

March 28, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Developing good study habits is essential for being academically successful. There are many effective habits. One important habit is creating a study schedule. Dedicating specific times each day to study helps you stay on track. It's also helpful to break study sessions into smaller ones. For example you can study for 25 minutes and then take a 5 minute break. Over time, this can improve focus and prevent feeling overwhelmed. Studying in a quiet, organized space without distractions also helps you concentrate better.

Active learning is another important habit. Instead of simply reading your notes, try explaining the topic in your own words to someone else or testing yourself with flashcards. This helps you actually know the material. Also, making sure to get enough sleep is crucial. Taking care of your body can make studying easier and more effective. By scheduling a routine, actively learning, and caring for yourself, you can become a more successful student.

The affirmation of the day is, “I stay modest about my accomplishment.”

Thanks for listening and Following Good Habits Friday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

