

## Habit Trackers

HABIT	1	2	3	4	5	6	7

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## Topics as Characters in a Story

THE CHARACTER(S)	PERSONALITY TRAIT	WHAT DO THEY WANT?	WHAT GETS IN THEIR WAY?	HAPPY OR SAD ENDING FOR THEM?

## Non-Judgmental Post-Test Check-ins

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<b>Grade/score I wanted to get:</b>	
<b>Grade/score I got:</b>	
<b>What parts did I do well on?</b>	
<b>What parts did I miss?</b>	
<b>How many days in advance did I start studying?</b>	
<b>What methods did I use to study?</b>	

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# Exam Wrapper

## PLANNING FOR THE NEXT TEST

**Next test topic**

**Date**

**What do I know about the format of the test?**

**What materials do I have that would be useful to study?**

**What methods do I want to use?  
See the strategy chart on the next page for help!**

**What methods do I want to use to study?**

**4 days  
before test**

**3 days  
before test**

**2 days  
before test**

**1 day  
before test**

# PLANNING FOR THE NEXT TEST

On test day

**How will I remember to take these steps on those days? (Go ahead and set your reminders, write in your planner, or tattoo it on your hand now.)**

**What other steps can I take to increase my motivation to follow through on this plan?**

## To Do/To Be Charts

TO DO	TO BE

TO DO	TO BE

TO DO	TO BE

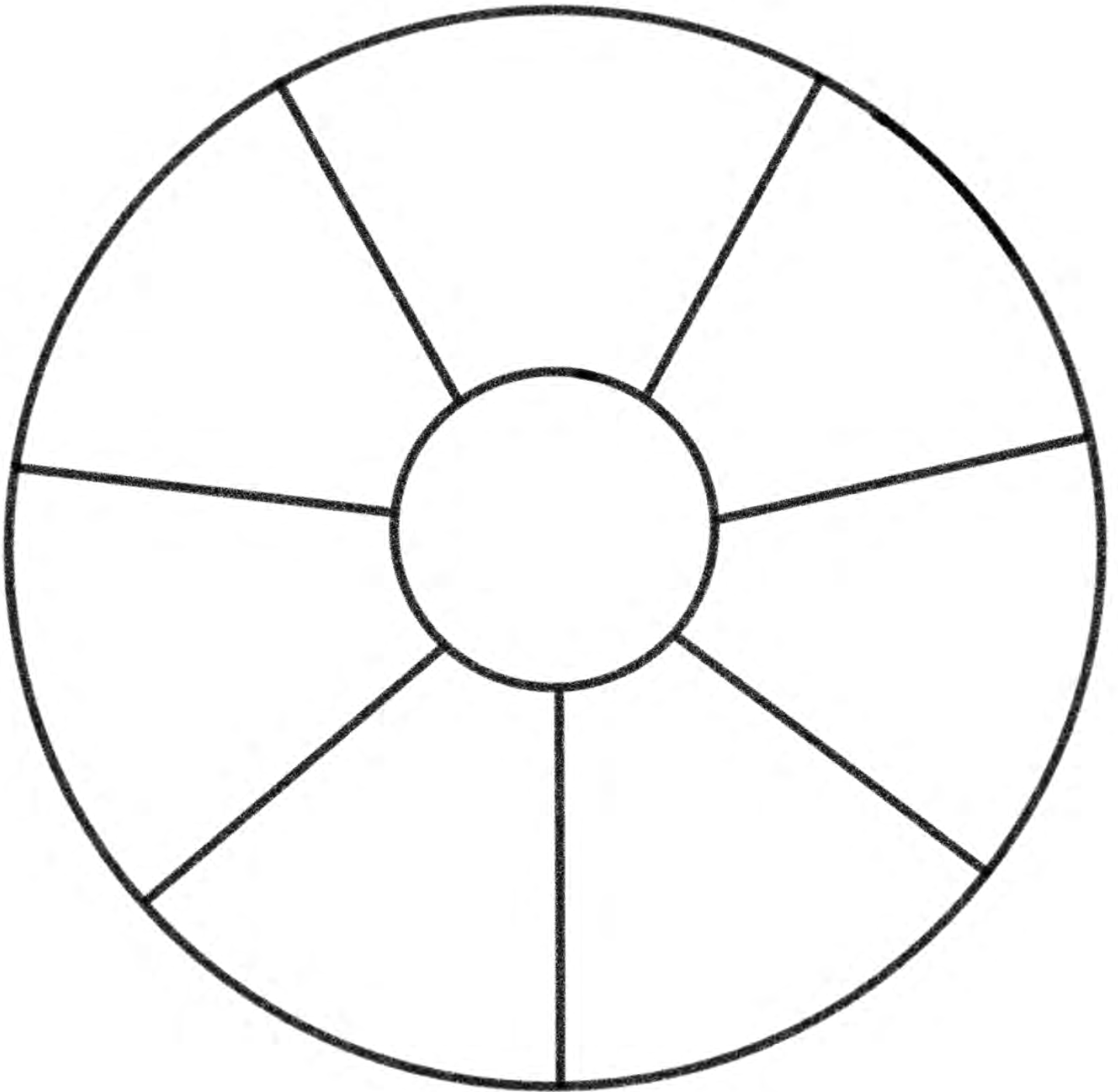
# Information Portal Charts

INFORMATION PORTALS	INFORMATION I NEED

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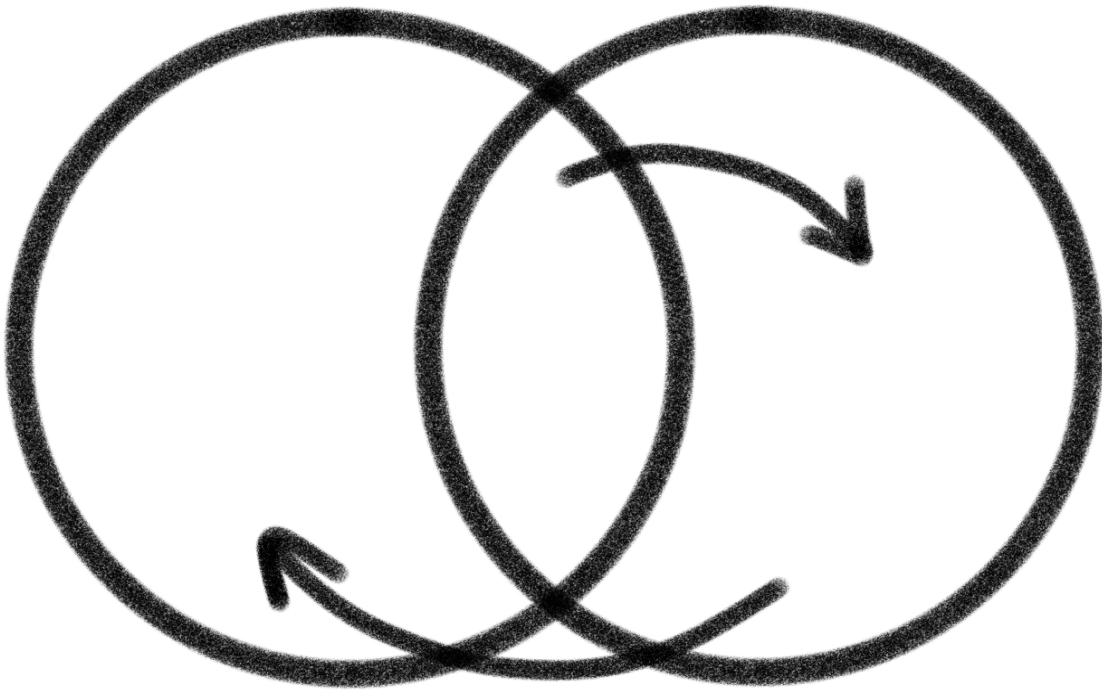
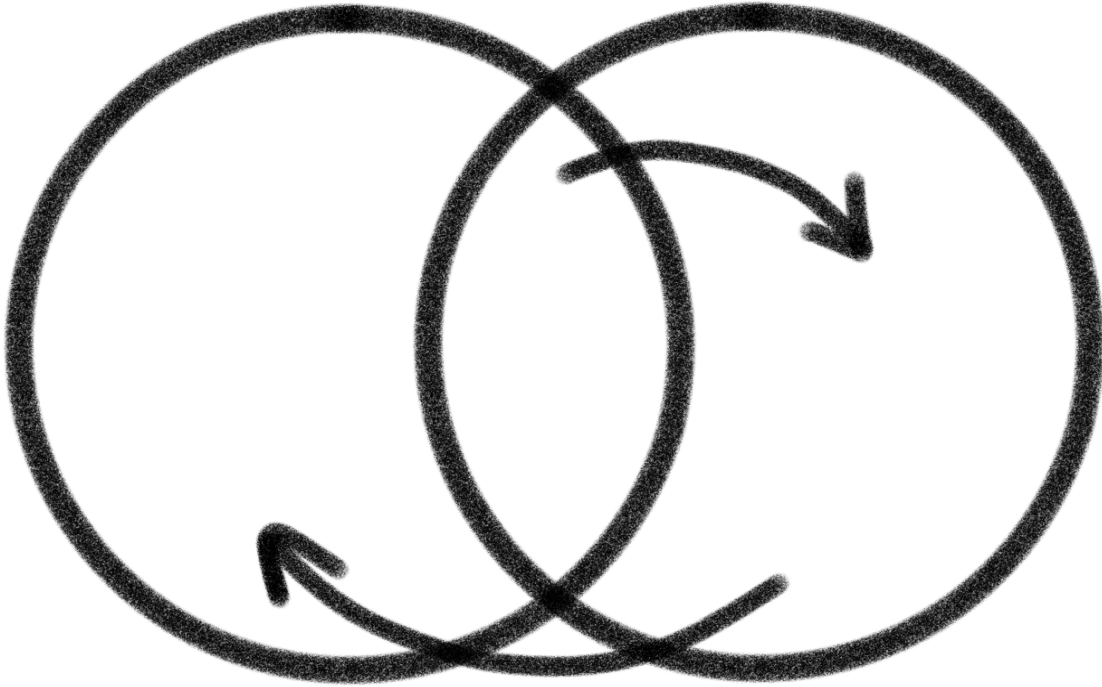
INFORMATION PORTALS	INFORMATION I NEED

# Sun-Beaming Wheel





## How is this like that? Diagrams





# MY IDEAL WEEKLY SCHEDULE

TIME	M	T	W	TH	F
6 AM					
7 AM					
8 AM					
9 AM					
10 AM					
11 AM					
12 PM					
1 PM					
2 PM					
3 PM					
4 PM					
5 PM					
6 PM					
7 PM					
8 PM					
9 PM					
10 PM					
11 PM					

## Affirmations for Students

I'm more than a test.

I am a good \_\_\_\_\_ (fill in the blank with something you feel confident about as a friend, artist, athlete, person, etc.).

My grades do not determine my success. I do.

Things do get better.

It's safe to relax.

(While breathing in) I'm okay. (While breathing out) I can relax.

I have been through challenges before and I can do it again.

Learning is supposed to feel challenging. This is okay and I can handle it.

I can always ask for help.

It's safe to rest and take breaks.

I matter. I'm strong. I've got this.

I can let go of the past and start fresh, right now.

I notice my emotions without letting them be in control of me.

I can create a great life for myself in small steps every day.

I have the ability to choose wisely for myself.

I'm doing my best and that's enough.

Failing is just information I get to choose how to use for my own good.

I'm the best expert on what works for me.

## Simple Time Manager

<b>M</b>	Homework:	<b>T</b>	Homework:
<b>W</b>	Homework:	<b>Th</b>	Homework:
<b>F</b>	Homework:	<b>Sa/Su</b>	Homework:
<b>Next Week</b>			

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<b>Next Week</b>			

# Being Words

Positive qualities and values of happy and successful people:

**Funny**

**Kind**

**Insightful**

**Generous**

**Organized**

**Focused**

**Creative**

**Determined**

**Caring**

**Loyal**

**Resilient**

**Calm**

**Open-Minded**

**Thoughtful**

**Upbeat**

**Motivated**

**Consistent**

**Reliable**

**Honest**

**Dependable**

**Fun**

**Authentic**

**Energetic**

**Patient**

**Relaxed**

**Flexible**

**Independent**

**Confident**

**Optimistic**

**Persistent**

# How to Gamify School Tasks

Before we get to the list, here are some general gaming-inspired guidelines:

1. Use Points!
2. Make it visible.
3. Play with friends.
4. Keep it short term.
5. Make it a little weird.

## Gamify School Tasks Ideas:

- Play “beat the clock.” Set a timer for a short amount of time. Decide what you’re going to do with that time. Then, try to beat the clock! Some of my students have had a fun time doing this with the forest app ([forestapp.cc](http://forestapp.cc)).
- Transfer your habit tracker to a big whiteboard where not only you, but others can see it. Assign fun rewards for showing improvement in different areas each week. Get a friend or family member involved to do the same and support each other. Make the reward you both receive dependent on mutual success so you are even more motivated.
- Share a note-taking document with a friend in class and take notes at the same time on it. Have one person take notes on the information and the other person add possible test/quiz questions in the comments on the side.
- Wear something weird like a costume or a big hat when you sit down to do homework. I have no idea why this one works, but it does!
- Use the habitica app ([habitica.com](http://habitica.com)) to organize your habits and tasks but with lots of fun options for a fun role playing game.
- Set up different stations around the house for your different subject homework tasks. Then, hop around to each after short timed intervals, cycling through until it all gets done. Math problems in the bathtub, history questions at the kitchen counter, essay outlining on the floor of your room...
- Use the website Written? Kitten! ([writtenkitten.co](http://writtenkitten.co)) to get rewarded with a cute picture of a kitten, bunny, or puppy, you choose!, for every 100 words you write.
- Take on the persona of an expert in the field you are studying or reading. Exaggerate it, read out loud in the voice, walk around and gesture like a mad professor, put on a lab coat while you work through chem problems.
- Use a crossword puzzle generator like [crosswordlabs.com](http://crosswordlabs.com) to study course terms and definitions.
- Play pictictionary with a friend based on concepts you need to know for a test. One person tries to draw the concept (a scene from a book, a scientific principle or process, an important event in history) and the other person tries to guess it in a set amount of time.
- Use [IXL.com](http://IXL.com) to practice math and grammar skills with real time feedback and correction.

## More Resources

### Guided Meditation Resources for Students

- Mindfulness for Teens free guided meditations:  
[www.mindfulnessforteens.com/guided-meditations](http://www.mindfulnessforteens.com/guided-meditations)
- UCLA free guided meditations:  
[www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations](http://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations)
- Free guided meditations, starting about halfway down this page:  
[www.mindful.org/take-what-you-need-meditations-to-support-kids-teens-and-young-adults/#checkin](http://www.mindful.org/take-what-you-need-meditations-to-support-kids-teens-and-young-adults/#checkin)
- The Tapping solution app:  
[thetappingsolutionapp.com](http://thetappingsolutionapp.com)

There are some great options on here for teens and students to apply Emotional Freedom Technique (EFT) to ease stress and anxiety.

### Peer Tutoring Resources

- How to start a peer tutoring program as a student:  
[learningwithangie.com/how-to-start-a-peer-tutoring-program-as-a-student/](http://learningwithangie.com/how-to-start-a-peer-tutoring-program-as-a-student/)
- For education professionals or parents wanting to get a peer tutoring program started or improved:  
[www.peertutoringresource.org/](http://www.peertutoringresource.org/)
- A book for college peer tutoring: The Rowman & Littlefield Guide for Peer Tutors (Theory & Practice for Peer Tutors & Learning Center Professionals)
- An inspiring example if you need to convince school officials to give this a shot:  
[www.pbs.org/newshour/classroom/2021/08/student-voices-the-value-of-getting-and-giving-peer-tutoring/](http://www.pbs.org/newshour/classroom/2021/08/student-voices-the-value-of-getting-and-giving-peer-tutoring/)