

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.



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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.

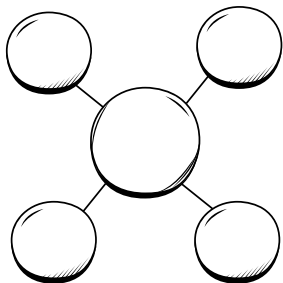
CHARTING

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.

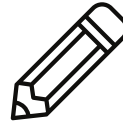
- Use charts, diagrams, & graphs.
- Highlight.
- Color-code notes.



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 doing.

- 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.