

# Student Success Cheat Sheet

## Motivational Strategies

- Start with Small tasks
  - Get in the Habit of success by having success
- Set project based Goals
  - By Day
  - By Block of time
- Set time based goals
  - I will work for this amount of time
- Reward yourself
  - Allow yourself something for having achieved your goals

## Work Completion Strategies

- Chunk your work
  - If faced with a large project, break it down into smaller steps
- Check for understanding
  - Write notes to yourself as the project is being explained
- Don't forget to eat, sleep and physical activity
  - Does not have to be a workout, even just getting up and moving
- Reward yourself

## Time Management Strategies

- Use alarms
  - A set amount of time to work
  - A set amount of time for a break
- Avoid distractions
- Reward yourself

## Organizational Strategies

- Create a list of tasks to complete
  - Order the list by Due Date
  - Order the list by importance
- Establish what you need to accomplish your work
  - If a resource is not currently available, move to something you can do
- Reward yourself

## Stress the problem?

- Positive self talk
  - Focus on what you do well
- Journaling success
  - It is easy to look back and think that every day was bad, write down a positive a day so that you can look back and see good things
- Meditation
  - On your own: <https://www.youtube.com/watch?v=cXmhtf1Qqfo>
  - Guided meditation: [https://www.youtube.com/watch?v=6p\\_yaNFSYao&t=22s&ab\\_channel=TheHonestGuys-Meditations-Relaxation](https://www.youtube.com/watch?v=6p_yaNFSYao&t=22s&ab_channel=TheHonestGuys-Meditations-Relaxation)
  - Daily: <https://www.headspace.com/>
- Eating Well
  - Eat healthy meals/food as possible
  - Don't forget to eat
  - This includes frequently drinking water
- Sleeping Well
  - While students frequently ignore sleep to complete work, this can have a negative impact
  - Try to avoid technology as you are going to sleep
- Physical Activity
  - Getting up and going outside
  - Chair Yoga
  - Exercise

## Who can I talk to?

Learning Support Teacher	Student Success Teacher	Guidance A-L	Guidance M-Z
Sarah Hawn	Lynne Gulliver	Angela Linton <a href="#">Student Appointments</a>	Zachary Logue <a href="#">Student Appointments</a>

## Community Help

[1 Call 1 Click](#)

[LGBT Youth Line](#)

[Black Youth Helpline](#)

[Family Services Ottawa](#)

[Youth Services Bureau](#)

[Rideauwood Addiction/Family Services](#)

[Kids Help Phone](#)

[Parents Lifeline of Eastern Ontario](#)