

SUCCESS STRATEGIES FROM STUDENTS FOR STUDENTS

Create an Effective Workspace:

- Find a quiet place to work free of distractions
- Clear your work area of clutter
- Turn off your phone and unplug from other non-school devices
- Listen to a calming playlist
- Surround yourself with positivity and visual representations of your goals



Take time to plan and prioritize:

- Build a daily routine
- Write out a to-do list
- Break big projects into smaller steps
- Focus on the hardest tasks or tasks that have the biggest impact first
- Set deadlines and put them in a planner
- Use a timer for tasks and activities so you stick to your plan

Practice habits for success:

- Get plenty of rest every night
- Wake up an hour earlier each day
- Work when your energy is the highest
- Set limits for time on social media, video games, streaming, apps, etc.
- Focus on one task at a time
- Ask for help if you need it

