All aspects of your mental health are important and should come first! Remember to take care of yourself. Do not beat yourself up if you make a mistake. Do not let the fear of not doing well on a test discourage you. Keep going and remember that doing your best is what matters most.

For motivation, create words of affirmation and write them down somewhere you can see every day. It could be on a piece of paper, hanging on a mirror, or taped to your door. Do what works best for you to keep your mental health in check to ensure you have a great school year.

**EXAMPLES OF AFFIRMATIONS**

- I am enough
- I am capable of doing whatever is assigned well
- I aim to be the best version of myself, not just for my school, teachers, family friends and community, but for myself
- I am smart
- I do not have to prove myself to anybody
SET GOALS
BIG OR SMALL

Before school starts, go into this year with some things you want to accomplish. This may mean turning in assignments on time or studying/reviewing notes after school for at least 10 to 15 minutes. Whatever your goal is, write it down somewhere you can see it every day! Under the written goal, write down at least 3 steps under it you can take to help achieve that goal.

Example:

My goal for this upcoming school year is to have better study habits. I can achieve this goal by:

• Creating a small, noise free environment/learning space
• Taking good notes in class (be sure to use highlighters/pens)
• Not being afraid to ask questions and ask for help to ensure I understand all the information
MAKE A STUDY SPOT

No matter if it's in your room or a place in the kitchen, dedicate a small and noise-free space where you are focused without any distractions to complete your assignments, projects, and study time.

DIY PLANNER

A planner is a good tool to help track due dates for assignments, projects, deadlines, important information, and more! Whatever you feel is important, write it down. You can create a planner by organizing your calendar monthly or daily.

Check out this video for a DIY planner tutorial!
CREATE A ROUTINE

Creating a routine will help you organize your day. Create a before-school and after-school routine to ensure you are ready for the day and ready to decompress from the day.

Check out a routine example below:

Before School Routine
1. Wake up at _____
2. Eat breakfast (poptarts, granola bars are perfect and quick snacks to eat)
3. Daily hygiene routine
4. Get dressed
5. Read affirmations
6. Grab your book bag, books, laptops, and other school materials

After School Routine
1. Relax for 20 minutes and reflect on your day
2. Eat a snack
3. Start on homework assignments or tasks needed to get done

There is no right or wrong routine, do whatever works for you!
NEED HELP?
If you need assistance with any of these back-to-school tips, let us know! Call or reach out by email to meet with someone from our student team!

CONTACT US
info@urbedadvocates.org
(484)222-0279
urbedadvocates.org
@urbedadvocates