

September 13, 2024

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

As a brand new school year starts, us students have to make sure that we are as productive as we can possibly be. Meaning that we shouldn't be procrastinating, at all. If you have time to do your homework, do it! Yes, even if it is due in 3 days. You never know if something might pop up last minute and prevent you from finishing your homework. Here are 3 tips to getting your homework done quickly and productively that helped me enormously:

1. Take breaks! It's important to rest your eyes about every 50 minutes or so, especially if your homework is digital.
2. Set goals for yourself! For example, if you have homework in 5 different subjects, you could do ELA first, then science, after that math, and then take a break! This way you can get your homework done efficiently.

And finally, number 3, which is to listen to music. For me, listening to music is incredibly helpful. Not only is it an immediate stress-reliever, in a way, it also helps make my homework easier.

However, as important as all of this is, it is also important to find a balance between work and other activities. Do your homework to the best of your ability, but make sure to take breaks. As Théodore Roosevelt once said, “When you play, play hard; when you work, don’t play at all.”

The affirmation of the day is: “I will engage in activities that bring me joy and relaxation.”

Thanks for listening and have a Feel-Good 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

