

Quick reference sheet of academic and/or emotional strategies

General Reminders:

- Mindset: when we can't change the situation, we can still change our attitude about it.
- Motivation: Is what I'm doing getting me closer to my goals for the future? If not, reevaluate.
- Importance of routine/structure, especially in chaotic times.
- Connection w/ others, even virtually, helps w/ feelings of isolation. Find ways to laugh together. Laughter has great healing and destressing powers.
- Are you using the resources you already have access to?

Academic Strategies: You can google strategies for academic success. Here are a few to get you started.

- #1 resource for academic concerns = your teachers. They WANT to help.
- Stop the negative self-talk ("I can't"). You can if you reach out to teachers and use resources available.
- Organization –
 - create a daily time schedule, including time for breaks, self-care, sleep, etc.
 - Use an organization system – chart, calendar, subject or daily folders
 - Organize your work area so you have everything you need available
- Stay mentally engaged in class – take notes, ask questions, sit up
- Use academic resources – teacher, friends, CMPL Library, GVUS K12 Connect or Wolverine tutors.
- Eliminate distractions, especially during instruction, so you don't miss key concepts.
- Get enough sleep – tired brains can't concentrate.
- Focus on progress rather than perfection.

Social/emotional: again, google coping strategies for anxiety, depression, loneliness, etc. Here are a few:

- Go for a walk - take a sensory walk
- Breathing relaxation
- A "brain dump"
- A mental game like memory, a crossword or sudoku, etc.
- Meditation
- Practice gratitude; practice kindness
- Challenge negative thinking / stop negative self-talk

Other:

- Yoga, stretching, physical activity
- Learn a new hobby
- Read; write; draw; color
- Take a virtual trip – to a museum, a natural wonder, a city you want to see some day
- Practice kindness - Feeling lonely? Write letters to people in nursing homes or soldiers – they're also lonely.
- Cook or bake a new recipe (as a family)
- Watch or do something funny – laughter has great healing powers and can be a great release of tension.

Sample Self-care or accountability chart

Accountability Tracking Chart

WEEK OF: _____	Mon	Tues	Wed	Thu
Woke up early enough to be alert				
Ate breakfast				
Attended all classes, not just logged in				
Asked for help (note how many – ex. 4 of 6 classes)				
Turned all assignments in on time				
Eye contact / connection activity (at least 2x/week)				
Physical activity (2-3x a week minimum)				
Did something fun / different (at least once a week)				
Changed my scenery				
Learning/practiced a new hobby or skill				
Other: (maybe a virtual trip somewhere)				
Practiced deep breathing (or meditation)				

1. Choose the academic strategies that will help you with the areas you struggle with most academically and add them to your chart.
2. Choose the strategies you find most useful or comforting during emotional stress and add them to your chart.
3. At the end of the week, analyze your chart. If you do not have very many boxes checked, it means you did not choose strategies that are a good fit for you and/or you did not do a good job of taking care of your needs that week and need to make a better effort in the future.
4. If you have a lot of boxes checked, hopefully that means you are starting to notice some academic and/or emotional improvements. If that is true, keep up the good work.
5. If you have a lot of boxes checked throughout the week but are still not noticing improvements, give it another week, and be more mindful or aware of the strategies you're using and how they make you feel. If at the end of week 2, you're still not noticing improvements, maybe it's time to choose some different strategies instead. It is NOT time to give up 😊