



THINGS TO DO IN THE SUMMER

#1: READ

*“Reading is to the mind, what exercise is to the body.”
Joseph Addison*

LINKED READING LISTS

- [Rising 6th graders](#)
- [Rising 7th graders](#)
- [Rising 8th graders](#)

Watch yourself become a faster reader and as a result you will spend less time doing homework in the fall!

#2: EXPLORE YOUR PASSIONS

It takes around 10K hours to master a skill (Erikson)..
Imagine what you can do with your free time this summer!

Whether you decide to go scuba diving, learn to knit, write short plays, learn to cook a new meal, try gardening, start a new collection, or create an art collage: **try to commit to that activity daily in order to master it.**

Useful LINKS

- [Career Planning Checklist: Middle School](#)
- [The Passion Profile Quiz](#)

#3: RELAX AND REPLENISH

Four science-based reasons taking time off will actually benefit you [⟨LINK⟩](#).

“Deep summer is when laziness finds respectability.” Sam Keen

— SAM KEEN

