

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.



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.



My Educational Goals

1.
2.
3.



1

How do you choose a college?

2

How do you pay for college?

3


What if you have not chosen a career?

Healing Rivers Counseling





Social Emotional Learning (SEL) E(mo

 Map a behavior for each SEL domain.

