

## Academic Success Strategies

### Can you stay focused until the end?

The semester is almost over, but that does not mean you can quit yet. Be encouraged and continue working until you get it all done. You may be having some difficulty staying focused and on task because you do not have scheduled structure of classes, commuting, working, studying, etc. From the words of your Trinity sisters, this is what some of them are doing to meet the demands of their classes.



**Kelly** sets daily goals to stay on track while keeping her future in mind to serve as motivation. She also put her desk in front of the window for energy and goes outside for a breath of air to maintain mental balance.

**Fatima** organizes her tasks each day for the next day. She takes breaks from studying to help her sister. She finds it rewarding to help her sister and she gives her sister rewards for doing a good job on her school work.



**Ana** sets priorities so that she is able to get her projects done before the deadline. Then she uses her spare time to do something she enjoys. She enjoys her spare time guilt free once she knows she's completed her work.

**Jessica** uses a planner to keep track of assignments. She tackles each assignment one by one so she does not feel overwhelmed and to keep everything organized. When she needs to take a break, she goes for a run to let off steam.



**Marcela** keeps track of her assignments so she can get them done the day before they are due. She works on the table rather than in her room so that her focus is on schoolwork and not sleeping. She keeps in contact with others using Zoom and Google Meet to fulfill her desire to be social and distress.

**Alma** admits it has been hard to keep up without the structure she was used to having, but she focuses her attention on outcomes (like the completed assignment, the meaning of the assignment and graduation). Thinking ahead ensures she has free time to play games like Animal Crossing and enjoy Anime.



**Ena** also uses a planner listing what's coming up so she can stay on top of everything. She looks forward to doing community service when everything opens up again. For now, painting and cooking divert her attention from studies to relieve stress.