P. Goal Setting System. You will find space to enter your W.O.O.P. goals on each monthly page.



To learn more about the Science of W.O.O.P. Goal Setting, scan here:



# WOOP Overview

Character LAB  
www.characterlab.com

## SELF-CONTROL

### WHAT IS WOOP?

WOOP is a practical, accessible, evidence-based activity that helps students find and fulfill their wishes. In character development terms, WOOP builds self-control.

WOOP is named for each step in the process: identifying your Wish, imagining the Outcome, anticipating the Obstacle, and developing a specific Plan.

More than 20 years of research shows that WOOP improves students' effort, attendance, homework completion, and GPA.

### WHEN CAN I USE WOOP?

You can introduce WOOP any time of the year. It works best when it becomes a habit, not a one-off activity, as we recommend introducing it early in the semester. The earlier and more often you help students WOOP, the more they develop a habit of WOOPing. Make it a regular practice to check in about previous WOOPs and develop new ones.

WOOP can help with any kind of wish, whether it's something large ("I want to start a school newspaper") or comparatively small ("I want to get an A in Science this quarter"). WOOP works equally well for academic, athletic, or personal wishes. It can be used one-on-one, in a small group, or with an entire class.

### WHO SHOULD USE WOOP?

Everyone can use WOOP, including teachers. In fact, it's most effective when teachers have first-hand experience with the process. Try WOOP yourself before teaching it to your students.

WOOP is especially helpful for anyone who procrastinates, who feels anxious about taking the first step—and the next step—toward their wish.

### WHAT'S THE SCIENCE?

Developed by Gabriele Oettingen and Peter M. Gollwitzer, professors at New York University, WOOP has been tested in classrooms, gyms, and health care settings.

In schools, WOOP significantly improves effort, attendance, homework completion, and GPA. Outside of schools, WOOP has been shown to reduce stress, increase engagement, improve time management, and promote physical health.

### WHAT MAKES IT EFFECTIVE?

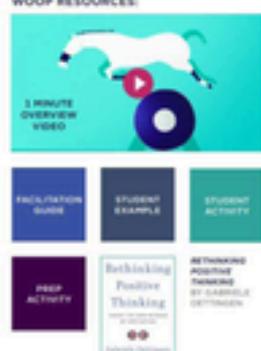
Often, people fixate on how great it would be to achieve their wish—but overlook the obstacles to that wish. WOOP works because it guides students through those in-between and oft-forgotten steps.

Rather than pursuing goals that feel imposed by others, WOOP taps into a student's intrinsic interests.

### WHAT ELSE?

Like any skill, WOOP takes practice and patience to master. It's common to struggle at first. When practicing WOOP yourself, be willing to experiment with different approaches. When teaching WOOP, go easy on students who WOOP thoughtfully, without interruptions. It's worth it. Teaching students how to achieve important wishes is the difference between a lifetime of "I wanted to" and a lifetime of "I did."

### WOOP RESOURCES:



SEE FULL AT [CHARACTERLAB.COM/WOOP](http://CHARACTERLAB.COM/WOOP)

SEE FULL AT [CHARACTERLAB.COM/WOOP](http://CHARACTERLAB.COM/WOOP)

# WOOP Annotated Exemplar

Character LAB  
www.characterlab.com

WOOP helps people do the things they really want to do.

## W

### WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

Specific; required self-control; can be accomplished in time frame  
Get an A on my biology quiz

## O

### OUTCOME

What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.

Best outcome:

Fulfilling and motivating; clearly visualized; reduced to most crucial aspects

I'll feel proud

## O

### OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.

My obstacle:

Lower obstacle, not outside barrier; clearly visualized; reduced to most crucial aspects

I procrastinate

## P

### PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

Observable action, rather than internal decision  
I finish dinner

Student has all resources/skills needed to implement plan  
Make 5 flash cards

# WOOP Student Example

Character LAB  
www.characterlab.com

WOOP helps people do the things they really want to do.

## W

### WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

Get an A on my biology quiz

## O

### OUTCOME

What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.

Best outcome:

I'll feel proud

## O

### OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.

My obstacle:

I procrastinate

## P

### PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

I finish dinner

Then I will:

Make 5 flash cards

# WOOP

Name: \_\_\_\_\_

WOOP helps people do the things they really want to do.

## W

### WISH

What is an important wish that you want to accomplish? Your wish should be challenging but feasible.

My wish:

## O

### OUTCOME

What will be the best result from accomplishing your wish? How will you feel? Pause and really imagine the outcome.

Best outcome:

## O

### OBSTACLE

What is the main obstacle inside you that might prevent you from accomplishing your wish? Pause and really imagine the obstacle.

My obstacle:

## P

### PLAN

What's an effective action to tackle the obstacle? Make a when-then plan.

When:

Then I will:

My action:

## *My Subjects for the Semester:*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## *Clubs I Am In:*

- 1.
- 2.
- 3.

## *My Daily Routine Is:*

Before School:

During School:

After School:

Evening:

# AUGUST 2022

| MONDAY                                                                         | TUESDAY                                                                 | WEDNESDAY                                                             | THURSDAY                                                              |
|--------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|
| 1                                                                              | 2                                                                       | 3                                                                     | 4                                                                     |
| 8                                                                              | 9                                                                       | 10                                                                    | 11                                                                    |
|                                                                                |                                                                         | *Meet Your Teacher<br>Virtual Sessions                                | *Meet Your Teacher<br>Virtual Sessions                                |
| 15 <b>BACK<br/>TO<br/>SCHOOL</b><br><br>1st Day of School<br>Semester 1/Qtr. 1 | 16                                                                      | 17                                                                    | 18                                                                    |
| 22<br><br>High School<br>Beginning of Year<br>STAR 360<br>Assessments          | 23<br><br>High School<br>Beginning of Year<br>STAR 360<br>Assessments   | 24<br><br>High School<br>Beginning of Year<br>STAR 360<br>Assessments | 25<br><br>High School<br>Beginning of Year<br>STAR 360<br>Assessments |
| 29<br><br>Middle School<br>Beginning of Year<br>STAR 360<br>Assessments        | 30<br><br>Middle School<br>Beginning of Year<br>STAR 360<br>Assessments | 31                                                                    | *details will<br>be emailed                                           |

**MUSIC FUN FACTS:** According to Billboard, Mozart sold a total of 1.25 million CDs in 2016, beating Drake, Kanye West & Beyoncé! The 200 CD Collection, "Mozart 225: The New Complete Edition", spans 240 hours of classical music written by Wolfgang Amadeus was released in 2016.

## SEL THEME:

*Get Ready!*

| FRIDAY                                                      | SATURDAY | SUNDAY |
|-------------------------------------------------------------|----------|--------|
| 5                                                           | 6        | 7      |
| 12                                                          | 13       | 14     |
| *Virtual Back to<br>School BASH                             |          |        |
| 19                                                          | 20       | 21     |
| 26                                                          | 27       | 28     |
| High School<br>Beginning of Year<br>STAR 360<br>Assessments |          |        |

My W.O.D.C.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

## SEL Monthly Theme Lyrics:

"Are you ready to rock?  
Yes, I am.  
Are you ready to rock?  
Ah, yeah!"

-R.U.Ready 2 Rock  
by Blue Oyster Cult

## Monthly Calendar KEY:

Black Ink = Federal Holidays  
Red Ink = School Breaks  
Blue Ink = Regional In-Person & Virtual Outings  
Pink Ink = STAR 360 Assessments  
Orange Ink = P/T Conferences  
Green Ink = Semester/Quarter Changes  
Teal Ink = Lock Dates & Finals  
Purple Ink = Miscellaneous

# WEEKLY PLANS

MONDAY

Aug 1

TUESDAY

Aug 2

WEDNESDAY

Aug 3

THURSDAY

Aug 4

*Priorities  
This Week:*

FRIDAY

Aug 5

SATURDAY

Aug 6

SUNDAY

Aug 7

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Aug 8

TUESDAY

Aug 9

WEDNESDAY

Aug 10

THURSDAY

Aug 11

*Priorities  
This Week:*

FRIDAY

Aug 12

SATURDAY

Aug 13

SUNDAY

Aug 14

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
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- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Aug 15

TUESDAY

Aug 16

WEDNESDAY

Aug 17

THURSDAY

Aug 18

*Priorities  
This Week:*

FRIDAY

Aug 19

SATURDAY

Aug 20

SUNDAY

Aug 21

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
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- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Aug 22

TUESDAY

Aug 23

WEDNESDAY

Aug 24

THURSDAY

Aug 25

*Priorities  
This Week:*

FRIDAY

Aug 26

SATURDAY

Aug 27

SUNDAY

Aug 28

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Aug 29

TUESDAY

Aug 30

WEDNESDAY

Aug 31

THURSDAY

Sep 1

*Priorities  
This Week:*

FRIDAY

Sep 2

SATURDAY

Sep 3

SUNDAY

Sep 4

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# SEPTEMBER 2022

| MONDAY                                                                                                                                              | TUESDAY | WEDNESDAY | THURSDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|----------|
|                                                                                                                                                     |         |           | 1        |
| 5<br><br>NO LIVE CLASS CONNECTS<br>TODAY<br>COURSES ARE STILL OPEN! | 6       | 7         | 8        |
| 12                                                                                                                                                  | 13      | 14        | 15       |
| 19                                                                                                                                                  | 20      | 21        | 22       |
| 26                                                                                                                                                  | 27      | 28        | 29       |

**MUSIC FUN FACTS:** A 2014 study of 12,000 participants in England, found the song "Wannabe" by the Spice Girls to be the catchiest song, with most people being able to recognize it in about 2.3 seconds.

SEL THEME:

*We are Connected!*

| FRIDAY | SATURDAY                                                                                                                                                                | SUNDAY |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 2      | 3                                                                                                                                                                       | 4      |
| 9      | 10                                                                                                                                                                      | 11     |
| 16     | 17                                                                                                                                                                      | 18     |
| 23     | 24                                                                                                                                                                      | 25     |
| 30     | <b>SEL Monthly Theme Lyrics:</b><br>"Lean on me,<br>When you're not strong<br>And I'll be your friend<br>I'll help you carry on."<br><br>-Lean on Me<br>by Bill Withers |        |

My W.O.D.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

Sep 5

TUESDAY

Sep 6

WEDNESDAY

Sep 7

THURSDAY

Sep 8

*Priorities  
This Week:*

FRIDAY

Sep 9

SATURDAY

Sep 10

SUNDAY

Sep 11

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Sep 12

TUESDAY

Sep 13

WEDNESDAY

Sep 14

THURSDAY

Sep 15

*Priorities  
This Week:*

FRIDAY

Sep 16

SATURDAY

Sep 17

SUNDAY

Sep 18

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Sep 19

TUESDAY

Sep 20

WEDNESDAY

Sep 21

THURSDAY

Sep 22

*Priorities  
This Week:*

FRIDAY

Sep 23

SATURDAY

Sep 24

SUNDAY

Sep 25

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Sep 26

TUESDAY

Sep 27

WEDNESDAY

Sep 28

THURSDAY

Sep 29

*Priorities  
This Week:*

FRIDAY

Sep 30

SATURDAY

Oct 1

SUNDAY

Oct 2

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# OCTOBER 2022

| MONDAY                 | TUESDAY                                                                                                                              | WEDNESDAY                                                                                             | THURSDAY                                                                       |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
|                        |                                                                                                                                      |                                                                                                       |                                                                                |
| 3                      | 4                                                                                                                                    | 5                                                                                                     | 6                                                                              |
|                        |                                                                                                                                      |                                                                                                       |                                                                                |
| 10                     | 11                                                                                                                                   | 12<br>NO LIVE CLASS CONNECTS<br>TODAY<br>COURSES ARE STILL OPEN!<br>Teacher Work Day<br>School Closed | 13<br>NO LIVE CLASS CONNECTS<br>TODAY<br>COURSES ARE STILL OPEN!<br>Fall Break |
| Columbus Day           | Last Day of Qtr. 1                                                                                                                   |                                                                                                       |                                                                                |
| 17                     | 18                                                                                                                                   | 19<br>Middle School Science Power Up<br>Boot Camp Week                                                | 20                                                                             |
| First Day of Qtr. 2    |                                                                                                                                      |                                                                                                       |                                                                                |
| 24                     | 25<br>Middle School Social Studies Power Up<br>Boot Camp Week                                                                        | 26                                                                                                    | 27                                                                             |
| <b>RED RIBBON WEEK</b> |                                                                                                                                      |                                                                                                       |                                                                                |
| 31                     | <p><b>MUSIC FUN FACTS:</b> The country of Finland has the most metal bands per capita, with 53.3 metal bands per 100,000 people.</p> |                                                                                                       |                                                                                |

## SEL THEME:

100% Accountable!

| FRIDAY                                                                         | SATURDAY | SUNDAY                                                  |
|--------------------------------------------------------------------------------|----------|---------------------------------------------------------|
|                                                                                | 1        | 2                                                       |
|                                                                                |          |                                                         |
| 7                                                                              | 8        | 9                                                       |
| Fall Festival Outing                                                           |          |                                                         |
| 14<br>NO LIVE CLASS CONNECTS<br>TODAY<br>COURSES ARE STILL OPEN!<br>Fall Break | 15       | 16<br>#High School Mid Semester Check Point & Lock Date |
|                                                                                | 21       | 22                                                      |
|                                                                                |          | 23                                                      |
| 28<br>Qtr. 1 MS Honor Roll Awards Assembly                                     | 29       | 30                                                      |

My W.O.D.C.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

SEL Monthly

Theme Lyrics:

"It's my life  
And it's now or never"

-It's My Life  
by Bon Jovi

# For HS only-  
all Teacher Graded  
Assignments & discussions  
assigned so far are  
due by this date and locked

# WEEKLY PLANS

MONDAY

Oct 3

TUESDAY

Oct 4

WEDNESDAY

Oct 5

THURSDAY

Oct 6

Priorities  
This Week:

FRIDAY

Oct 7

SATURDAY

Oct 8

SUNDAY

Oct 9

Bison Best  
3 for Me

Each week jot down:

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Oct 10

TUESDAY

Oct 11

WEDNESDAY

Oct 12

THURSDAY

Oct 13

*Priorities  
This Week:*

FRIDAY

Oct 14

SATURDAY

Oct 15

SUNDAY

Oct 16

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Oct 17

TUESDAY

Oct 18

WEDNESDAY

Oct 19

THURSDAY

Oct 20

*Priorities  
This Week:*

FRIDAY

Oct 21

SATURDAY

Oct 22

SUNDAY

Oct 23

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Oct 24

TUESDAY

Oct 25

WEDNESDAY

Oct 26

THURSDAY

Oct 27

*Priorities  
This Week:*

FRIDAY

Oct 28

SATURDAY

Oct 29

SUNDAY

Oct 30

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Oct 31

TUESDAY

Nov 1

WEDNESDAY

Nov 2

THURSDAY

Nov 3

*Priorities  
This Week:*

FRIDAY

Nov 4

SATURDAY

Nov 5

SUNDAY

Nov 6

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# NOVEMBER 2022

| MONDAY                                                                     | TUESDAY                                   | WEDNESDAY                                  | THURSDAY                |
|----------------------------------------------------------------------------|-------------------------------------------|--------------------------------------------|-------------------------|
|                                                                            | 1                                         | 2                                          | 3                       |
|                                                                            |                                           | Middle School Math Power Up Boot Camp Week |                         |
| 7                                                                          | 8                                         | 9                                          | 10                      |
|                                                                            | Middle School ELA Power Up Boot Camp Week |                                            |                         |
| 14                                                                         | 15                                        | 16                                         | 17                      |
| PT Conferences<br>5-7pm                                                    |                                           |                                            | PT Conferences<br>5-7pm |
| 21                                                                         | 22                                        | 23                                         | 24                      |
| <b>Thanksgiving Break Week:<br/>School/Office Closed-<br/>Courses Open</b> |                                           |                                            | Thanksgiving Day        |
| 28                                                                         | 29                                        | 30                                         |                         |

**MUSIC FUN FACTS:** In 2015, Chris Hadfield, a Canadian astronaut released an album recorded entirely in outer space. You can find his album, "Space Sessions: Songs for a Tin Can" on Amazon.

## SEL THEME:

*Attitude of Gratitude!*

| FRIDAY                                                                        | SATURDAY | SUNDAY |
|-------------------------------------------------------------------------------|----------|--------|
| 4                                                                             | 5        | 6      |
|                                                                               |          |        |
| 11                                                                            | 12       | 13     |
| Veterans Day<br>Assembly 2pm<br>Parades in<br>MWC & Tulsa<br><br>Veterans Day |          |        |
| 18                                                                            | 19       | 20     |
| PT Conferences<br>8am-12pm                                                    |          |        |
| 25                                                                            | 26       | 27     |

SEL Monthly  
Theme Lyrics:

"That I'm thankful  
For the blessing  
And the lessons that  
I've learned with you."

-Thankful  
by Kelly Clarkson

My W.O.D.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

Nov 7

TUESDAY

Nov 8

WEDNESDAY

Nov 9

THURSDAY

Nov 10

*Priorities  
This Week:*

FRIDAY

Nov 11

SATURDAY

Nov 12

SUNDAY

Nov 13

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Nov 14

TUESDAY

Nov 15

WEDNESDAY

Nov 16

THURSDAY

Nov 17

*Priorities  
This Week:*

FRIDAY

Nov 18

SATURDAY

Nov 19

SUNDAY

Nov 20

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Nov 21

TUESDAY

Nov 22

WEDNESDAY

Nov 23

THURSDAY

Nov 24

*Priorities  
This Week:*

FRIDAY

Nov 25

SATURDAY

Nov 26

SUNDAY

Nov 27

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Nov 28

TUESDAY

Nov 29

WEDNESDAY

Nov 30

THURSDAY

Dec 1

*Priorities  
This Week:*

FRIDAY

Dec 2

SATURDAY

Dec 3

SUNDAY

Dec 4

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# DECEMBER 2022

SEL THEME:

*Live to Give!*

| MONDAY                                                                                    | TUESDAY                                                                                   | WEDNESDAY                                                         | THURSDAY                                                                 | FRIDAY                                      | SATURDAY | SUNDAY                                                                          |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------|----------|---------------------------------------------------------------------------------|
|                                                                                           |                                                                                           |                                                                   | 1<br><br>High School<br>Middle of Year<br>STAR 360<br>Assessments        | 2                                           | 3        | 4                                                                               |
| 5<br><br>Middle School<br>AND<br>High School<br>Middle of Year<br>STAR 360<br>Assessments | 6<br><br>Middle School<br>AND<br>High School<br>Middle of Year<br>STAR 360<br>Assessments | 7<br><br>High School<br>Middle of Year<br>STAR 360<br>Assessments | 8<br><br>HS Finals<br>English &<br>Foreign Language                      | 9<br><br>HS Finals<br>Math &<br>History     | 10       | 11<br><br>#High School<br>Semester 1<br>Lock Date                               |
| 12<br><br>HS Finals<br>Science &<br>Electives                                             | 13                                                                                        | 14                                                                | 15<br><br>Winter Blast<br>Outing<br><br>Last Day of<br>Semester 1/Qtr. 2 | 16<br><br>Teacher Work Day<br>School Closed | 17       | 18                                                                              |
| 19                                                                                        | 20                                                                                        | 21                                                                | 22                                                                       | 23                                          | 24       | 25<br><br>Christmas<br>Day                                                      |
| 26<br><br>Winter Break: School Closed/Courses Closed<br><br>Until Jan. 3rd.               | 27                                                                                        | 28                                                                | 29                                                                       | 30                                          | 31       | # For HS only-<br>all work for<br>Semester 1 due,<br>except for final<br>exams. |

MUSIC FUN FACTS: Did you know? None of the Beatles could read or write music. Paul McCartney said the music just came to him and his bandmates.

SEL Monthly

Theme Lyrics:

"We'll find out what we're made of  
When we are called to help our  
friends in need."

-Count on Me by Bruno Mars

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

Dec 5

TUESDAY

Dec 6

WEDNESDAY

Dec 7

THURSDAY

Dec 8

*Priorities  
This Week:*

FRIDAY

Dec 9

SATURDAY

Dec 10

SUNDAY

Dec 11

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Dec 12

TUESDAY

Dec 13

WEDNESDAY

Dec 14

THURSDAY

Dec 15

*Priorities  
This Week:*

FRIDAY

Dec 16

SATURDAY

Dec 17

SUNDAY

Dec 18

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Dec 19

TUESDAY

Dec 20

WEDNESDAY

Dec 21

THURSDAY

Dec 22

*Priorities  
This Week:*

FRIDAY

Dec 23

SATURDAY

Dec 24

SUNDAY

Dec 25

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Dec 26

TUESDAY

Dec 27

WEDNESDAY

Dec 28

THURSDAY

Dec 29

*Priorities  
This Week:*

FRIDAY

Dec 30

SATURDAY

Dec 31

SUNDAY

Jan 1

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

## *My Subjects for the Semester:*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## *Clubs I Am In:*

- 1.
- 2.
- 3.

## *My Daily Routine Is:*

Before School:

During School:

After School:

Evening:

# JANUARY 2023

| MONDAY                                                                                                                  | TUESDAY                                                                                                                  | WEDNESDAY                                                                  | THURSDAY |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|----------|
|                                                                                                                         |                                                                                                                          |                                                                            |          |
| 2                                                                                                                       | 3 <br>Teacher Work Day<br>School Closed | 4                                                                          | 5        |
| 9                                                                                                                       | 10                                                                                                                       | 11                                                                         | 12       |
| 16 <br>MLK Day<br>School/Office Closed | 17                                                                                                                       | 18                                                                         | 19       |
| 23                                                                                                                      | 24                                                                                                                       | 25                                                                         | 26       |
| <b>NATIONAL SCHOOL CHOICE WEEK</b>                                                                                      |                                                                                                                          |                                                                            |          |
| 30                                                                                                                      | 31                                                                                                                       | MUSIC FUN FACTS: A song that gets stuck in your head is called an earworm. |          |

## SEL THEME:

*Everything is Possible!*

| FRIDAY                                                                                                                                 | SATURDAY | SUNDAY             |
|----------------------------------------------------------------------------------------------------------------------------------------|----------|--------------------|
|                                                                                                                                        |          | 1<br>New Years Day |
| 6                                                                                                                                      | 7        | 8                  |
| 13                                                                                                                                     | 14       | 15                 |
| 20 <br>Qtr. 2<br>MS Honor Roll<br>Awards Assembly | 21       | 22                 |
| 27                                                                                                                                     | 28       | 29                 |

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

## SEL Monthly

### Theme Lyrics:

"There's a light inside all of us.  
Soon you'll find that it's your  
time to fly"  
-Fly by Avril Lavigne

# WEEKLY PLANS

MONDAY

Jan 2

TUESDAY

Jan 3

WEDNESDAY

Jan 4

THURSDAY

Jan 5

*Priorities  
This Week:*

FRIDAY

Jan 6

SATURDAY

Jan 7

SUNDAY

Jan 8

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Jan 9

TUESDAY

Jan 10

WEDNESDAY

Jan 11

THURSDAY

Jan 12

*Priorities  
This Week:*

FRIDAY

Jan 13

SATURDAY

Jan 14

SUNDAY

Jan 15

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Jan 16

TUESDAY

Jan 17

WEDNESDAY

Jan 18

THURSDAY

Jan 19

*Priorities  
This Week:*

FRIDAY

Jan 20

SATURDAY

Jan 21

SUNDAY

Jan 22

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Jan 23

TUESDAY

Jan 24

WEDNESDAY

Jan 25

THURSDAY

Jan 26

*Priorities  
This Week:*

FRIDAY

Jan 27

SATURDAY

Jan 28

SUNDAY

Jan 29

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Jan 30

TUESDAY

Jan 31

WEDNESDAY

Feb 1

THURSDAY

Feb 2

*Priorities  
This Week:*

FRIDAY

Feb 3

SATURDAY

Feb 4

SUNDAY

Feb 5

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# FEBRUARY 2023

| MONDAY                                                                                                               | TUESDAY | WEDNESDAY | THURSDAY                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------|---------|-----------|------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                      |         | 1         | 2                                                                                                                      |
| 6                                                                                                                    | 7       | 8         | 9                                                                                                                      |
| 13<br>PT Conferences<br>5-7pm                                                                                        | 14      | 15        | 16<br>PT Conferences<br>5-7pm                                                                                          |
| <b>Random Acts of Kindness Week</b>                                                                                  |         |           |                                                                                                                        |
| 20<br>NO LIVE CLASS CONNECTS<br>TODAY<br>COURSES<br>ARE STILL<br>OPEN!<br>President's Day<br>School/Office<br>Closed | 21      | 22        | 23<br>NO LIVE CLASS CONNECTS<br>TODAY<br>COURSES<br>ARE STILL<br>OPEN!<br>Professional<br>Development<br>School Closed |
| 27                                                                                                                   | 28      |           |                                                                                                                        |
| <b>Middle School Science Power Up<br/>Boot Camp Week</b>                                                             |         |           |                                                                                                                        |

**MUSIC FUN FACTS:** In 2013, rock band Metallica achieved a new Guinness Book Record title after becoming the first musical act to play a concert on all 7 continents.

SEL THEME:

*Passion First!*

| FRIDAY                                                                                                                 | SATURDAY | SUNDAY |
|------------------------------------------------------------------------------------------------------------------------|----------|--------|
| 3                                                                                                                      | 4        | 5      |
| 10                                                                                                                     | 11       | 12     |
| 17<br>PT Conferences<br>8am-12pm                                                                                       | 18       | 19     |
| 24<br>NO LIVE CLASS CONNECTS<br>TODAY<br>COURSES<br>ARE STILL<br>OPEN!<br>Professional<br>Development<br>School Closed | 25       | 26     |

SEL Monthly  
Theme Lyrics:

"You can see the change you want  
to be, what you want to be,  
when you get a head full of dreams."

-Head Full of Dreams by ColdPlay

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

Feb 6

TUESDAY

Feb 7

WEDNESDAY

Feb 8

THURSDAY

Feb 9

*Priorities  
This Week:*

FRIDAY

Feb 10

SATURDAY

Feb 11

SUNDAY

Feb 12

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Feb 13

TUESDAY

Feb 14

WEDNESDAY

Feb 15

THURSDAY

Feb 16

*Priorities  
This Week:*

FRIDAY

Feb 17

SATURDAY

Feb 18

SUNDAY

Feb 19

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Feb 20

TUESDAY

Feb 21

WEDNESDAY

Feb 22

THURSDAY

Feb 23

*Priorities  
This Week:*

FRIDAY

Feb 24

SATURDAY

Feb 25

SUNDAY

Feb 26

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Feb 27

TUESDAY

Feb 28

WEDNESDAY

Mar 1

THURSDAY

Mar 2

*Priorities  
This Week:*

FRIDAY

Mar 3

SATURDAY

Mar 4

SUNDAY

Mar 5

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# MARCH 2023

| MONDAY                                               | TUESDAY | WEDNESDAY                                               | THURSDAY |
|------------------------------------------------------|---------|---------------------------------------------------------|----------|
|                                                      |         | 1                                                       | 2        |
|                                                      |         | Middle School Science Power Up<br>Boot Camp Week        |          |
| 6                                                    | 7       | 8                                                       | 9        |
|                                                      |         | Middle School Social Studies Power Up<br>Boot Camp Week |          |
| 13                                                   | 14      | 15                                                      | 16       |
| <b>Spring Break - School Closed<br/>Courses Open</b> |         |                                                         |          |
| 20                                                   | 21      | 22                                                      | 23       |
| 1st Day of<br>Qtr. 4                                 |         | Middle School Math Power Up<br>Boot Camp Week           |          |
| 27                                                   | 28      | 29                                                      | 30       |
|                                                      |         | Middle School ELA Power Up<br>Boot Camp Week            |          |

MUSIC FUN FACTS: Michael Jackson wanted so badly to play Spider-Man in a movie that he attempted to buy Marvel Comics.

SEL THEME:

*The Time is Now!*

| FRIDAY | SATURDAY              | SUNDAY                                                     |
|--------|-----------------------|------------------------------------------------------------|
| 3      | 4                     | 5                                                          |
|        |                       |                                                            |
| 10     | 11                    | 12                                                         |
|        | Last Day of<br>Qtr. 3 |                                                            |
| 17     | 18                    | 19                                                         |
|        |                       | #High School<br>Mid Semester<br>Check Point<br>& Lock Date |
| 24     | 25                    | 26                                                         |
|        |                       |                                                            |

SEL Monthly  
Theme Lyrics:  
  
"It's a beautiful day  
Sky falls, you feel like  
It's a beautiful day  
Don't let it get away."  
  
-It's a Beautiful Day  
by U2

# For HS only-  
all Teacher Graded  
Assignments  
& discussions  
assigned so far  
are due  
by this date  
and locked

My W.O.D.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

Mar 6

TUESDAY

Mar 7

WEDNESDAY

Mar 8

THURSDAY

Mar 9

*Priorities  
This Week:*

FRIDAY

Mar 10

SATURDAY

Mar 11

SUNDAY

Mar 12

*Bison Best  
3 for Me*

**Each week jot down:**

- 3 things, people or places you adore.
- 3 things to look forward to.
- 2 people you can count on for warm hugs & kind words.
- 2 pursuits you are passionate about.
- 1 thing you have worked hard to achieve.
- 1 thing that is going well for you right now.

# WEEKLY PLANS

MONDAY

Mar 13

TUESDAY

Mar 14

WEDNESDAY

Mar 15

THURSDAY

Mar 16

*Priorities  
This Week:*

FRIDAY

Mar 17

SATURDAY

Mar 18

SUNDAY

Mar 19

*Bison Best  
3 for Me*

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# WEEKLY PLANS

MONDAY

Mar 20

TUESDAY

Mar 21

WEDNESDAY

Mar 22

THURSDAY

Mar 23

*Priorities  
This Week:*

FRIDAY

Mar 24

SATURDAY

Mar 25

SUNDAY

Mar 26

*Bison Best  
3 for Me*

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# WEEKLY PLANS

MONDAY

Mar 27

TUESDAY

Mar 28

WEDNESDAY

Mar 29

THURSDAY

Mar 30

*Priorities  
This Week:*

FRIDAY

Mar 31

SATURDAY

Apr 1

SUNDAY

Apr 2

*Bison Best  
3 for Me*

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# APRIL 2023

| MONDAY | TUESDAY                                                      | WEDNESDAY                                                    | THURSDAY |
|--------|--------------------------------------------------------------|--------------------------------------------------------------|----------|
|        |                                                              |                                                              |          |
| 3      | 4<br>Middle School<br>End of Year<br>STAR 360<br>Assessments | 5<br>Middle School<br>End of Year<br>STAR 360<br>Assessments | 6        |
| 10     | 11                                                           | 12                                                           | 13       |
| 17     | 18                                                           | 19                                                           | 20       |
| 24     | 25                                                           | 26                                                           | 27       |

MUSIC FUN FACTS: Aulophobia is the fear of flutes!

## SEL THEME:

Perseverance!

| FRIDAY                                          | SATURDAY                               | SUNDAY |
|-------------------------------------------------|----------------------------------------|--------|
|                                                 | 1                                      | 2      |
| 7<br>Qtr. 3<br>MS Honor Roll<br>Awards Assembly | 8                                      | 9      |
| 14                                              | 15                                     | 16     |
| 21                                              | 22<br>*Proposed<br>date for<br>HS PROM | 23     |
| 28                                              | 29                                     | 30     |

## SEL Monthly

### Theme Lyrics:

"You don't say good luck,  
You don't say give up  
It's the fire inside you, let it burn."  
-The Fire by The Roots ft. John Legend

\*details will be  
announced

My W.O.D.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

Apr 3

TUESDAY

Apr 4

WEDNESDAY

Apr 5

THURSDAY

Apr 6

*Priorities  
This Week:*

FRIDAY

Apr 7

SATURDAY

Apr 8

SUNDAY

Apr 9

*Bison Best  
3 for Me*

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# WEEKLY PLANS

MONDAY

Apr 10

TUESDAY

Apr 11

WEDNESDAY

Apr 12

THURSDAY

Apr 13

*Priorities  
This Week:*

FRIDAY

Apr 14

SATURDAY

Apr 15

SUNDAY

Apr 16

*Bison Best  
3 for Me*

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# WEEKLY PLANS

MONDAY

Apr 17

TUESDAY

Apr 18

WEDNESDAY

Apr 19

THURSDAY

Apr 20

*Priorities  
This Week:*

FRIDAY

Apr 21

SATURDAY

Apr 22

SUNDAY

Apr 23

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# WEEKLY PLANS

MONDAY

Apr 24

TUESDAY

Apr 25

WEDNESDAY

Apr 26

THURSDAY

Apr 27

*Priorities  
This Week:*

FRIDAY

Apr 28

SATURDAY

Apr 29

SUNDAY

Apr 30

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3 for Me*

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# MAY 2023

| MONDAY                                                                     | TUESDAY                                        | WEDNESDAY                                                | THURSDAY                                       |
|----------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------|------------------------------------------------|
| 1 High School End of Year STAR 360 Assessments<br><br>School Principal Day | 2 High School End of Year STAR 360 Assessments | 3 High School End of Year STAR 360 Assessments           | 4 High School End of Year STAR 360 Assessments |
|                                                                            |                                                |                                                          |                                                |
| 8                                                                          | 9                                              | 10                                                       | 11                                             |
| 15                                                                         | 16                                             | 17                                                       | 18                                             |
| 22<br><br>HS Finals Math & History                                         | 23<br><br>HS Finals Science & Electives        | 24<br><br>End of Year 7th/8th Grade Awards Assembly 11am | 25<br><br>8th Grade Promotion Assembly 11am    |
| 29<br><br>Memorial Day Office Closed                                       | 30                                             | 31                                                       |                                                |

**MUSIC FUN FACTS:** Music was sent down a telephone line for the 1st time in 1876, the year the phone was invented.

SEL THEME:

Celebrate!

| FRIDAY                                         | SATURDAY                              | SUNDAY |
|------------------------------------------------|---------------------------------------|--------|
| 5 High School End of Year STAR 360 Assessments | 6                                     | 7      |
| 12                                             | 13                                    | 14     |
| 19<br><br>HS Finals English & Foreign Language | 20<br><br>CLASS OF 2023 HS Graduation | 21     |
| 26<br><br>Last Day of School                   | 27                                    | 28     |

SEL Monthly Theme Lyrics:

"I got this feelin' inside my bones  
It goes electric, wavy when I turn it on  
All through my city, all through my home  
We're flyin' up, no ceilin',  
When we are in our zone."

-Can't Stop the Feeling  
by Justin Timberlake

My W.O.D.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# WEEKLY PLANS

MONDAY

May 1

TUESDAY

May 2

WEDNESDAY

May 3

THURSDAY

May 4

Priorities  
This Week:

FRIDAY

May 5

SATURDAY

May 6

SUNDAY

May 7

Bison Best  
3 for Me

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# WEEKLY PLANS

MONDAY

May 8

TUESDAY

May 9

WEDNESDAY

May 10

THURSDAY

May 11

Priorities  
This Week:

FRIDAY

May 12

SATURDAY

May 13

SUNDAY

May 14

Bison Best  
3 for Me

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# WEEKLY PLANS

MONDAY

May 15

TUESDAY

May 16

WEDNESDAY

May 17

THURSDAY

May 18

Priorities  
This Week:

FRIDAY

May 19

SATURDAY

May 20

SUNDAY

May 21

Bison Best  
3 for Me

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# WEEKLY PLANS

MONDAY

May 22

TUESDAY

May 23

WEDNESDAY

May 24

THURSDAY

May 25

*Priorities  
This Week:*

FRIDAY

May 26

SATURDAY

May 27

SUNDAY

May 28

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3 for Me*

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# WEEKLY PLANS

MONDAY

May 29

TUESDAY

May 30

WEDNESDAY

May 31

THURSDAY

June 1

*Priorities  
This Week:*

FRIDAY

June 2

SATURDAY

June 3

SUNDAY

June 4

*Bison Best  
3 for Me*

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# JUNE 2023

| MONDAY                  | TUESDAY | WEDNESDAY | THURSDAY |
|-------------------------|---------|-----------|----------|
|                         |         |           | 1        |
| 5                       | 6       | 7         | 8        |
| 12                      | 13      | 14        | 15       |
| 19<br><i>Juneteenth</i> | 20      | 21        | 22       |
| 26                      | 27      | 28        | 29       |

**MUSIC FUN FACTS:** Cows produce more milk when listening to slow music.

SEL THEME:

*School's Out!*

| FRIDAY | SATURDAY                                                                                                                                           | SUNDAY |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 2      | 3                                                                                                                                                  | 4      |
| 9      | 10                                                                                                                                                 | 11     |
| 16     | 17                                                                                                                                                 | 18     |
| 23     | 24                                                                                                                                                 | 25     |
| 30     | SEL Monthly Theme Lyrics:<br><br>"I'm walking on Sunshine...wooh<br>And don't it feel good."<br><br>-Walking On Sunshine<br>by Katrina & The Waves |        |

*My W.O.D.P. Goal*

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

# JULY 2023

| MONDAY | TUESDAY                                                                                                                                                          | WEDNESDAY | THURSDAY |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|
|        |                                                                                                                                                                  |           |          |
| 3      | 4<br><br>Independence Day                                                                                                                                        | 5         | 6        |
| 10     | 11                                                                                                                                                               | 12        | 13       |
| 17     | 18                                                                                                                                                               | 19        | 20       |
| 24     | 25                                                                                                                                                               | 26        | 27       |
| 31     | MUSIC FUN FACTS: International Strange Music Day is August 24, 2023. It was created to introduce new types of music to children to broaden their music horizons. |           |          |

## SEL THEME:

Summer Vacation!

| FRIDAY | SATURDAY | SUNDAY |
|--------|----------|--------|
|        | 1        | 2      |
| 7      | 8        | 9      |
| 14     | 15       | 16     |
| 21     | 22       | 23     |
| 28     | 29       | 30     |

My W.O.D.P. Goal

*Wish:*

*Outcome:*

*Obstacle:*

*Plan:*

## SEL Monthly

### Theme Lyrics:

"I'm gonna soak up the sun  
I got my 45 on so I can rock on."  
-Soak Up the Sun  
by Sheryl Crow





# STUDENT AID

Financial aid is available for careers like these:



Experienced computer programmers make about \$18k an hour and can set their own work schedules.



An experienced auto body repair technician can make more than \$20 an hour.



Workers in Oklahoma make an average of \$12 an hour, which is about \$44,000 a year.



In Oklahoma, most engineers start at more than \$30/hour, and typically make \$70,000 - \$110,000 a year.



LPNs make an average of about \$21 an hour in Oklahoma.



Oklahoma aircraft mechanics average about \$20 an hour, and most make \$34,000 - \$44,000 a year.



Computer systems administrators start at around \$21 an hour, and with experience make around \$62 an hour.



## SEND YOUR FREE APPLICATION FOR FEDERAL STUDENT AID TO YOUR LOCAL TECHNOLOGY CENTER

At CareerTech, we prepare Oklahomans to succeed in the workplace, in education and in life. Our 59 campuses offer career training and industry-recognized certifications for about \$2.50 an hour.

Find your career here: [okcareertech.org/programs](http://okcareertech.org/programs)

Find your tech center here: [okcareertech.org/techcenter](http://okcareertech.org/techcenter)

Are you a recent high school grad or have your HSE diploma? Technology Centers offer institutional tuition scholarships for training within your district. Aid may vary by district.

**PELL** **TRIBAL GRANTS** **OKLAHOMA'S PROMISE** **NEXT STEP SCHOLARSHIPS**  
**MILITARY TUITION WAIVERS** **INSTITUTIONAL SCHOLARSHIPS** **GI BILL®**

SEE THE BACK FOR THE FAFSA CODE AND FINANCIAL AID INFORMATION FOR YOUR LOCAL TECHNOLOGY CENTER.

Link to  
web page

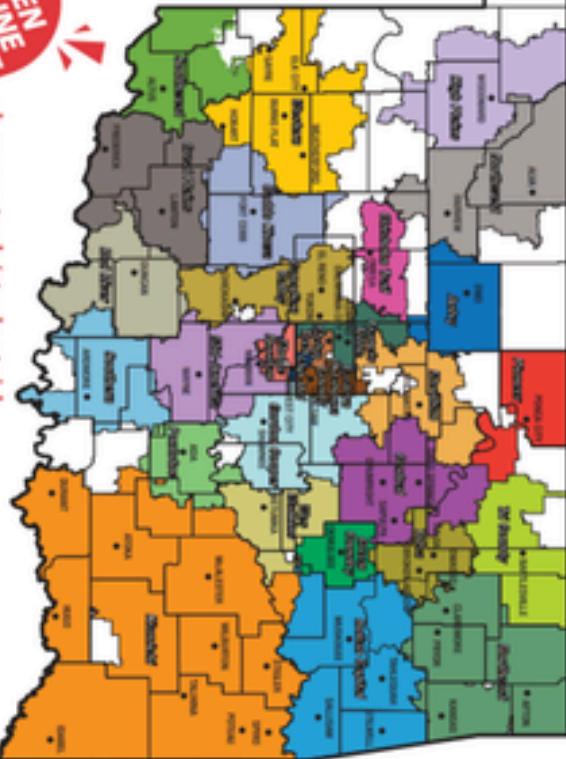
FAFSA Code link  
to Financial Aid page

- **Ashley**—405.242.2760 **013350**
- **Ceddie Kline**—405.643.5511 **009613**
- **Chisholm Valley**—405.422.2500 **009963**
- **Chisholm Campus**—405.234.7220
- **El Reno Campus**—405.423.2300
- **Conan Campus**—405.343.3313
- **Central**—918.352.2551 **009944**
- **Durant/Campbell**—918.343.2651
- **Sipulga Campus**—918.224.9300
- **Chisholm Trail**—405.729.8134 **010511**
- **Eastern Oklahoma County**—405.392.5991 **010541**
- **Frasier Tufts**—405.717.7799 **015272**
- **Durham Campus, Portland Campus**
- **Frederick Campus**—580.355.5225
- **Linton Campus, Rockwell Campus**
- **Gordon Cooper**—405.273.7479 **009948**
- **Great Plains**—580.356.6139 **010717**
- **Sullivan Campus**—918.887.6181
- **Schulz Campus**—918.598.3111
- **Hugh Phillips**—580.256.6118 **010518**
- **McAlester Campus**—918.687.6181
- **Sullivan Campus**—918.275.9119
- **Tulsa/Okla. City Campus**—918.426.2594
- **El Reno Campus**—918.463.2123 **009204**
- **Indian Capital**—918.686.2965 **010603**
- **Albion Campus**—580.889.7121
- **Durant Campus**—580.624.7961
- **Hoppe Campus**—580.326.6491
- **Marshall Campus**—580.286.7253
- **McAlester Campus**—580.426.9460
- **Poteau Campus**—918.847.4525
- **Sallisaw Campus**—918.962.1721
- **Stephens Campus**—918.567.2861
- **Tulsa**—918.567.2864
- **Mid-Delt**—405.278.1917 **011594**
- **Moore Norman**—405.364.5763 **012272**



[okcareertech.org/studentaid](http://okcareertech.org/studentaid)

- **Northwest**—918.215.7040 **0124873**
- **Altus Campus**—918.215.8124
- **Claremore Campus**—918.342.0066
- **Kansas Campus**—918.868.5135
- **Pryor Campus**—918.255.5555
- **Marshall**—580.327.0344 **020600**
- **McAlester Campus**—918.595.4413
- **Spangle/Campbell**—405.595.2300
- **Northwestern**—580.327.0344
- **Elk City Campus**—918.227.3708
- **Photecker**—580.562.3136 **011204**
- **Poston**—580.310.2300 **012374**
- **Red River**—580.255.2961 **005112**
- **Southern Oklahoma**—405.221.2010 **010942**
- **Southwest**—580.477.2250 **0100047**
- **Tri-County**—580.473.2452 **AID**
- **Tulsa Tech**—918.628.5000 **0123572**
- **Bixby Annex Campus**—918.628.3000
- **Bixby Campus**—918.628.1900
- **Owasso Campus**—918.628.1400
- **Pryor Campus**—918.628.2000
- **Riverside Campus**—918.628.4000
- **Sand Springs Campus**—918.628.1000
- **Webb**—580.562.3181 **0116743**
- **Wichita**—580.562.3181 **0116743**
- **Burns Flat Campus**—580.562.3181
- **Sage Campus**—580.562.3097



To see a  
Concurrent Enrollment  
Toolkit, scan here:



SCAN ME

## Quick Glance for Concurrent College Enrollment

Concurrent college education provides eligible high school students with an opportunity to enroll in college classes while still attending high school. College transcripts are permanent records; please make sure the student and parent/guardian understand the benefits and risks associated with concurrent college enrollment.

### STEP 1: CAN THE STUDENT BE ADMITTED?

Any junior or senior high school student who meets the eligibility requirements and admissions standards can enroll in college classes. When determining eligibility, the ACT composite score without the writing component and the SAT composite score without the essay component are used. The PreACT and PSAT can also be used for concurrent enrollment.

#### Admission Standards: Juniors and Seniors

| Research Universities                                                               | Regional Universities                                                               | Community Colleges                                                                  |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Meet one of the following:                                                          | Meet one of the following:                                                          | Meet one of the following:                                                          |
| 1. National ACT, Pre-ACT (10 <sup>th</sup> Grade), or Residual ACT <sup>1</sup> =24 | 1. National ACT, Pre-ACT (10 <sup>th</sup> Grade), or Residual ACT <sup>1</sup> =20 | 1. National ACT, Pre-ACT (10 <sup>th</sup> Grade), or Residual ACT <sup>1</sup> =19 |
| 2. SAT, PSAT 10 or PSAT/NMSQT=1160                                                  | 2. SAT, PSAT 10 or PSAT/NMSQT=1030                                                  | 2. SAT, PSAT 10 or PSAT/NMSQT=990                                                   |
| 3. 3.0 GPA (unweighted) and top 33% <sup>2</sup>                                    | 3. 3.0 GPA (unweighted) and top 50% <sup>2</sup>                                    | 3. 3.0 GPA (unweighted) <sup>2</sup>                                                |

<sup>1</sup>Students can utilize one Residual ACT per year taken from November 1 to October 31.

<sup>2</sup>Oklahoma State Regents' Higher Education policy requires that home school/unaccredited students earn the requisite score on an acceptable SAT or ACT exam to be admitted.

### STEP 2: WHAT COURSES CAN THE STUDENT TAKE?

To enroll in a college course, the student must meet the following score requirements in the subject area in which they are enrolling:

#### Course Placement: Juniors and Seniors

| Test Subject Area | General Examples of College Courses                                                                 | National ACT, Pre-ACT or Residual ACT <sup>1</sup> | SAT, PSAT 10, or PSAT/NMSQT           | Other                                                                    |
|-------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------|--------------------------------------------------------------------------|
| English           | English Comp I<br>English Comp II                                                                   | 19 English                                         | 510 Evidence Based Reading & Writing  | Satisfy an institution's English assessment and course placement measure |
| Math              | Quantitative Reasoning<br>Functions & Modeling<br>Elementary Statistics<br>College Algebra for STEM | 19 Math                                            | 510 Math                              | Satisfy an institution's math assessment and course placement measure    |
| Reading           | US History<br>Government<br>Psychology<br>Sociology                                                 | 19 Reading                                         | 510 Evidence Based Reading & Writing  | Satisfy an institution's reading assessment and course placement measure |
| Science           | General Biology<br>Nutrition                                                                        | 19 Science                                         | N/A (there is no SAT Science section) | Satisfy an institution's science assessment and course placement measure |

<sup>1</sup>Students can utilize one Residual ACT per year taken from November 1 to October 31.

### STEP 3: WHAT SIGNATURES ARE REQUIRED?

High school principal or counselor must sign a concurrent college enrollment approval form from the college or university the student is attending or will attend. Students must also have written permission from a parent or legal guardian.

### STEP 4: WHAT ARE THE COSTS?

Eligible high school seniors will receive a tuition waiver for a maximum of eighteen (18) credit hours of concurrent college enrollment. The senior tuition waiver may be divided over the three senior semesters: summer, fall and spring. The nine (9) hours of funding for juniors is dependent on the appropriation for the current year and may be divided over the three junior semesters: summer, fall and spring. Contact your partner college or university for more information about the current status of funding for high school juniors.

High school students are required to pay for course fees, books, supplies, etc.

### STEP 5: WHAT GOES ON THE TRANSCRIPT?

High schools are required to include concurrent courses on a student's high school transcript:

- Pursuant to 70 O.S. §628.13 (OSCN 2019), Fiscal Policy for Higher Education, when a student earns college credit through concurrent enrollment, school districts shall provide academic credit for any concurrently enrolled higher education courses that are correlated with the academic credit awarded by the institution of higher education. Academic credit shall only be transcribed as elective credit if there is no correlation between the concurrent enrollment higher education course and a course provided by the school district.

Local districts make policy regarding concurrent college enrollment issues. See the Transcript Guidance Document: <https://sde.ok.gov/achieving-classroom-excellence-resources>.

### STEP 6: WHAT IS A STUDENT'S WORKLOAD?

A concurrently enrolled student may enroll in a combined number of high school and college courses per semester not to exceed 19 credit hours. For purposes of calculating workload, one-half high school unit equals three credit hours. Non-academic high school units are excluded from the workload calculation (e.g. office aid, athletics, choir, library aid). Students wishing to exceed these limits may petition the selected higher education institution.

High school students concurrently enrolled in college courses may continue concurrent college enrollment in subsequent semesters if they achieve a college grade point average (GPA) of 2.0 or above on a 4.0 scale. Therefore, a concurrent student who fails to achieve the requisite 2.0 college GPA shall not be eligible for concurrent college enrollment at any State System institution.

Oklahoma State Regents' Academic Affairs Procedures Handbook (PDF): <https://bit.ly/OSRHEProcedures21>.

For additional information, please contact Kyle Foster at [kfoster@osrhe.edu](mailto:kfoster@osrhe.edu).

To see current  
OK Promise information,  
scan here:



SCAN ME

Now enrolling 11<sup>th</sup>-graders!

New income limit \$60K!

# 2021-22 OKLAHOMA'S PROMISE

## Who May Apply

Applicants must be:

- Oklahoma residents.
- 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup>-grade students (homeschool students must be age 13, 14, 15 or 16).
- Students whose parents' federal adjusted gross income does not exceed \$60,000.\*
- Students who promise to meet the requirements of the program.

\*Special income provisions may apply to:

- Children adopted from certain court-ordered custody and children in the custody of court-appointed legal guardians.
- Families receiving Social Security benefits based on the disability or death of the student's parents.

Contact the Oklahoma's Promise office for more information.

Additional documentation may be required.

## How to Apply:

Online at [www.okpromise.org](http://www.okpromise.org) or get an application from your counselor.



## The Promise

Upon completion of the program's requirements, you will earn:

- Tuition at an Oklahoma public two-year college or four-year university.  
OR-
- A portion of tuition at an accredited Oklahoma private college or university.  
OR-
- A portion of tuition for programs that qualify for federal financial aid at public career technology centers.

(The Oklahoma's Promise scholarship amount does not cover fees, books, supplies, or room and board.)

## Get more Info:

[www.okpromise.org](http://www.okpromise.org)

[okpromise@osthe.edu](mailto:okpromise@osthe.edu)

(800) 858-1840 or (405) 225-9152

Ask your counselor.

Find us on

A program created by the Oklahoma Legislature and administered by the  
OKLAHOMA STATE BOARD OF HIGHER EDUCATION



## APPLY ONLINE TODAY!

[www.OKPromise.org](http://www.OKPromise.org)

## HIGH SCHOOL REQUIREMENTS

- Graduate from an Oklahoma high school or homeschool education program.
- Take the 17 units of college prep high school courses (listed at the right) and achieve at least a 2.50 cumulative GPA in these courses.
- Achieve at least a 2.50 cumulative GPA for all courses in grades 9-12.
- Attend school regularly and do your homework.
- Stay away from drugs and alcohol.
- Don't commit criminal or delinquent acts.
- Provide information when requested.
- Meet with a school official to go over your school work and records on a regular basis.
- Apply for other financial aid during your senior year of high school.
- Take part in Oklahoma's Promise activities that will prepare you for college.

If you don't qualify for this program, see your counselor for information about additional scholarships, grants and student loans, and visit Oklahoma higher education's college planning website at [www.OKCollegeStart.org](http://www.OKCollegeStart.org).

## COLLEGE REQUIREMENTS

- Prior to receiving any program benefit in college, the federal adjusted gross income (AGI) of the student's parents may not exceed \$100,000. Each year in college, Oklahoma's Promise students will be required to complete a Free Application for Federal Student Aid (FAFSA), which will be used to determine whether the federal adjusted gross income exceeds \$100,000. For any year that the income exceeds \$100,000, the student will not be eligible to receive the program benefit.
- You must be an Oklahoma resident.
- You must be a U.S. citizen or lawfully present in the United States.
- You must meet regular admission standards for first-time entering students at the college or university to which you apply.
- You must start taking college courses within three years after you graduate high school.\*
- You may not use the award for noncredit remedial courses.
- You may not receive awards for more than five consecutive years after enrolling in college.\*
- You may not use the award for courses taken after you complete your bachelor's degree requirements.
- You may not receive award payments for more than 129 semester credit hours, unless your degree program requires more hours.
- You must meet the college's Satisfactory Academic Progress (SAP) policy requirements for eligibility to receive federal financial aid.
- An Oklahoma's Promise college student who is suspended for more than one semester for conduct reasons will lose the scholarship permanently.
- Students on active military duty may be eligible for certain waivers of these requirements.

## REQUIRED COURSES\*\*

**4 ENGLISH** (grammar, composition, literature; courses should include an integrated writing component)

**3 LAB SCIENCE** (biology, chemistry, physics or any lab-science certified by the school district; general science with or without a lab may not be used to meet this requirement)

**3 MATHEMATICS** (from Algebra I, Algebra II, geometry, trigonometry, math analysis, pre-calculus, statistics and probability [most have completed geometry and Algebra II], calculus, Advanced Placement [AP] statistics)

**3 HISTORY AND CITIZENSHIP SKILLS** (including 1 unit of American history and 2 additional units from the subjects of history, economics, geography, government, non-Western culture)

**2 FOREIGN OR NON-ENGLISH LANGUAGE** (two years of the same language)

-OR-

**COMPUTER TECHNOLOGY** (two units in programming, hardware or business computer applications, such as word processing, databases, spreadsheets and graphics, will qualify; keyboarding or typing classes do NOT qualify)

(1 foreign language and 1 computer course will NOT meet this requirement)

**1 ADDITIONAL COURSE** from any of the subjects listed above or psychology, sociology or any concurrent liberal arts and science course at a State System institution

**1 FINE ARTS** (music, art, drama)

-OR-

**SPEECH**

## 17 Total Units

\*\*Homeschool students or students graduating from a high school not accredited by the Oklahoma State Board of Education must also achieve a composite score of 22 or higher on the ACT test reported on an official test report issued by ACT (including superscores). ACT on-campus (residual) test scores do not qualify.



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# Graduation & Beyond

To understand your Grad Plan in your account, scan this:



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To see OK Dept. of Education Graduation Resources, scan this:



 SCAN ME

OVCA offers approved HS students the opportunity to #1 earn college credits while in HS #2 attend Career Techs around the state #3 participate in a work internship for HS credit. If you would like to learn more, please watch these video interviews below.

Interview with Ms. McAskill Part 1, scan here:



 SCAN ME

Interview with Ms. McAskill Part 2, scan here:



 SCAN ME

# Graduation & Beyond

To see College Prep by Year Checklist & info on Student Aid scan here:



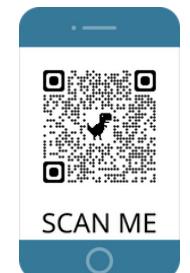
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To see more info on OK Career & Technology Programs around the state, scan here:



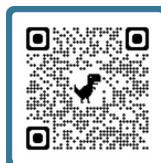
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For information on financial aid for college & career schools, including the FAFSA, scan here:



# Additional Resources

OVCA Tutoring Support, scan here:



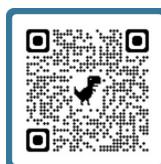
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OVCA School Counselor Connection,  
scan here:



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OVCA eSports Team Info, scan here:



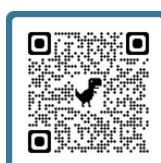
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Oklahoma ICAP Information, scan here:



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OVCA Student Family Resource Coordinators  
Information/Crisis Support, scan here:



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OKLAHOMA  
VIRTUAL CHARTER ACADEMY<sup>SM</sup>

POWERED BY STRIDE K12

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