## I help with guiding student's

Educational success

College & career planning

Social development

Personal development

Special Needs





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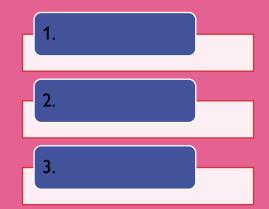
#### TIME MANAGEMENT SKILLS

- Schedule your study time.
- Set alarms on your phone.
- Maximize your time by using effective study strategies that match your learning style.
- Eliminate/limit distractions.





## **My Educational Goals**





### EFFECTIVE STUDY TECHNIQUES

- Take a learning style inventory to find out your learning style.
- Start with the most difficult task or subject first.
- Set a 1–2-hr time limit to switch subjects.
- Take short breaks every 45 min-– 1 hr.



1

How do you choose a college?

2

How do you pay for college?

3

What if you have not chosen a career?







# Social Emotional Learning (SEL) E(mo

Responsible Decision Making Map a behavior for each SEL domain.

Self-Awareness

> Self-Management

Relationship Skills Social Awareness