

SKILL BUILDING NO. 1

Think Positive

Take a few minutes and answer these questions. Be honest with yourself - don't worry, we will have you tear out this page so you aren't carrying around your deep thoughts all school year. You can stash it in a safe place to refer back to later.

Who got this planner for you - Yourself? A parent? A teacher or tutor?



How does it make you feel having received this particular planner? (ex: I don't know how to be a student, shame, worry, everyone else can do this without help, hopeful there's a plan to help me?)




What worries do you have about using this planner? (ex: Could be a waste of my time, what if I don't complete it correctly, what if it doesn't help?)



How do you usually feel about your school year? (ex: I can't keep up and be on track. I lose track of where I need to be and what I need to learn. It makes me feel like a failure. My conversations with my adult are about what I didn't do well or didn't get done. I want to avoid school and hang out with my friends.)



 10-15 minutes

How do you want to feel about your school year? (ex: Accomplished, because I kept up and on track, I knew when I was in over my head and asked for help before it was too late to fix. My conversations with my adult focused more on life than just school.)



Now reflect for a moment - take a few slow breaths and think about **what it would be like to feel good about your school day, managing your week, and having a better year.**



What might happen if you give this planner 2-4 minutes of effort per day to organize your day and responsibilities and learn a few new tricks to make it easier? (ex: I would feel good about myself, I could keep trying cause it's not a ton of time, and the planner tells me how to be organized.)



Now **commit to yourself** by saying - "I will put this planner on my desk throughout the day to keep it front of mind. I will take it out of my bag when I am studying, and I will talk to my accountability buddies about my progress." (more on accountability later)