

Getting ahead of yourself!

Do you know how to get the best out of yourself so that your school day is easier?

It's a good idea to create some habits which you know help you so that when it comes to exam times (or other busy periods) you will know how to organise yourself.

Here are three simple ideas you could try to start with:

1

Get into the habit of checking your timetable for a few days' ahead so that you know what's coming up. Try to not just go from day to day.

2

Get everything ready the night before. Pack your bag as much as you can and get your uniform ready. This should help prevent any early morning panics!

3

Use your phone to make lists and send yourself reminders to help you keep on track with things.

You will thank yourself for making such changes!