December 17, 2021

7th Grade Class Meeting 7:40-7:55

Attendance: Rylie Forkey, Adam Pacheco, Daphne Seaman

## Agenda:

- Managing Stress in Middle School TedTalk
  - o Recognizing when you are getting overwhelmed is important to managing stress
    - Students discussed study habits and that they sometimes, "Don't know how to study." We talked about breaking up study time, using notes, creating a Google Form
  - Brief conversation about this week's tests

December 21, 2021

7th Grade Class Meeting 7:40-7:55

Attendance: Daphne Seaman, Rylie Forkey

## Agenda:

Community Service Tracker