

Helpful student tips for school days



BEFORE SCHOOL STARTS

- Ease back-to-school stress by gradually shifting your sleep schedule one to two weeks before classes start.



- Pack your backpack with essential supplies like notebooks, #2 pencils, and a laptop the night before.



don't forget!

BRAIN & BODY ♥

- Take breaks: Prevent burnout by taking short breaks during study sessions.
- Limit screen time: Put your phone away at least an hour before bedtime to guarantee a solid 9 to 12 hours of restorative sleep.



FOR ACTUAL CLASS

"DON'T PANIC."
YOU'VE GOT THIS. ♥

- * Sit in the front: Sitting closer to the front of the classroom helps minimize distractions and keeps you focused.
- * Use class time wisely: Stay engaged by asking questions, participating in discussions, and taking clear notes.
- * Study a little every day: Instead of cramming, review your class notes each night to help the material stick.
- * Don't let bad grades discourage you: Learn from them and don't hesitate to reach out to your teachers for extra help.



SOCIAL STUFF

- Make a friend in every class: Having at least one familiar face makes studying easier and group projects much less stressful.
- Get involved: Join school clubs, sports teams, or programs to build a well-rounded experience and meet new people.

