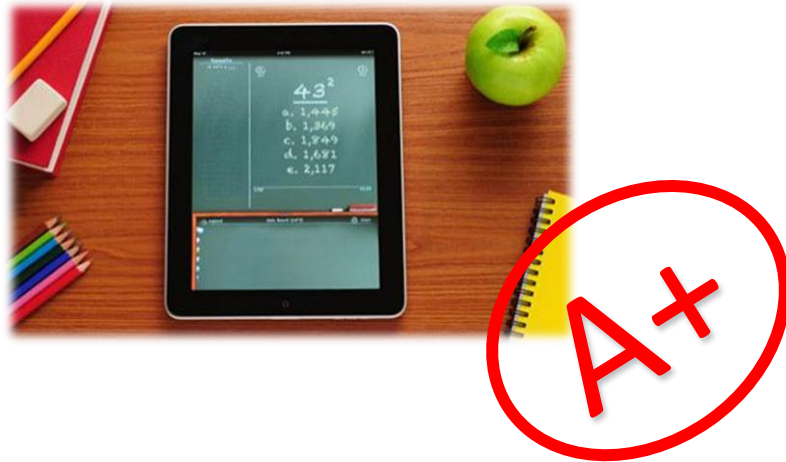


September 2018

How to Make this the Best School Year Yet



1. Overcome Procrastination

- Have an anti-procrastination plan in place
- Ask a friend for help to stay accountable
- Watch behaviors of a friend who has mastered procrastination
- Turn in one assignment at a time

2. Set Your Intentions and Create Your Plan

- Write down reasons why you want this school year to be different (How do you want to feel at the end of every school day? Week? Month?)
- Review what didn't work for you last year
- Determine how you want those examples to be different this year
- Make a list of barriers that might get in your way or have gotten in your way before
- Brainstorm a list of how to overcome the barriers

3. Start Small and Be Accountable

- Choose one thing you can start doing now to prepare for the school year
- Change one thing at a time to create positive momentum, and write it down where you'll see it to stay motivated
- Review how much progress you made

Modified from: <https://blogs.psychcentral.com/imperfect/2018/08/how-to-make-this-the-best-school-year-yet/>

HOW TO USE YOUR EAP:

ERC is your company's Employee Assistance Program (EAP).

For additional information, visit our website www.ERCincorp.com or simply call 1-800-222-8590

