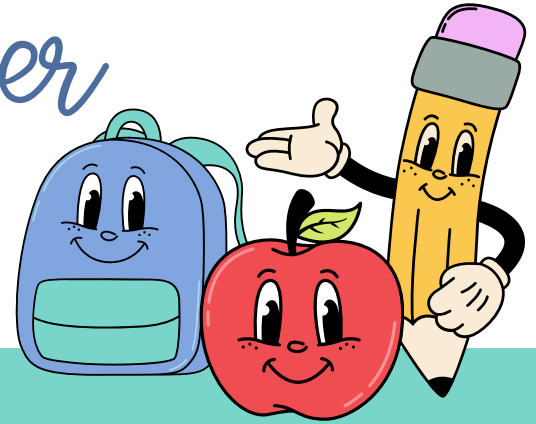


# Counselor's Corner

"Success doesn't come from what you do occasionally. It comes from what you do consistently."

— Marie Forleo



## Motivation!

We're in the final stretch before winter break, and it's tempting to lose focus – but these last weeks really count! Staying organized, keeping up with assignments, and putting in your best effort now will make a huge difference in your grades and confidence going into the new year.

## Tip

Use the "10-minute rule." If you're avoiding homework, tell yourself you only have to work on it for 10 minutes. Most of the time, once you start, you'll want to keep going!

## Challenge!

Pick one area where you want to improve – finishing missing work, studying more, or participating in class – and make a plan to tackle it this week.

## Did you know?!

Students who set specific study goals and stick to a schedule perform up to 50% better than those who "wing it." Small, consistent habits add up to big results!

## Contact us!

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