

**Busy Schedule
Senior Group Process
2004 State Contest**

Jenna is looking forward to entering her sophomore year in high school this fall, however, she is a little nervous about successfully juggling all of her activities.

Jenna's parents tell her that school and good grades should be her first priority. She is a fairly good student, but must budget some time every evening to study.

Being involved in music is very important to Jenna. She has taken piano lessons weekly for the past 5 years and would like to continue. She will play the saxophone in the band which practices during school as well as the jazz band which practices on Tuesday mornings at 7:00 a.m. She is also considering trying out for the winter school musical.

Jenna finds that she feels better and is able to maintain her ideal weight when she is involved with organized sports. Her fall sport of choice is volleyball, which involves practice every afternoon after school with games 1-2 evenings a week.

In addition to school activities, Jenna is involved in church confirmation on Wednesday evenings, requiring her to leave volleyball practice early. This activity is an expectation in her family.

Jenna is a 4-H Youth Leader, which involves monthly club meetings and monthly Federation meetings.

Jenna babysat over the summer and knows that the family she sat for will occasionally be calling her to sit on evenings and weekends. She enjoys the children, but wonders if she will have time to baby sit much in the fall. Jenna put quite a bit of her earnings in her savings account, which should cover most of her expenses during the school year, although it is always nice to earn extra cash.

Jenna knows she must continue to help out around home with various household chores. She also wants to be able to spend time with friends.

What recommendations do you have for Jenna as she makes decisions about her fall schedule?