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# Alloprof's Back-to-School Toolkit

High School

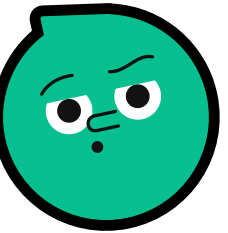
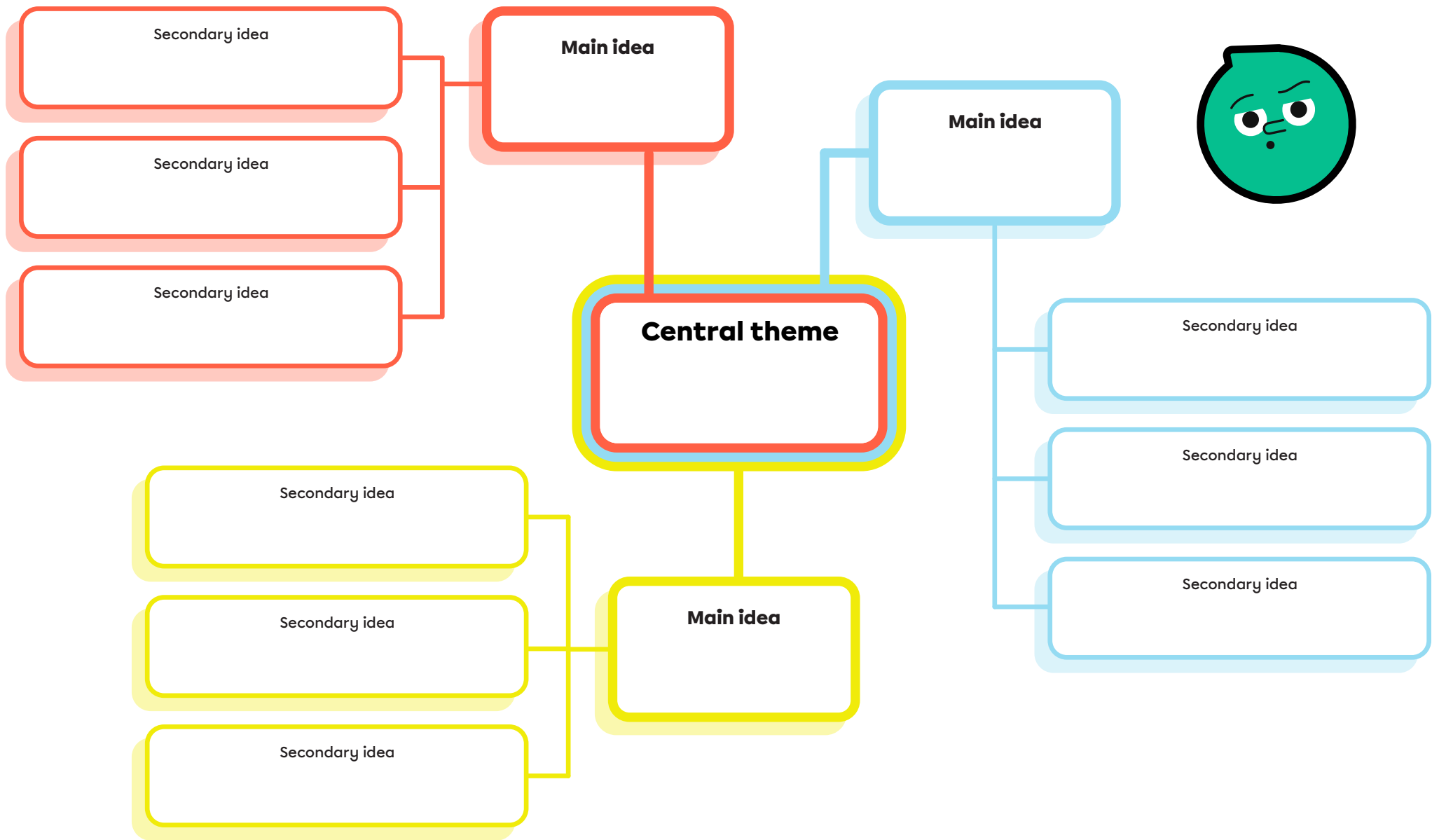


This kit was designed by the Alloprof Parents team to provide you with a range of essential resources and tools to make your day-to-day life easier. It includes our favourite printable tools, articles, topic pages, and much more!

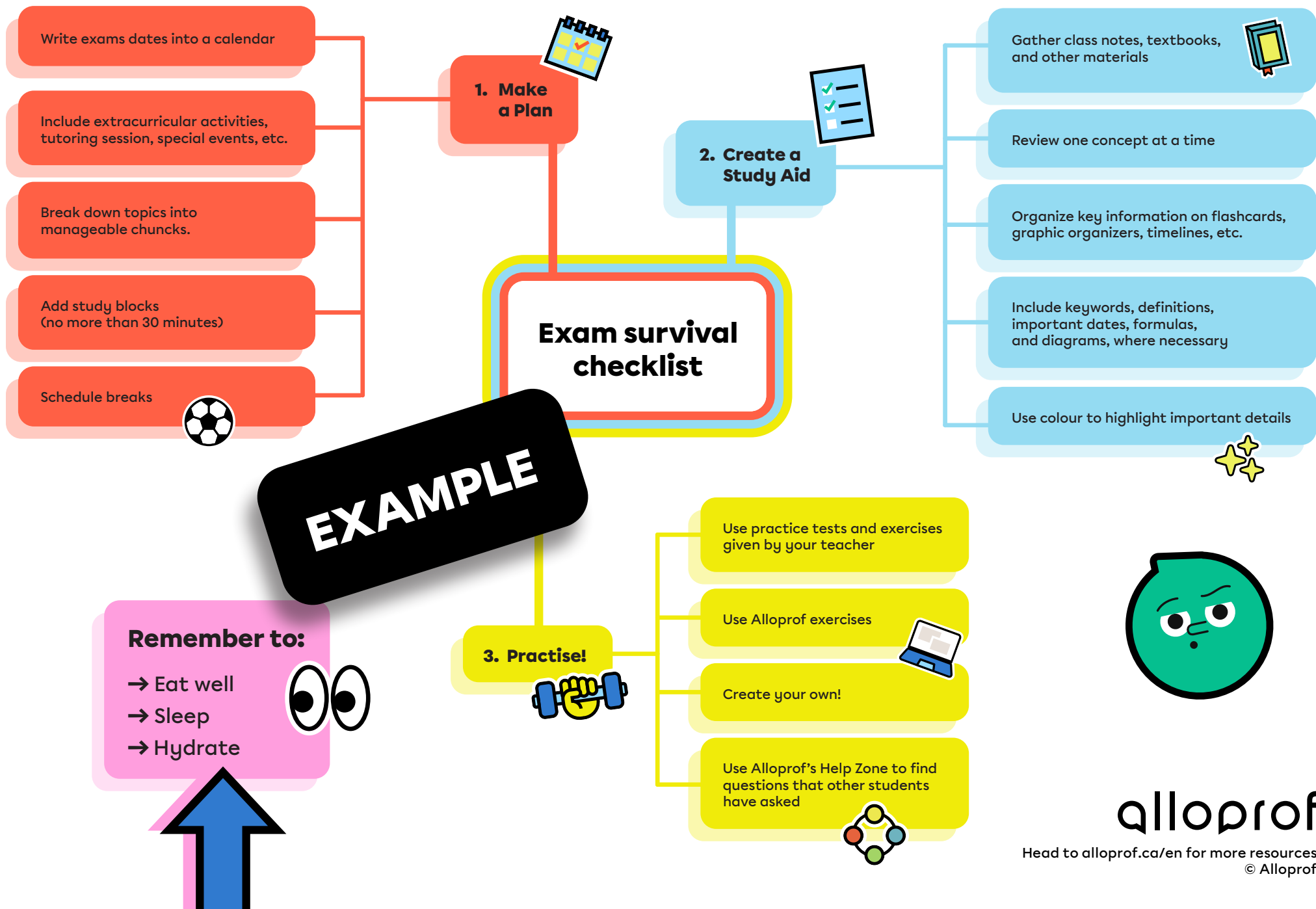


100% free services approved by qualified professionals!

# The Mind Map As a Learning Tool



# The Mind Map As a Learning Tool



# Exam Survival Checklist

## Step 1: Make a Plan

- ☐ Write exam dates into a calendar
- ☐ Include extracurricular activities, tutoring sessions, special events, etc.
- ☐ Break down topics into manageable chunks
- ☐ Add study blocks (no more than 30 minutes)
- ☐ Schedule breaks



## Step 2: Create a Study Aid

- ☐ Gather class notes, textbooks, and other materials
- ☐ Review one concept at a time
- ☐ Organize key information on flashcards, graphic organizers, timelines, etc.
- ☐ Include keywords, definitions, important dates, formulas, and diagrams, where necessary
- ☐ Use colour to highlight important details



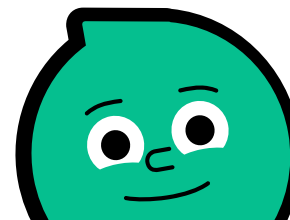
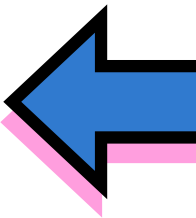
## Step 3: Practise, Practise, Practise!

- ☐ Use practice tests and exercises given by your teacher
- ☐ Use Alloprof exercises
- ☐ Create your own! Use Alloprof's Help Zone to find questions that other students have asked
- ☐ Read our article: [Study Smarter : Fun Techniques for Your Next Test!](#) for more tips.



## REMEMBER TO:

- Eat well
- Sleep
- Hydrate



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Head to [alloprof.ca/en](https://alloprof.ca/en) for more resources  
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# My Savings Goal

My name: \_\_\_\_\_

I would like to buy: \_\_\_\_\_

Price: \_\_\_\_\_



Deadline: \_\_\_\_\_

Amount saved as of \_\_\_\_\_ : \$ \_\_\_\_\_

**How I'm going to reach my goal**

# My Monthly Budget

Month: \_\_\_\_\_ Year: \_\_\_\_\_

## Income

date	description	amount
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
		<b>total</b>

## Savings



date	description	amount
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
		<b>total</b>


## Fixed expenses

date	description	amount
-----	-----	-----
-----	-----	-----
-----	-----	-----
-----	-----	-----
		total

## Variable expenses

[illegible]

## Summary

income	
–	
saving	
–	
expenses	
=	
total	


## Goal

[illegible]

# Learning to Prioritize

Between chores, homework, extracurricular activities, and hobbies, figuring out how to spend your time wisely can be a real headache! This tool will help you plan out your responsibilities according to their level of urgency and importance. So long, procrastination!


## My List of Priorities



**It's pressing and I have to do it by myself.**

**Urgent AND important**


☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_



**It can wait a little longer.**

**Not urgent BUT important**

☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
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**I can ask someone to help me.**

**Urgent BUT not important**

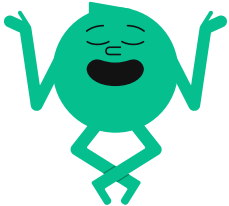
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**Activities to do once I've finished everything else.**

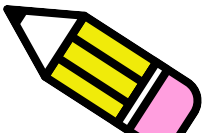
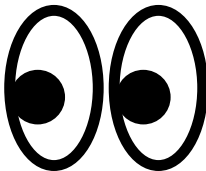
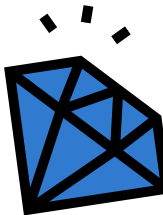
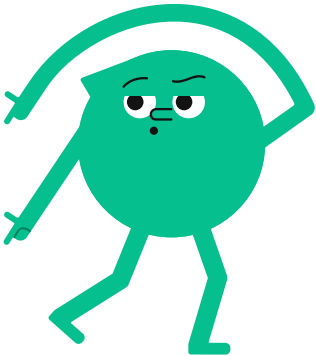
**For relaxation**

☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
☐ \_\_\_\_\_  
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☐ \_\_\_\_\_



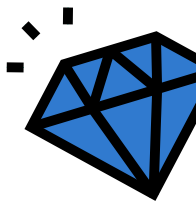
# Organize Your Exam Prep!































	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
13 PM							
14 PM							
15 PM							
16 PM							
17 PM							
18 PM							
19 PM							
20 PM							
21 PM							

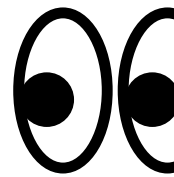




# Organize Your Exam Prep!



Math	English	Science & technology	Physics	History	Financial Education	History Exam 	Break	
Math	English	Science & technology	Physics	History	Financial Education	History Exam 	Break	
Math	English	Science & technology	Physics	History	Financial Education	History Exam 	Break	
Math	English	Science & technology	Physics	History	Financial Education	French Exam 	Break	
Math	English	Science & technology	Physics	History	Financial Education	French Exam 	Break	
Math	English	Science & technology	Physicst	History	Financial Education	French Exam 	Break	
Math	English	Chemistry	Contemporary World	Geography	French	Financial Ed. Exam 	Break	
Math	English	Chemistry	Contemporary World	Geography	French	Financial Ed. Exam 	Break	
Math	English	Chemistry	Contemporary World	Geography	French	Financial Ed. Exam 	Break	
Math	English	Chemistry	Contemporary World	Geography	French	Geography Exam 	Break	
Math	English	Chemistry	Contemporary World	Geography	French	Geography Exam 	Break	
Math	English	Chemistry	Contemporary World	Geography	French	Geography Exam 	Break	
Math Exam 	English Exam 	Sci. & Tech. Exam 	Chemistry Exam 	Physics Exam 	Contemp. World Exam 	Break	Break	
Math Exam 	English Exam 	Sci. & Tech. Exam 	Chemistry Exam 	Physics Exam 	Contemp. World Exam 	Break	Break	
Math Exam 	English Exam 	Sci. & Tech. Exam 	Chemistry Exam 	Physics Exam 	Contemp. World Exam 	Break	Break	



# Alloprof Parents' Best Printable Tools

- [Reader-Friendly Bookmark](#)
- [24 Questions to Boost Reading Comprehension](#)
- [Guide to Parent-Teacher Meetings](#)
- [Guide to Developing an Individualized Education Plan](#)
- [How Does CEGEP Enrolment Work?](#)



## Ideas and Advice on a Wide Range of Topics

### School Challenges

- [ADHD: Tips and Tricks to Make Studying and Homework Time Easier](#)
- [How to Encourage Your Child to Talk about Their Problems](#)
- [How to Manage Your Parental Expectations](#)
- [8 Practical Ways to Save on Back-to-School Shopping](#)

### Preparing for Exams

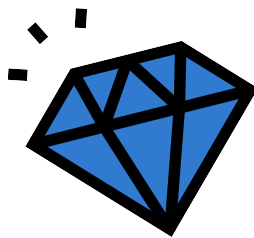
- [Smart Study Strategies for Your Child](#)
- [How Can I Help My Teenager with Time Management?](#)

### School System

- [My Child Is Starting High School](#)
- [Preparing Your Child for CEGEP](#)
- [High School Credits: What Students Need to Graduate](#)
- [Understanding Quebec's Education System](#)

### At-home activities

- [Using Cooking to Support Your Child's Learning](#)
- [High School Book Suggestions](#)



# Plan Well, Study Well

Alloprof has the perfect tool to help your child organize their study time.

- In our [Exam Prep & Study Tips](#) section, you will find a wide variety of articles and tips aimed at helping students meet the challenges of high school.
- Our [Exercises](#) section contains over 1,000 challenges in all school subjects.
- Alloprof is on TikTok!
  - [SMART objectives](#)
  - [Organizing your locker](#)



Is your child stuck on an assignment or in need of clarification on a school concept? Our teachers can answer questions on any school subject and at any grade level, whether your child is in elementary or high school.

## One-on-One Help

Monday to Thursday, from 5 p.m. to 8 p.m., and Sundays from 2 p.m. to 5 p.m.:

- On the [Alloprof](#) website (chat, phone, text)

Available 24/7 to answer questions on any school subject, our Help Zone community is open to elementary and high school students at any grade level.

- [Help Zone](#)

For even more ideas, consult our tailored selection of [back-to-school content](#)!

