



Motivation

Letter exercise

**"FUTURE
YOU"**

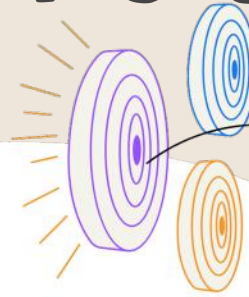
Goal setting



"FUTURE YOU"

STEP ONE

AT THE BEGINNING OF THE SEMESTER, WRITE A LIST OF MOTIVATIONS & GOALS YOU WANT TO ACCOMPLISH FOR THE ACADEMIC YEAR.



STEP TWO

MIDWAY THROUGH THE SEMESTER, READ THE LETTER OUT LOUD TO CHECK YOUR PROGRESS TO STAY MOTIVATED.



WHY?

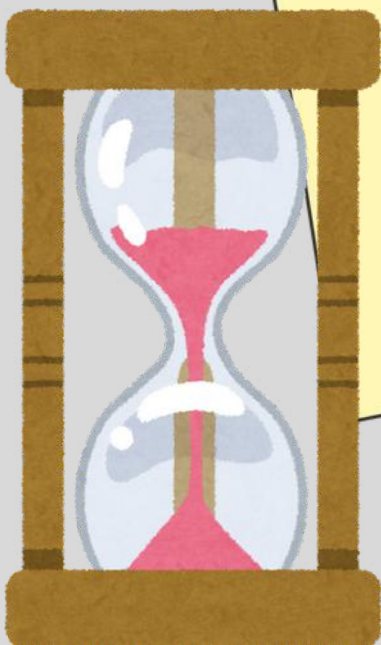
THIS WILL HELP YOU REINFORCE YOUR MINDSET AND ASPIRATIONS FROM THE BEGINNING OF THE YEAR





"FIVE MINUTE RULE"

TO DO LIST



"FIVE MINUTE RULE"

1 DEDICATE 5 MINUTES FOR THIS ACTIVITY



2 FOR THE 5 MINUTES, YOU ARE GOING TO START WORK THAT HAS BEEN PROCRASTINATED

MOST TIMES STARTING IS THE HARDEST PART, THIS ALLOWS YOU TO BE ABLE TO START AND CONTINUE WITH LESS EFFORT



THIS CAN HELP WITH THE CREATIVE PROCESS, STUDY TERROR, & BUILD DEPENDABILITY



The top corners of the page are decorated with stylized floral elements. The top-left corner features a pink wavy shape with small green and white flowers. The top-right corner features a large red flower with yellow and pink petals.

THE HYPE JOURNAL

Breaking the Negative Self-Talk Cycle





How To Use Your Hype Journal

Daily Practice:

1. Set aside 5 minutes each day (perhaps before bed or after classes)
2. Write down ONE positive thing you did that day
3. Be specific about what you did and why it matters
4. Include how it made you feel or what it taught you

My Hype Journal Template Example

WEEK OF: _____

MONDAY

Today's Win:


Why It Matters:

How It Made Me Feel:

WEEKLY REFLECTION

1. Which accomplishment am I most proud of this week?
2. What patterns do I notice in my successes?
3. What strengths or qualities helped me this week?
4. How can I build on these successes next week?
5. What would I tell a friend who accomplished what I did this week?

Tips For Success



- Be Consistent: Make your Hype Journal a daily habit
 - Be Specific: "I completed my essay outline" is better than "I did some homework"
 - Keep It Visible: Leave your journal somewhere you'll see it daily
 - No Cancellations: Found nothing positive today? Write "I completed my Hype Journal entry despite having a tough day"
 - Share Selectively: Consider sharing your wins with supportive friends or family
 - Review Regularly: Look back at older entries when you need a confidence boost
- 




Have Fun!





30-Day Study Buddy Challenge: Level Up Edition



Your ultimate accountability and academic adventure with a friend





Weekly Challenges

- Build the Bond & Boost Focus

Day 1: Draw It Out:

- Without speaking, draw a concept from your course. Your buddy must guess it within 1 minute.

Day 2: Silent Shuffle:

- Organize your notes by importance silently. Your buddy tries to guess your sorting logic.

Day 3: Fact Tag:

- Say a fact, then your buddy adds one related fact. Continue until someone hesitates or repeats.

Day 4: Quote Me:

- Choose an important quote or definition. Memorize it, then recite together. Correct each other.

Day 5: Theme Song:

- Pick a familiar tune and rewrite it to summarize a topic. Perform it for your buddy.

Day 6: Daily Mind Dump:

- Each write 5 distractions or worries. Tear them up to clear your mind before studying.

Day 7: Quiz Battle:

- Each writes 5 quiz questions. Exchange and answer them. Keep score and review mistakes.
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The image features a central, light pink, wavy-edged shape with a darker pink outline, containing the text "Study Habit Tracker". This shape is set against a light cream background. The corners of the image are decorated with abstract, organic shapes in shades of brown and grey, and small green leafy branches are visible in the top right and bottom left corners.

Study Habit Tracker

Study Habit Tracker

Overview

The Study Habit Tracker is designed to help students develop consistent study habits through daily tracking, peer accountability, and long-term progress visualization. By monitoring small daily actions, students can build sustainable study routines that lead to academic success.

Instructions:

Check each box when you complete the habit for the day. Calculate your weekly totals to track consistency.

<u>Daily Habit Tracking</u>	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Study session (30+ min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Note review	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reading assignment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distraction-free focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Reflection

What went well this week?

What challenges did I face?

How can I improve next week?

What adjustments do I need to make to my goals?
