

School Strategies

Struggling with motivation?

- Use a candle, insense, or diffuser
- Put on 'easy listening' music
- Make a drink
- Use natural light

Don't understand the task?

- Re-read through it
- Ask parent or friend
- Send teacher email
- Put aside until I know what I am doing

Not enjoying the task?

- Use highlighters/colours
- Play my favourite music
- Look for a positive in the task

Tips:

- Write down helpful notes as well as your struggles
- 25 minute work timer, 5 minute break
- Not heaps of tabs open at once - overwhelming
- Phone on silent, can check in breaks
- Lists!!!
- Ask for help - no question is dumb

Remember...

It doesn't matter how or when you get to where you want to be, as long as it works for you and you don't stop trying.