

November 20, 2024

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

We are halfway through the week. School can be stressful and exhausting and make you feel burnt out. You might feel anxious because of all the pressure from your parents and teachers to do well. Remember that one bad grade or getting an easy question wrong isn't the end of the world. Take a step outside the comfort of your home and realize that there is an entire world operating around us. In addition, Here are some study tips to get on top of all our assignments.

1. Plan Your Study Time- Prioritize Tasks and focus on the most challenging or important topics first.
2. Find the Right Environment- Eliminate Distractions by Studying in a quiet space with minimal interruptions.
3. Use Active Study Techniques like flashcards or making a review sheet.

All of these are to actively help you achieve your academic goals while still maintaining good mental health.

Affirmation of the day: I am deserving of respect and admiration.

Thank you for listening and have a Well-Balanced Wednesday!

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

