

## How to be a Successful Student in 2021

### Health Habits

- Stay hydrated!
  - Drink lots of water, and don't have too much caffeine if any.
- Eat enough!
  - Eat breakfast, lunch, and dinner.
  - Keep healthy snacks around.
  - Remember, your brain doesn't work when it's hungry!
- Sleep enough!
  - It is recommended that teenagers get 9-10 hours of sleep per night, so 8 hours should be considered the minimum!
  - Wake up at least an hour before class starts. Move around and wake yourself up.
- Get some exercise!
  - Even a fifteen minute walk will help with both physical and mental health.

### Organization and Academic Habits

- Attend Zoom class sessions regularly.
  - Take notes.
  - Ask questions.
- Communicate regularly with teachers. We are all available through email, and many of us through text messaging.
  - Reach out to teachers when you will miss a Zoom class.
  - Reach out to teachers immediately when you are stuck or confused on an assignment.
  - Respond when teachers reach out to you.
- Check their Google Classroom for what assignments are due.
  - Some students also like to keep a personal planner to write down assignments and their due dates.
- Have a designated work space.
  - You won't learn anything lying in bed. And it's not good for your mental health to be staying under the covers all morning.
  - Setting up a spot for school will help you get into that headspace to focus on school work.
- Take breaks in between classes, and every half hour or so of working on homework.
  - Get up and move around. It's not good to sit in one spot for hours on end.
  - Take a break from screens as well. It's also not good to be on a screen for hours on end.

If you have a job, you have to make school your first priority!

- Work with your boss to schedule hours that allow you to attend Zoom classes \*and\* your scheduled Hybrid learning times.
- Work few enough hours each week that you have time for both school \*and\* your hobbies. You have to have time for fun things too!
- Communicate with your boss if you are feeling stressed or overwhelmed. They may be able to cut back your hours or schedule better hours to meet your needs.

- Don't be afraid to quit your job if it becomes too much to handle. Your high school diploma is worth way more than any job could possibly pay you now.

#### Stress Management & Mental Health

- If you're feeling overwhelmed, take some steps to manage your stress. Take a break from the screen. Get out in nature. Get some extra sleep. All of the tips for staying healthy will also contribute to better stress management.
- Take a moment for some deep breaths. For next level well-being, try a meditation app or a free yoga class on YouTube ("Yoga with Adriene" is great for all levels of fitness and experience).
- If you're feeling isolated or in a bad place, please reach out. You have lots of people within virtual reach who are willing and able to help. Any teacher or coach can point you in the direction of a counselor. You are not alone; don't try to muscle through depression or anxiety on your own.