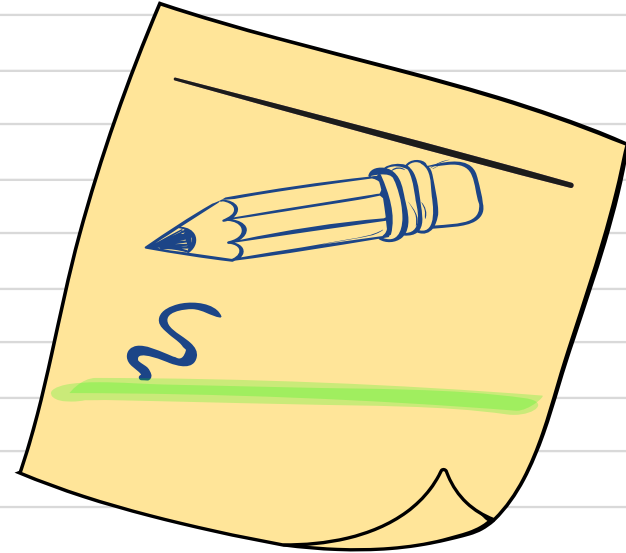


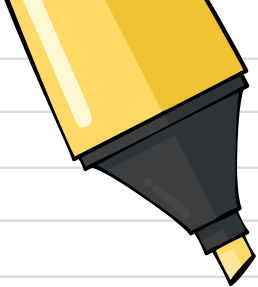


tips on how to start the new term

Nabila Alhayek

- First, give yourself a moment to clear your head and realise that you get to start over.
- Get Back on a Good Sleep Schedule.
- Use school planners and calendars
- Set up a study routine
- Set positive, realistic goals for the term
- Maintain a positive attitude
- Find a good study space





Things to Include in Your Planner



- Regular blocks of homework time
- Assignment due dates
- Test dates
- Family gatherings, vacations, excursions
- Holidays
- SAT, TOEFL and test dates
- Sign-up deadlines for standardized tests
- College application due dates

