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## Build Academic Resilience by:

Checking Goals and Priorities - set SMART goals (Specific, Manageable, Acceptable, Realistic, Time frame).

Increasing Sustainability - make provisions for relaxation, sleep, exercise, nutrition, family, and social life. This is essential!

Breaking down Large Tasks - divide large tasks into small, manageable chunks that progress toward achievement:

Tip: When stressed or anxious, work at daily task goals in 20-25 minute chunks of focussed work. Work by time, not by content! (Hint: J R R J P @ H o d o r o technique for more info)

Corrected Practice - Use correction and feedback to complete assignments and to prepare for examinations.

Breaks - Plan and take periodic breaks to allow things to sink in, to refresh yourself, and to reward progress.

Rewards ± You need them!

activity or occasion. Hint: Avoid alcohol as a reward during times of peak stress.

## Maximize Time Management by:

Self-monitoring - Monitor your time use by

## Manage Anxiety by:

**Practicing Self-assertion** - Do a realistic review of your situation, decide on a course of action (right or wrong), assert yourself and take charge of your life. Be in charge of you!

**Improving your Sleep Habits** - Cultivate a sleep pattern that conforms to nature's way by working on a 24-hour sleep cycle and getting sufficient sleep (i.e., 9 hours of sleep and a consistent wake-up time). Consistency rules!

**Exercise** - Get regular, vigorous exercise, use exercise to drain off tension. Link up with a friend to increase your likelihood of starting.

**Friends** - Talk to one or two friends each day, for support and encouragement, avoid friends that "bring you down or wind up your anxiety!"

**Consultation** - Help yourself by seeking consultation with peers, Amicus tutors, instructors, or the Amicus Program staff.

## Increase Your Personal Resilience :

Research shows that positive people have better moods, try harder, succeed more often and have better physical health:

Learn to recognize moods and thoughts that cause you distress; learn what helps you relax/reconnect with well-being and access it regularly.

Practice shifting your thinking; move through negative thoughts more quickly