

NEW FROM HOW2CONQUER

Happy Grades

Workbook and Companion Guide for Parents and Educators

by Tricia Underwood

About the Book

Happy Grades will show you what happens when students stop chasing good grades and all the procrastination, boredom, and burnout in the process, and start a different approach to success in school. Parents and educators are on to the fact that old lessons on time management, study skills, and organization just aren't cutting it anymore. *Happy Grades* is a new approach to showing students how to succeed without trading in on their happiness, interests, and peace of mind.

About the Workbook

With writing prompts and charts to fill out in each section, students learn to make and keep meaningful habits while decluttering their space and mind, tackle big tasks in bite-size pieces while staying curious, improve motivation, focus, and memory while increasing happiness, connect with peers, improve relationships, and be accountable.

About the Author

Tricia Underwood wasn't so different in high school and college from the students she now serves as an executive functioning coach. Smart, but unfocused. Big ideas without the confidence or organizational strategies to match.

Now after a 20-year career in education as a high school inclusion teacher, learning specialist, and teacher-leader in public, private, and charter schools, Tricia teaches teenagers how to be happier one small habit, strategy, and routine at a time.



Tricia Underwood



How to Order*

Available from Amazon and most retailers. Distributed by Ingram Book Group.

*the Workbook and Workbook Companion Guide are sold separately

DETAILS

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