



WRAP-UP

Celebrate Your Progress



2 minutes

You did it! You made it to the school year's end and finished using this planner. Let's take stock of everything you learned and how this school year went.

What went right this school year? Make a note of where you felt like you had some wins.



Where did you see improvement? These might be areas that weren't perfect, but you can identify progress was made.



What do you want to carry forward into the future? When you think about the next school year or your next phase of life, what skills did you gain here that you want to apply to whatever is next?



Take a minute to review the list below of everything we covered in this planner. Put a star by topics you did well with. Put a checkmark next to topics you want to continue to review and improve upon.

Think Positive

- focusing on a positive outcome

Get Organized

- lists
- accountability
- long term planning
- organizing typed information

Study Smarter

- note taking
- information chunking
- short term memory
- reading
- presenting information
- flash cards

Decompress the Stress

- re-charge vs check-out
- energy scan
- self-care)

Train Your Brain

- starting a new routine
- movement for focus
- motivation when feeling stuck
- stopping a bad habit
- build focus endurance

Body Balance

- eating
- hydrating
- sleeping