

A Day in the Life of a Residential Student



Thao To (Stephanie), a sophomore from Vietnam living on South Campus, shares an average day in her life.

6:30 a.m.

Wake up

Prepare for school and get ready for the day.

6:45 a.m.

Take the shuttle to North Campus

7:00 a.m.

Eat breakfast in the North Campus Dining Commons

Stephanie's favorite breakfast is eggs with ketchup and sausage and sometimes fruit.

7:33 a.m.

1st Period – Study Hall or Weight Training with Mr. Ververis

When Stephanie has Study Hall she likes to go to the library for quiet study time. She often uses this time to prepare for the PSAT or Math Team competitions. Every other day Stephanie has Weight Training on South Campus with Mr. Ververis. She said she likes weight training about 80% of the time and 20% of the time it challenges her, but it is a challenge she is willing to accept.

9:09 a.m.

2nd Period – English 2 with Ms. Drogosz

With English being her second language, Stephanie thought that English class was going to be hard for her but instead it has been one of her favorites!

10:45 a.m.

3rd Period – American Government and Politics with Mr. Garceau

As a student from another country, studying American government and politics is a unique challenge. The class has taught her a lot of new vocabulary, but she enjoys the challenge and appreciates her teacher Mr. Garceau.

Lunch Break during 3rd Period

While Stephanie eats lunch she likes to catch up with friends and relax.

12:46 p.m.

4th Period – Geometry with Mr. Young

Stephanie loves math, so geometry is an easy favorite, but she also likes the class because she has made a lot of American friends. She also likes the fact that Mr. Young also lives on South Campus and that he is hilarious and easy to understand. Stephanie plans to study math in college.

2:15 p.m.

Classes End and After School Activities

Stephanie likes participating in after school activities as a way to get to know American day students. She is a member of EarthSave, Student Council, Production Club, Science Olympiad, and the Math Team. This is also a time when Stephanie can stay after class for extra help from her teachers.

3:15 p.m.

Free Time

Stephanie might start working on her homework or hang out with her friends on South Campus.

5:00 p.m.

Dinner in South Campus Dining Hall

Dinner is Stephanie's favorite meal of the day. "I always leave full because I like to try everything," she said. But her favorite dinner, like many American students, is chicken nuggets. There are a few other students from Vietnam at The Academy, so Stephanie likes to catch up with them at dinner.

6:00 p.m.

Free Time

After dinner, Stephanie might play pool with friends in the Centaur Lounge or on Wednesdays she goes to a Japanese language class taught by dorm parents Mr. Pawloski '05 and Ms. Boshoff.

6:45 p.m.

Study

After hanging out with friends Stephanie heads back to her room to study.

9:00 p.m.

Check-In with Dorm Parents

Each night students check in with the dorm parents on duty and when Stephanie goes to check in at night she usually stays and visits.

10:15 p.m.

Lights Out

