MS. Chavez’s Rules

1. Be Present
   1. Do not be distracted by your computers/phones in class. Focus on the task at hand. If we’re doing a lab, focus on the lab and procedures. IF it is a lecture, pay attention, etc. We teachers only have you for about 55 minutes a day. That is not a lot of time especially when you take into account absences, days off, etc. IF something does come up, handle business outside the classroom, i.e. phone calls, emergencies, etc. If using your phone or other tech, use it for learning.
2. Hold Yourself Accountable
   1. When you do not know something, admit it. Admit your mistakes. Take accountability for the good and the bad. When you work hard and earn something, also be proud of that. Be proud of yourself and your accomplishments.
3. Fight Laziness
   1. For me, getting out of bed every morning is the hardest/worst part of my day. If I can just overcome that one bought of laziness (turning off my alarm and going back to bed) the rest of my day is great. Law of Inertia: why is it so difficult to exercise, go to work, get up, etc.? Law of Inertia: an object in motion stays in motion and an object at rest stays at rest unless another force acts upon it.
4. Communicate. Communicate. Communicate.
   1. With your teachers, with each other, with the counselor, with the principal, with your boss, with your co-workers, etc. If you’re going to be late, not coming, quit, etc. But do not like no call no show. Do not forget about communicating through body language! Crossed arms= closed off or cold. Head nods= understanding, yes. Thumbs up, thumbs down. Frowning= concentrating, thinking, or anger. Ask questions in class. Ask for clarification, etc.
5. Stay Organized
   1. Use some sort of calendar/planner. Your phone is fine too. Use your alarms in your phone to help you stay organized, on time, accountable, etc. Write things down. What are your goals? Doesn’t have to be school related. Do you want to move out? Buy a car? Save up for a Switch? Etc.
6. Use your Phone as a Tool for Science (& Organization, see above)
   1. Calculator
   2. Camera
   3. Apps!
7. Be Aware
   1. Of your surrounding
   2. Of each other
   3. Check in with one another
   4. Say “hello” to one another
   5. Be polite, respectful to one another, manners, etc. those can go a long way!
   6. Respect eachother’s boundaries/bodies (communicate if someone doesn’t know your boundaries directly to them).
8. Use the RR at your leisure
   1. If you are feeling sick, you DO NOT NEED PERMISSION to go to the RR. Just go! Take care of your business. Heck, go just in case. Better be safe than sorry.