

Don't blame the dog!

## REACH OUT

If you find that you are having trouble concentrating or learning, talk to your parents, teachers, physician, and/or school counselors. If there is something going on, they may be able to find out what it is and create a better learning plan for you to follow. This could be a life-changing solution.

## IT'S OK

- To make mistakes
- To have bad days
- To be less than perfect
- To do what's best for you
- To be yourself

## OTHER RESOURCES



- **10 Ways to improve time management for students.**  
<https://gradepowerlearning.com/10-time-management-tips-students/>



- **Top Time management tips for students.**  
<https://uwaterloo.ca/beyond-ideas/stories/tips-advice/5-time-management-tips-busy-students>

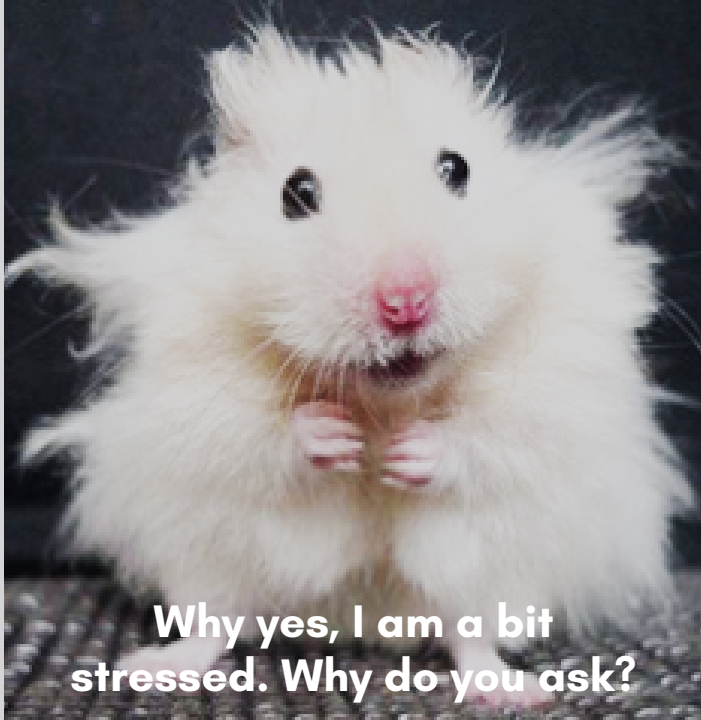


- **10 Time management tips for students in High School and College.**  
<https://modernteen.co/10-time-management-tips-for-students-in-high-school-and-college/>



# STRATEGIES FOR A SUCCESSFUL EXAM WEEK

Create a "less stress" study plan



Why yes, I am a bit stressed. Why do you ask?

## MAKE A PLAN

Don't procrastinate and make sure that you create a study plan.

*"The key is not to prioritize what's on your schedule, but to schedule your priorities".*

-Stephen Covey

*"Multitasking: the art of messing up several things at once"- Anonymous*

## Take it one step at a time

During your large blocks of study time, it is more efficient to study one subject for at least an hour rather than jumping between subjects.



## Take time for self care

Remember that if you are not well, you won't do well. Eat healthy, exercise, get rest, and factor in some downtime.

## IRON CLAD TIPS

### Actually Study

Consider the study tips listed here: **Study Skills: Ideas for active learning.**

[https://learninghypothesis.com/study-skills\\_ideas-for-active-learning/](https://learninghypothesis.com/study-skills_ideas-for-active-learning/)



### Control your environment

Create a "no distraction zone" while studying. The human brain CANNOT multi-task. You lose all momentum when you are trying to flip between music, Snapchat, Twitter, and notes. Set a timer and study for 15-20 minutes. Give yourself a 5-minute break (set the timer again) and go back for another 15-20 minutes. This break would mean stretching, getting a drink, going to the bathroom. Not getting sucked into YouTube.

### Keep in mind the end goal

Prove to yourself that you can succeed. For example, it doesn't really matter if you never plan on being a doctor, Science is a class you have to take and pass to graduate from high school. Graduating from high school is a clear path to success and financial security.

### Be Prepared

Don't leave things to the last minute. Arrive on time, bring pencils, erasers, notes, etc. Have breakfast.