

Consider this...

Want to turn it around in school? Then use these questions on a daily basis until they become a part of your thinking. If you ask these, you can rest assured that you have covered all the bases. These are the types of key questions that every successful student must get in the habit of asking:

1. **Plan:** Did I make a good and realistic plan for today?
2. **NOP:** What's my NOP (number one priority) for tonight? Do this first.
3. **Planner:** Update it mindfully.
 - a. Do I have any math? Science? Social studies? LA? Other?
 - b. Should I be doing any reading? Writing? Projects? Studying for tests/quizzes?
4. **Grades:** Check my grades thoughtfully.
 - a. Make a list of things that need to be acted upon (missing assignments, etc.)
 - b. Be forthcoming & honest with parents about them.
5. **Advocacy:** Do I need to email any teachers or go to office hours?
6. **Backpack:** Reorganize, go through all of it, stray papers managed.
7. **Focus:** How's my focus tonight? What distractions need to be removed?
8. **Temp check:** What's my biggest stress lately? What would help?

Created by Seth Perler. Visit sethperler.com and feel free to sign up for my blog.

Daily habit questions cheat sheet

Plan: Realistic plan for today?

NOP: Number one priority for today? Do this first

Planner: Update it mindfully.

Math? Science? Social studies? LA? Other?
Reading? Writing? Projects? Study for
tests/quizzes?

Grades: Check grades thoughtfully.

List action items.

Honest with parents.

Advocacy: Email teachers or go to office hours?

Backpack: Reorganize, stray papers managed

Focus: How's my focus? Distraction removal?

Temp check: Biggest stress? Solution?

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