



# A DAY IN THE LIFE... at Lincoln Academy

Coco Sanchez is a boarding student from Spain. Here is a typical day for her at LA.



**7:00 AM**

I wake up in my dorm room and get ready for school.

**7:40 AM**

My roommate Flora from Hungary and I walk from the dorm to the dining commons for breakfast. I usually just have a coffee to activate myself, and if I'm hungry I eat whatever breakfast is served that day: sausage or french toast or yogurt with granola.

**8:00 AM**

My first class is AP Chemistry. Even though it is a hard class, it is very entertaining, and the teacher does a lot of activities to keep us engaged.

**9:10 AM**

Every day we meet with our advisors for 20 minutes, and we talk about certain topics or just hear announcements. My advisor is also my Psychology teacher, and he is great.

**9:35 AM**

I walk to my second class of the day, AP Literature, where we get to talk about books and reading, and it is so much fun!

**10:50 AM**

I have lunch in the Dining Commons, and I always get a chicken wrap. I also have study hall in the middle of the day, and I work on homework or college applications in the school library. If I need help with anything I can always meet with teachers for extra support in their class.

**12:35 PM**

My last period class is AP Biology, and though this is also a hard class, Ms Grannis makes the subject entertaining through labs. There are residential and day students in the class, and we help each other out by working together in study groups.



*Coco Sanchez*

**1:50 PM**

The last block of the day is a focused learning block where we choose activities or clubs to develop our interests. My FLBs are Ambassadors, Mentors, and Science Support, where I work with science teachers on class material.

**2:35 PM**

I walk back to the dorms and call my parents or friend from home, I eat some snacks and get ready for lacrosse practice.

**3:00 PM**

I practice with the lacrosse team for an hour and a half, and it is super fun because I get to be with all of my friends outside, playing a sport I had never heard of before I came to LA.

**5:00 PM**

Dinner time! I walk up to the dining commons with my friends from the dorms and we all have the meal of that night. I love pork dumplings!

**5:30 PM**

Free time. I usually use this time to hang out with friends in the common areas or do my laundry, take a shower, and relax.

**7-8:30 PM**

Study hall, when we can either stay in our rooms doing school work or, as I prefer, stay in the lobby doing group work with friends in the same class.

**10:00 PM**

After brushing my teeth I watch something on my iPad with my roommate and I get ready to go to bed before another busy day.





# A DAY IN THE LIFE... *at Lincoln Academy*

## COCO'S DAILY CLASS SCHEDULE

TIME	A-DAYS	B-DAYS
8:00-9:10 am	Study Hall	AP Chemistry
9:15-9:35	Advisor Group	Advisor Group
9:40-10:50	Yearbook & Communications	AP English Literature & Composition
10:55-12:35 (includes class and 3 lunches)	Honors Pre-Calculus	Wellness for Life
12:40-1:50	Psychology	AP Biology
1:55-2:35	Focused Learning Block: Ambassador Club	Focused Learning Block: Science Support

## WEEKEND ACTIVITIES

*Coco says:*

“My favorite weekend activities are walking downtown to the coffee shop or to the restaurants to get dinner with my friends. I also enjoy visiting towns in the area like Brunswick or Bath, and walking there, or going shopping in Freeport!”



Coco with friends at a recent “class color day” when seniors wore blue.

Other Lincoln Academy weekend activities include: outdoor adventures like white water rafting, skiing, and kayaking, participating in LA athletic events, trips to the movies, and volunteering at local organizations.



Coco at Lincoln Academy Homecoming with her friend Serena and the Lincoln Academy mascot Eddie the Eagle.