

BACK-TO-SCHOOL REMINDERS:

ROUTINE RESET

Regardless of what happened last year, it's a new school year & you get to reset! Try setting realistic academic & personal goals for the year. Having clear goals can motivate you & give you a sense of direction. Start with 1 new goal this week & try pairing it with something you enjoy.

WELCOME
2024-2025

HEALTHY HABITS

Prioritize sleep, nutrition, & exercise. Healthy habits supports better concentration & overall well-being. Additionally, pay attention to your mental health. Manage stress through activities that bring you joy & seek support if you're feeling overwhelmed.

BEFITS OF BEING ORGANIZED

Use a planner or digital calendar to keep track of assignments, tests, & other important dates. Staying organized helps manage our workload & reduces last-minute cramming or forgetfulness. Being organized helps prioritize & manage your time, leading to increased productivity.

FREEDOM IN FLEXIBILITY

Be prepared for changes & unexpected challenges. Adapting to new situations & bouncing back from setbacks are important skills for personal growth. Try to approach your studies with curiosity & an open mind, which can make learning more enjoyable & rewarding.

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