

Name _____

How Organized Are You?

To succeed in your classes, you need to be organized!

Check the box that **best** describes you.

	Almost always	Some- times	Hardly ever
1. I have what I need when I go to class (book, pencils, paper).	☐	☐	☐
2. I have a system for organizing my papers.	☐	☐	☐
3. I use a planner to keep track of my assignments.	☐	☐	☐
4. I create a study plan when I have a lot of homework to do.	☐	☐	☐
5. I get everything ready for the next day before I go to bed.	☐	☐	☐
6. I have contact information for someone in each class.	☐	☐	☐
7. I make to-do lists when I have a lot to do.	☐	☐	☐
8. I keep my backpack and locker neat and organized.	☐	☐	☐

Survey results – Give yourself 2 points for each **Almost always**, 1 point for each **Sometimes**, and 0 for each **Hardly ever**. Your score _____

If your score is 14–16, you're probably pretty organized. Keep it up! If you have less than 14 points, consider the items you marked **Sometimes** or **Hardly ever** and work on improving those organization strategies.

Organize your stuff

Keeping your stuff organized makes it easier to find things. It also saves you time and makes life less stressful. How neat and organized is your stuff?

	Very organized	Just OK	A total mess
your backpack	☐	☐	☐
your folders/binders	☐	☐	☐
your locker	☐	☐	☐
your study area	☐	☐	☐

- ▶ Which of these areas needs the most organizational help? _____
- ▶ What can you do to improve it? _____
- ▶ What else can you do this year to be more organized? _____

Name _____

What Is Mental Health?

Mental health refers to your social, emotional, and psychological well-being. Just as it's important to take care of your physical health, it's also important to take care of your mental health.

While your mental health can be impacted by some things you can't control, you can control how well you look after your mental health.

Why take care of your mental health?

Your mental health affects how you feel day-to-day.

When you're feeling calm, happy, and confident, you get more joy out of life. On the other hand, if you're feeling sad, angry, or anxious, regular day-to-day life can be a struggle. How would you describe your mental health today?

Your mental health affects your relationships.

Your relationships with family, friends, and classmates are all impacted by how you feel. If you're upset, unhappy, or feeling down, building and maintaining relationships is much more difficult. Do you currently consider your relationships to be healthy?

Your mental health affects your success.

Whether it's success in school, your career, or achieving a goal you've set, you're more likely to succeed when you're in a good place mentally. Has your mental health ever affected your success in either a positive or negative way?

Think about it

Write about a time your mental health helped or hindered your ability to reach a goal—or about a time your mood/emotions affected your relationship with another person (for better or for worse).

Name _____

Understanding Stress

Stress is your body's reaction to change, demands, and difficult situations. Difficulties with friends... pressure to achieve... problems at home—these are just a few of the many things causing young people stress today.

Do you often feel stressed?

Below are some common symptoms of stress. Read each question and mark it yes or no.

Yes	No	
☐	☐	Do you often feel overwhelmed?
☐	☐	Do you have trouble sleeping?
☐	☐	Do you often feel frustrated, nervous, or angry?
☐	☐	Do you get a lot of headaches and/or stomachaches?
☐	☐	Do you have a hard time relaxing?
☐	☐	Do you eat too much or too little?
☐	☐	Do you feel dread or panic when thinking about everything you need to do?

Answering "yes" to most or all of these questions could indicate that stress is an issue for you.

Identify your stressors

What causes the most stress for you? List your biggest stressors below.

1. _____
2. _____
3. _____
4. _____
5. _____

Name _____

Overcoming Obstacles

Your life and—eventually—your career will not be without tough times. How you choose to tackle those obstacles makes all the difference.

Obstacles to success

Reflect on each strategy for overcoming obstacles and how it can be applied to your career journey. Write an example of how each strategy can help you overcome challenges.

Resilience: bouncing back from setbacks and staying positive

Example of how resilience can you help you overcome challenges: _____

Growth mindset: believing that skills and abilities can be developed through effort and practice

Example of how a growth mindset can you help you overcome challenges: _____

Seeking support: asking for help and guidance from others

Example of how seeking support can you help you overcome challenges: _____

Continuous learning: always learning and improving skills

Example of how continuous learning can you help you overcome challenges: _____

Adaptability: being flexible and open to change

Example of how adaptability can you help you overcome challenges: _____

Think about it

How can a mentor's guidance and support contribute to your long-term career goals and success?

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Reducing Stress

Stress can significantly impact academic performance, and learning effective stress reduction techniques can help you manage your stress levels and improve your overall well-being.

Practice relaxation techniques. One effective way to reduce stress is to practice relaxation techniques. Here are three strategies to try.

Deep breathing: Inhale deeply for four seconds, hold your breath for four seconds, and then exhale slowly for four seconds. Repeat this for a few minutes. *Try it now.*

Progressive muscle relaxation: Tense and then relax each muscle group in your body, starting with your toes and working your way up to your head. *Try it now.*

Visualization: Imagine a calming scene, such as a beach or a forest, and focus on the details. *Try it now.*

Identify stressors. You must identify the sources of stress to manage it effectively. Reflect on what causes you stress. Some everyday stressors might include family, money, friends, and school.

What are some of your stressors? _____

Prioritize tasks. If you're stressed about getting everything done, it helps to prioritize tasks and organize your time. Make a to-do list below and decide when you will complete each task. Schedule at least one break to allow yourself to rest and recharge.

What I have to

When I will do it

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Mental and Emotional Readiness

College can be a rewarding and transformational experience, but it's important to prepare mentally and emotionally for the challenges it can bring.

Answer the questions below to evaluate your mental and emotional readiness for college.

1. Evaluate your current stress levels.

How well do you manage your stress levels? ☐ very well ☐ somewhat well ☐ not well at all

Are you feeling nervous or anxious about going to college? ☐ yes ☐ no ☐ a little

2. Consider your support system.

Who can you turn to for emotional support during times of stress or difficulty? _____

3. Consider your adaptability.

Do you adapt to new situations and environments easily? ☐ yes ☐ no

How do you typically respond to change? _____

4. Think about your coping strategies.

What coping strategies do you use when you're stressed or overwhelmed? _____

5. Evaluate your self-care habits.

Do you prioritize self-care activities like exercise, sleep, and healthy eating? ☐ yes ☐ no

What are some other self-care habits that you practice? _____

6. Evaluate your mental health.

How would you describe your mental health currently? ☐ excellent ☐ good ☐ fair ☐ poor

What can you do to improve your mental health? _____

Are you familiar with mental health resources at your college of choice? ☐ yes ☐ no

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Making Informed Decisions About Your Future

Deciding what to do after high school is a huge decision. Make sure you're making an informed one. Answer the questions below to help you make an informed decision about your future.

Step 1: Identify your goals and interests.

Think about your interests, values, and long-term goals. Your answers can shape your career choices.

What are your interests and hobbies? _____

What do you enjoy learning about in school? _____

Step 2: Research your options.

Once you have identified your goals and interests, you can explore different career options that align with them. Use online resources such as the Bureau of Labor Statistics, career websites, and job search engines to gather information.

Career Option 1: _____

Career Option 2: _____

Career Option 3: _____

Step 3: Evaluate the pros and cons.

Evaluate the pros and cons of each option. Think about the skills, education, and training required for each career. Consider the job outlook, salary potential, and work-life balance of each option.

Career Option 1 pros and cons: _____

Career Option 2 pros and cons: _____

Career Option 3 pros and cons: _____

Step 4: Seek advice and guidance.

Talking to people who work in your field of interest can provide valuable insight into the realities of the job. What are some questions you could ask? _____

Step 5: Make a plan.

Now that you have explored multiple options and gathered information, it's time to make a plan. Identify the steps you need to take to achieve your goals. Determine what education, training, or certifications you need.