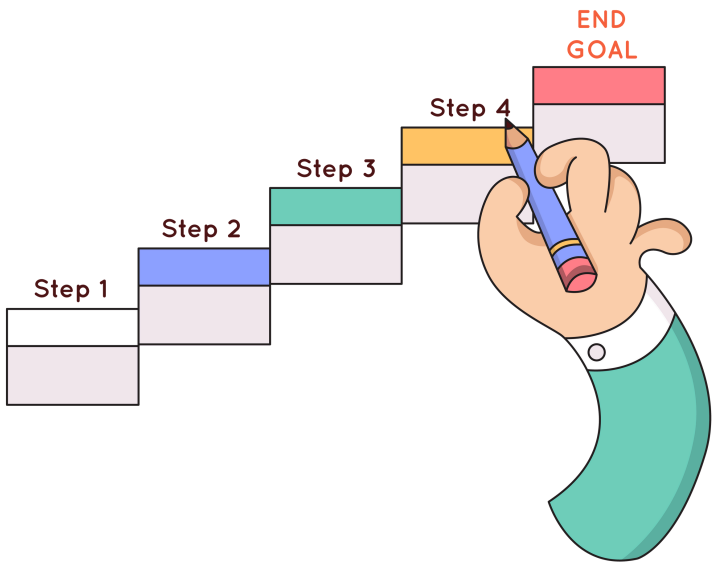
connections in mind





Goal-directed persistence

Don't give up



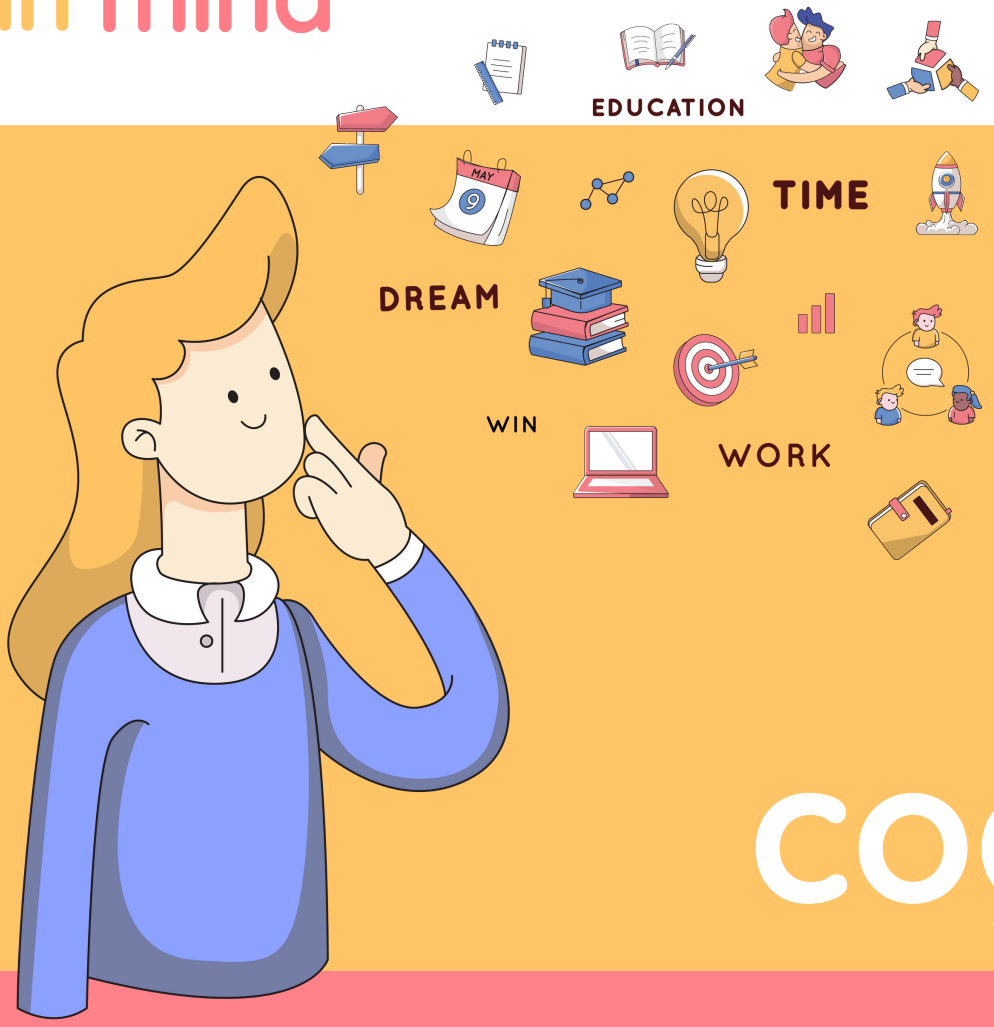
Write out steps



Seek support

Strategies for Goal-directed persistence

connections in mind



Meta-cognition

Be aware of your thoughts



Use a journal



WWW reflection

Strategies for Metacognition

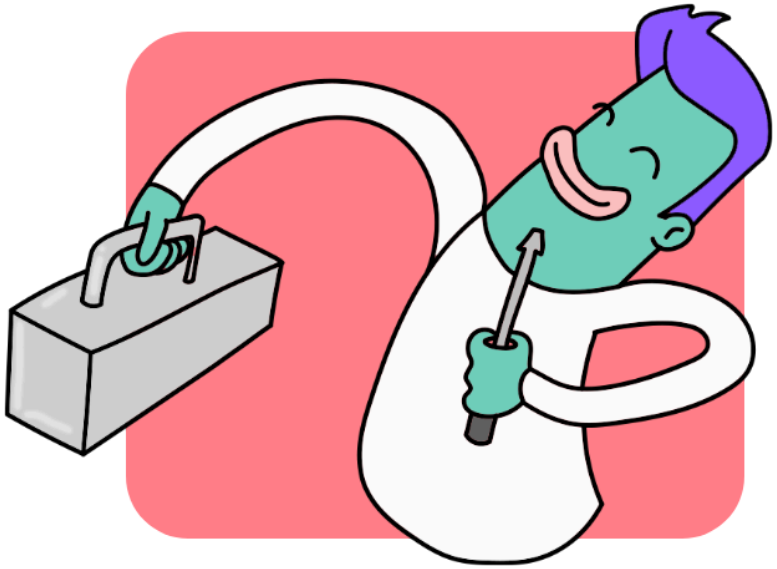
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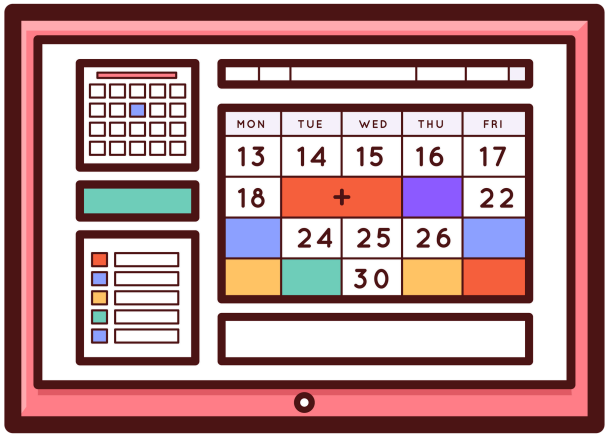


Organisation

Create order and structure



Prepare



Routine

Strategies for

Organisation

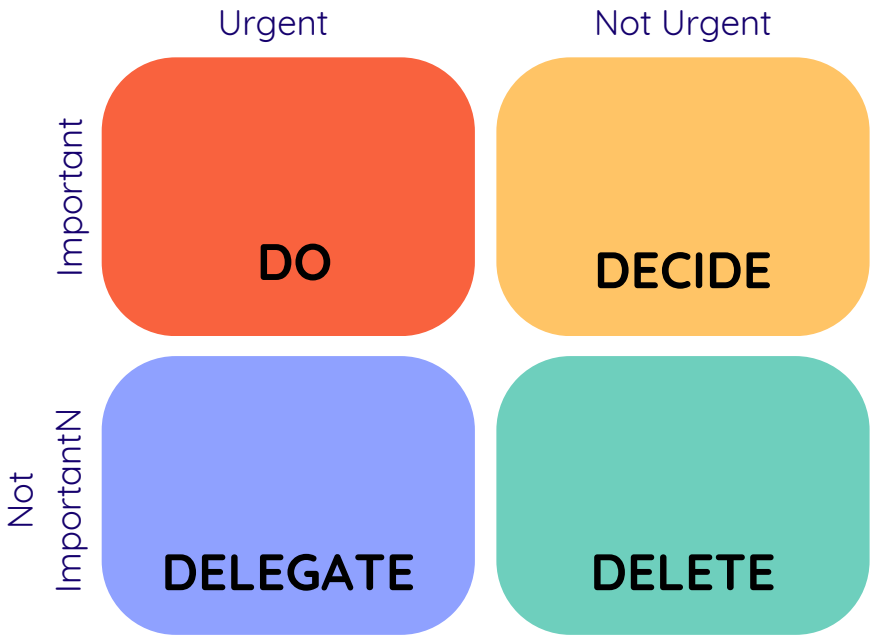
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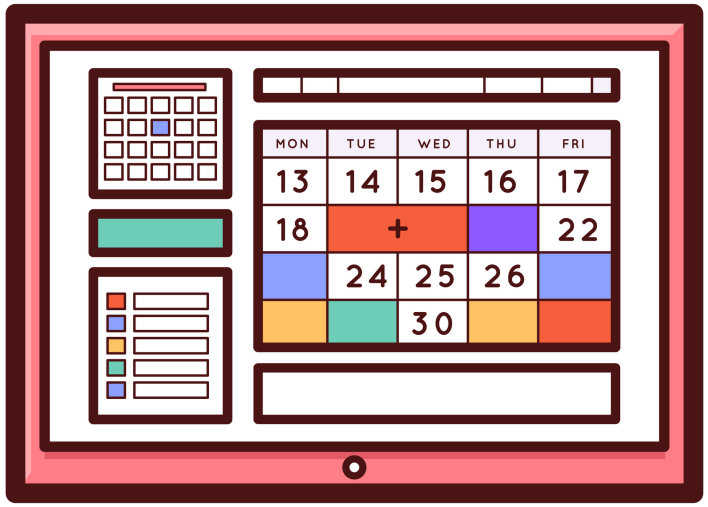


Planning & Prioritising

Don't Delay



Triage To-Do's



Use a calendar

Strategies for Planning & Prioritising

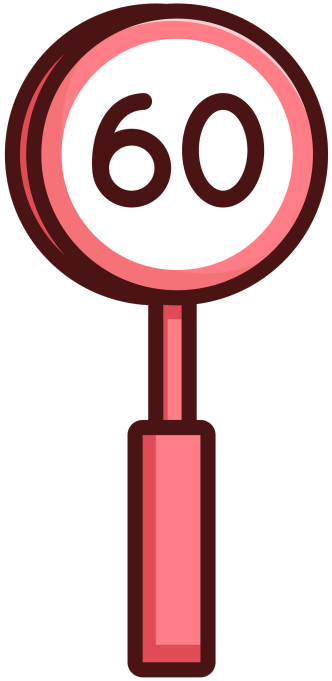
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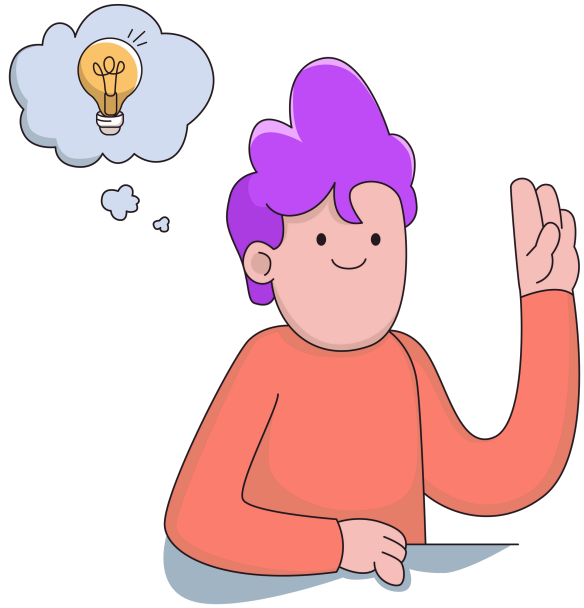


Time Management

Keep an eye on the clock



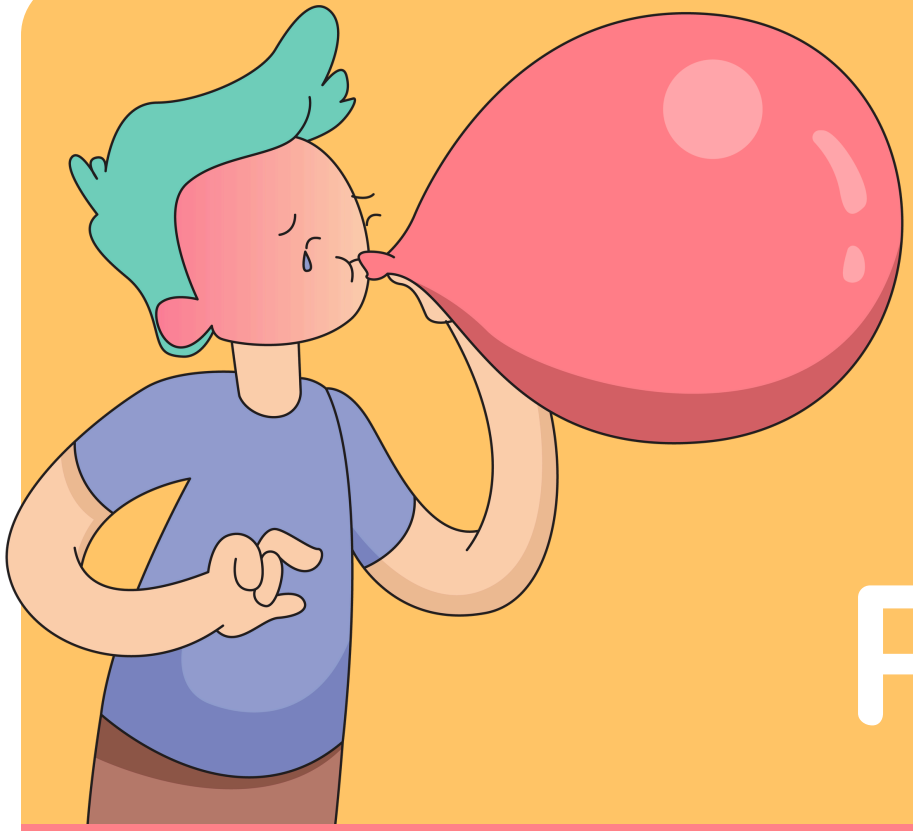
Pace yourself



One task at a time

Strategies for Time Management

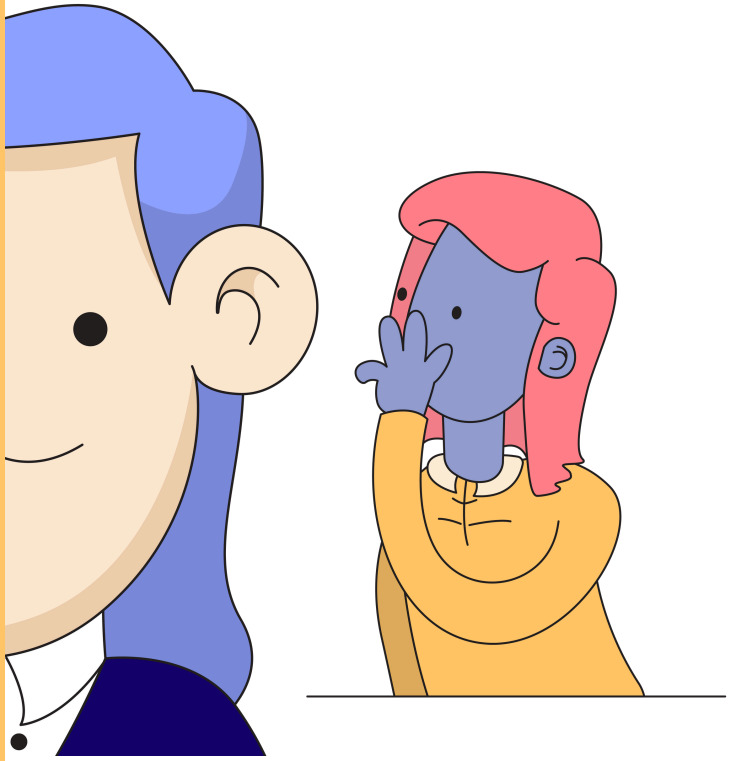
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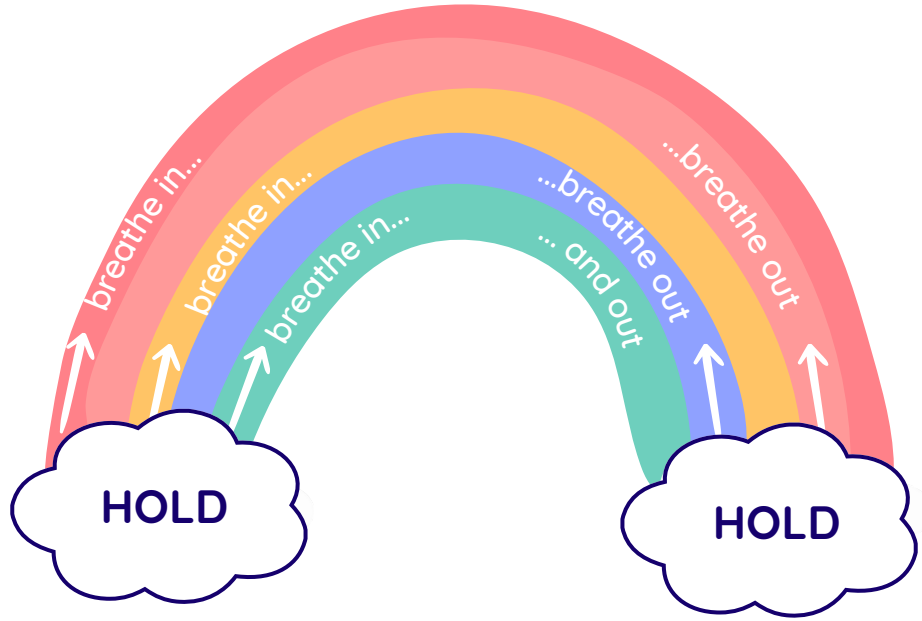


Emotional Regulation

Don't bottle it up



Tell an adult



Rainbow breathing

Strategies for

Emotional Regulation

connections in mind





Response Inhibition

Resist temptation



10 sec. pause

Before you speak

THINK

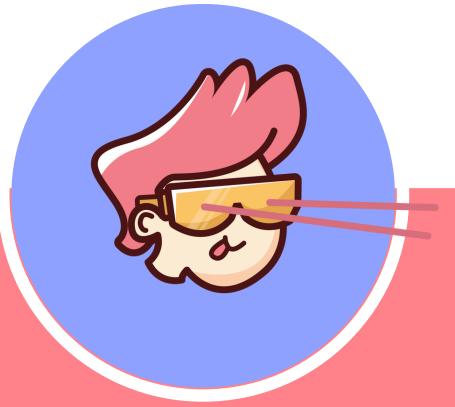
are your words...

T rue
H elpful
I nspiring
N ecessary
K ind

T.H.I.N.K.

Strategies for
Response Inhibition

connections in mind



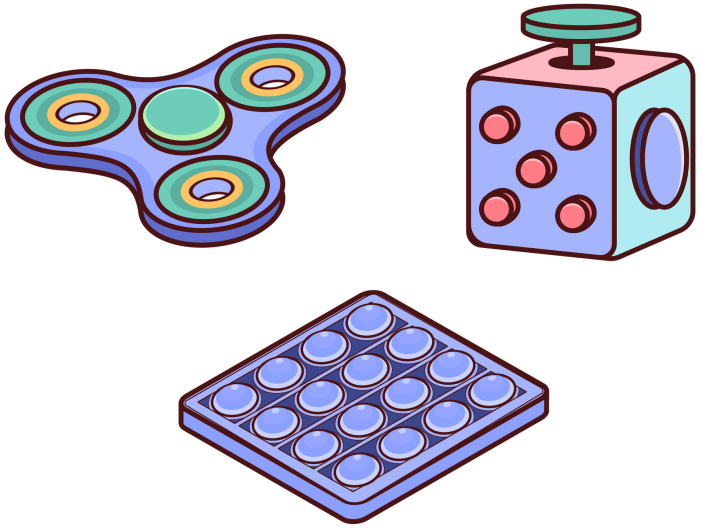


Sustained Attention

Avoid distractions



Engage your whole body



Use fidget toys

Strategies for Sustained Attention

connections in mind

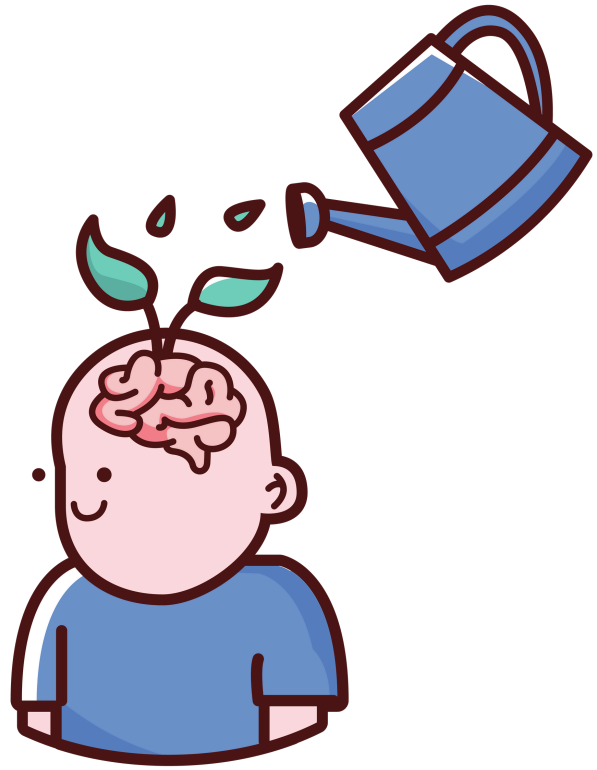


Task Initiation

Don't Delay



Plan a reward

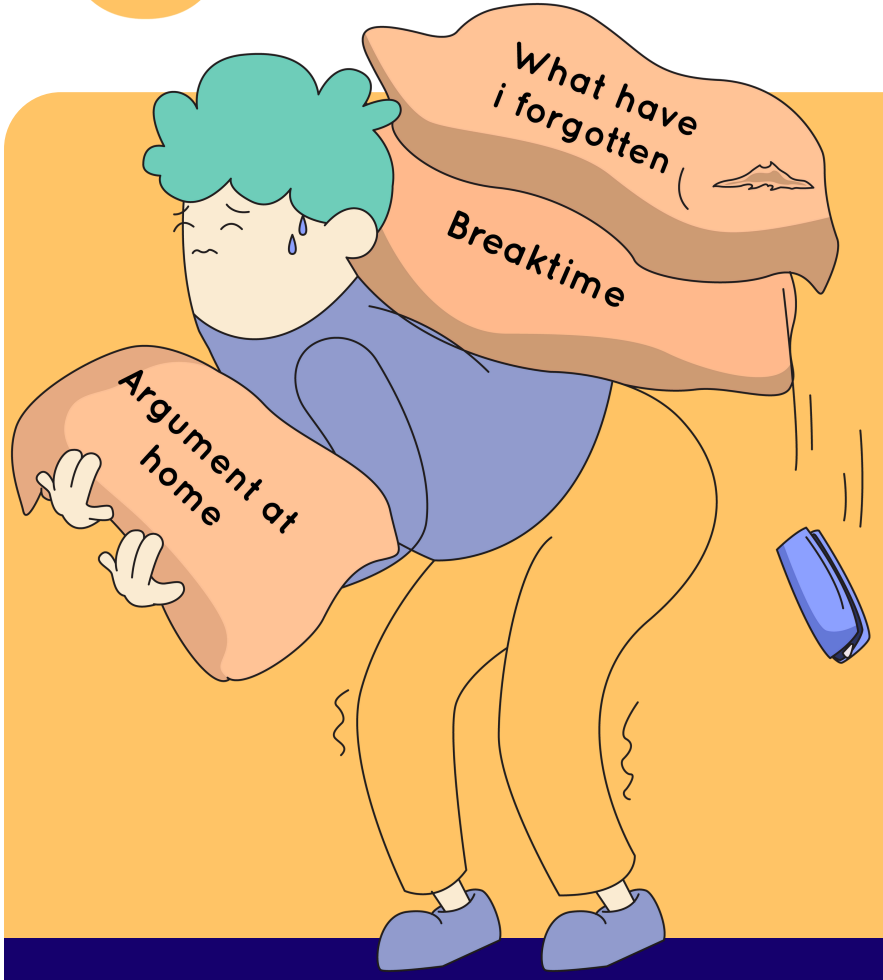


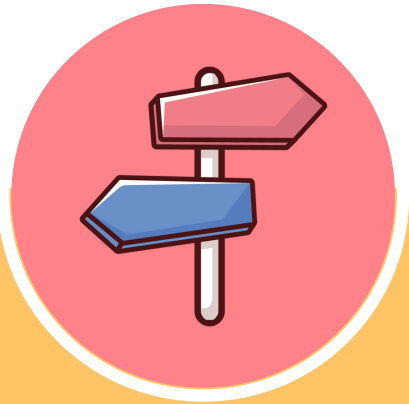
Growth mindset

Strategies for

Task Initiation

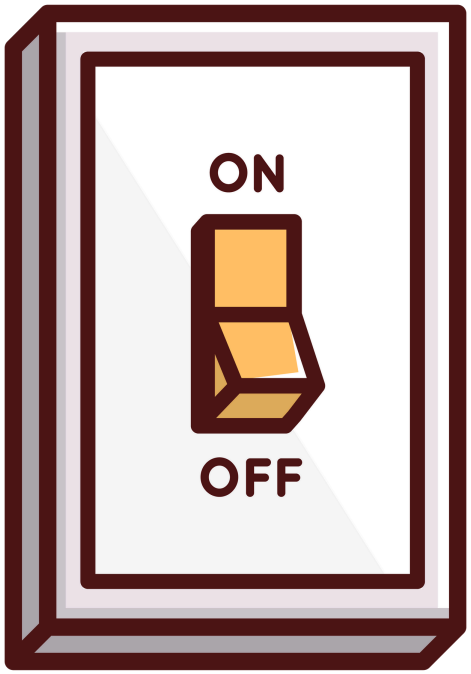
connections in mind





Flexibility

Let it go



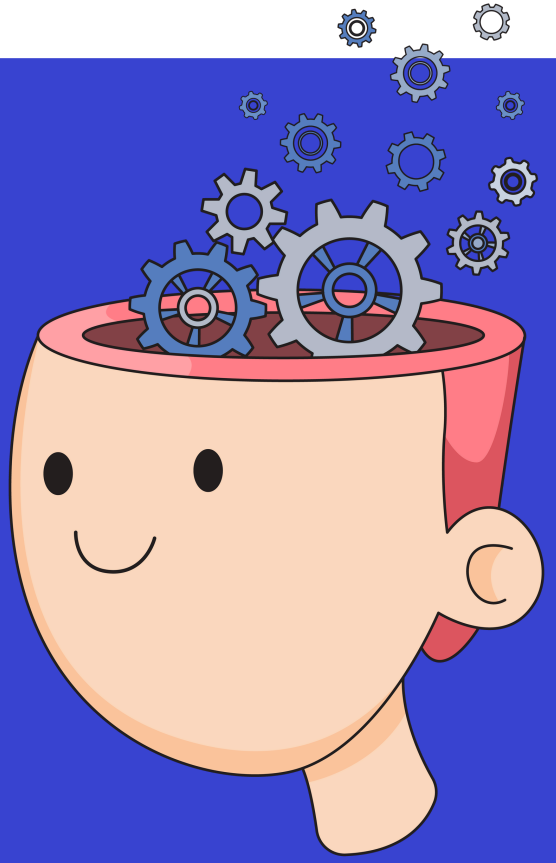
Switch mode



Lesson Zone

Strategies for Flexibility

connections in mind



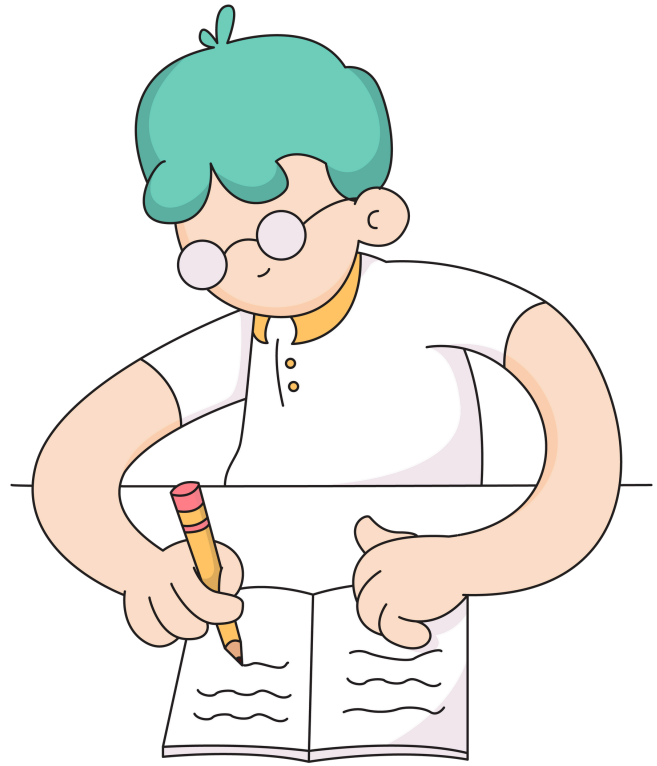


Working Memory

Don't let it drift away



Check list



Make a note

Strategies for Working Memory