

Do you have **homework**?

- Math
- Science
- Social Studies/History
- LA/English
- Other

Do you have **long term** work?

- Reading
- Writing
- Projects
- Studying for test/quiz

Do you need to refine **systems**?

- Check grades
- Update planner
- Organize backpack
- Organize papers/folders
- Email or phone calls

Are you practicing **self-care**?

- Working through stress & overwhelm
- Sleep, nutrition, exercise
- How's your focus/attention. Distractions?
- Attitude/mindset
- How's your actual study routine and workflow

If this helps you, please help me by sharing my posts whenever possible.

Thanks! Seth Perler sethperler.com