SMART GOALS

THE HEARTH

STUDENT SUCCESS CENTER

S

SPECIFIC

Describe your goal:

_____

_____

_____

M

MEASUREABLE

How can you track your progress?

_____

_____

_____

A

ATTAINABLE

Who is going to help you with your goals?

_____

_____

_____

Which will be your accountability partner?

_____

When will they check in with you?

_____

R

RELEVANT

List the skills and resources needed to meet your goals.

_____

_____

_____

T

TIME BOUND

Goal for check in date 1:

_____

_____

When? _____

Goal for check in date 2:

_____

_____

When? _____

Goal for check in date 3:

_____

_____

When? _____

PLAN. PRIORITIZE. PERSIST. SUCCEED.

THE HEARTH

STUDENT SUCCESS CENTER

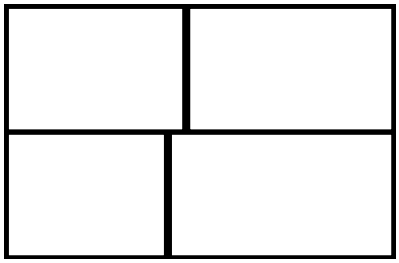
NOTE-TAKING SKILL

CORNELL NOTES

Main Ideas/Questions?	Notes
_____	_____
_____	_____
_____	_____
_____	_____

Summary

BOX NOTES



- ☐ Use box to separate topics.
- ☐ Write key words or details in each box.

OUTLINE METHOD

1. _____
   - A. _____
     1. _____
        - a. _____

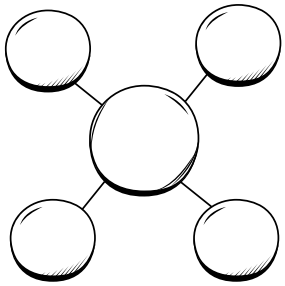
- ● Organize by headings and subheadings.
- ● Great for structured information.

CHARTING

Topic	Feature 1	Feature 2	Notes

- ☐ Compare and contrast information.
- ☐ Keep it simple and consistent.

MAPPING



- ○ Start with the main idea in the center.
- ○ Branch out with related details.

ABBREVIATIONS

&	and	etc	and others
@	at	gov't	government
=	equals	imp	important
ex	example	people	people
b/c	because	Q	question
b/f	before	w/	with
cont	continued	w/o	without

TEST-TAKING SKILLS

BEFORE THE TEST



- ✓ Get a good night's sleep.
- ✓ Eat a healthy breakfast.
- ✓ Arrive early and bring what you need.
- ✓ Review key concepts - don't cram.

DURING THE TEST



- ✓ Read every question carefully.
- ✓ Underline/circle key words (always, never, except, not.)
- ✓ Eliminate wrong answers first.
- ✓ Skip and return if stuck.
- ✓ Manage your time.
- ✓ Review answers if time remains.

THE HEARTH

STUDENT SUCCESS CENTER

LEARNING STYLE

We all learn differently. Use what works best for you!



VISUAL
(See it)

You learn best through seeing.

- Use charts, diagrams, & graphs.
- Highlight.
- Color-code notes.



AUDITORY
(Hear it)

You learn best through hearing.

- Listen to lectures.
- Discuss with others.
- Teach it out loud.



READ/WRITE
(Write it)

You learn best through writing.

- Takes notes.
- Summarize information.
- Rewrite key concepts.



KINESTHETIC
(Do it)

You learn best through dong.

- Hands-on activities.
- Practice problems.
- Move, build, explore.

ACADEMIC STRESS



COMMON SOURCES

- Missed assignments.
- Not understanding course content.
- Poor homework/exam performance.
- Competing obligations outside of class.
- Long-term goals and meeting expectations.
- Overloaded schedule.
- Adjusting to CHS life.



COMMON SYMPTOMS

- Feeling disconnected or comparing yourself to classmates.
- Feeling unmotivated or numb.
- Feeling overwhelmed and stuck with academic obligations.
- Don't know where to start studying.
- Inability to focus.
- Poor sleeping and eating habits.
- Being distracted.

YOU DON'T HAVE TO DO IT ALONE.
Use The Hearth for support before the stress takes over.

ASK EARLY. GET HELP. STAY ON TRACK.

- Break tasks into small steps.
- Use a planner or daily log.
- Ask questions early.
- Take care of your body.
- Take breaks - rest and refocus.

PLAN. PRIORITIZE. PERSIST. SUCCEED.