

Figure 6.7 A Student-Generated Pro-Pro Chart

Balanced-Day Schedule Benefits for Teachers	Unbalanced-Day Schedule Benefit for Students
<p>“With fewer transitions [teachers] can dig in more to do deep learning. We need time if we’re going to go deep.”</p> <p>“ . . with the 100-minute blocks [teachers] can include time for reflection. In 75 minutes, you can do a task, but it doesn’t give you the time to reflect, which [teachers] need if students are going to learn.”—Avery and Danica</p>	<p>“Students need a break from the hard work of learning. By having three recesses instead of two in the balanced day, it gives students more opportunities to de-stress and come into class refreshed.” —William and Chelsea</p>