



## Back To School Season

### Hacks To A Successful Academic Year As A Teenager.

Do you want to manage your time better, ace your results and still have time to indulge in video games & social media?

5 sure-shot steps to have your cake & eat it too ;)

#### 1. Set Goals:

If you don't know what you're running for, you won't win the race. Set goals for your academic year. Be specific with what you aim to achieve. Pin it up on your vision board or study desk.

#### 2. Daily Journaling:

Write your goals then diarize your daily tasks that lead to achieving those goals. Have a TO DO LIST of tasks for the day & week that has reminders on homework, assignments, deadlines & important tasks for the day. Add a  $\checkmark$   $\times$  at the end of each tasks you have managed to do or not. The tasks you haven't done reflects onto the next day's list. This is a guaranteed way to never forget assignments or miss out on important deadlines.

#### 3. Prioritizing:

There are 24 hours in a day, your success or failure depends on utilization of these hours. Prioritizing important doable tasks into 24 hours is the key. Deduct school, travel, sleep, eating and hygiene hours, you are left with 4-6 hours daily on weekdays, and your goal is to balance them between studying and fun. Allocating minimum 2-3 hours daily on homework / revising on what has been taught is a must & you're still remaining with 2-3 hours of Netflix/videogames/YouTube fun. Weekends are yours to choose between work or chill :)

#### 4. 100% Attention:

As a teenager, your priority is to give your best to the academics. It's simple math. Your parents work too hard so you get the best education and make a career out of it that you're proud of. In return all

they ask is for you to give your 100% attention during class. You'll still have time to chill with your friends during break, lunch, homeroom and free lessons, etc...

#### **5. Strictly ZERO PROCRASTINATION:**

You may think that it's okay to procrastinate because you manage to meet your deadlines working through the night or the last minute panic motivates you to finish. Although in the long run this habit has a direct relation to your successes or failures in life. You procrastinate now because you're aware of an approaching deadline. Usually in real life there's no deadline. Real life deadlines are self driven, and then people who have always procrastinated get left behind. The key is to knock-off tasks that are important irrespective of your interests levels.

Planning, Prioritizing & not Procrastinating is a formula to Flawless Time Management!

Wishing you success through your upcoming academic year! Adios, **Binny Brahmhatt-Sharma**