



SERVEWELL™
— A C A D E M Y —
JOURNAL



Freshman Year

Table of Contents

June

- Week 1 _____ Welcome to ServeWell Academy!
- Week 2 _____ Summer Goals
- Week 3 _____ Summer Workout Plan
- Week 4 _____ Reading and Math

July

- Week 5 _____ Military Service Academies
- Week 6 _____ What is ROTC?
- Week 7 _____ How To Become a Good Citizen
- Week 8 _____ How to Develop Outdoor Aptitude

August

- Week 9 _____ Working With Your Hands
- Week 10 _____ Self-Reliance Week
- Week 11 _____ What To Expect As a Freshman
- Week 12 _____ Recommended Military Movies

September

- Week 13 _____ The Importance of Sports
- Week 14 _____ Relevant Extracurricular Activities
- Week 15 _____ Study Habits
- Week 16 _____ STEM or Humanities?
- Week 17 _____ Organize Your Computer

October

- Week 18 _____ Connect With Your Guidance Counselor
- Week 19 _____ What Will Traditional Colleges and Service Academies Expect?
- Week 20 _____ Social Media Smarts
- Week 21 _____ Follow Colleges, Service Academies, and ROTC Online
- Week 22 _____ Squared Away

November

- Week 23 _____ The Cost of Higher Education
- Week 24 _____ Why is it So Competitive to Get Into a Service Academy?
- Week 25 _____ Email Best Practices
- Week 26 _____ Community Service and Volunteering

December

- Week 27 _____ Importance of Academics
- Week 28 _____ Class Selection
- Week 29 _____ The Big 3
- Week 30 _____ Family Movie Night

Copyright © ServeWell Academy. All rights reserved.



January

- Week 31 _____ Stories From the Trenches
- Week 32 _____ ROTC vs Service Academies: The Process
- Week 33 _____ Dealing with Failure
- Week 34 _____ Summer Quest (Brainstorming)
- Week 35 _____ Demonstrated Interest

February

- Week 36 _____ Should You Consider Multiple Service Academies and/or ROTC?
- Week 37 _____ Wall Calendars
- Week 38 _____ Why Is Writing So Important?
- Week 39 _____ Get Inspired

March

- Week 40 _____ Are you Boring?
- Week 41 _____ Can You Get a Leadership Role Next Year?
- Week 42 _____ Common Disqualifying Medical Conditions
- Week 43 _____ Solidifying Summer Plans

April

- Week 44 _____ How Can You Serve Others?
- Week 45 _____ What Kind of Athlete Are You?
- Week 46 _____ Interview a Sophomore
- Week 47 _____ Swallow that Frog

May

- Week 48 _____ The Tipping Point
- Week 49 _____ Study Smarter
- Week 50 _____ How to Avoid Procrastination
- Week 51 _____ Why Study This Summer?
- Week 52 _____ Congratulations!

Copyright © ServeWell Academy. All rights reserved.

