

### LEARNING OBJECTIVES

The purpose of this lesson is for students to learn how to stay organized in order to minimize stress and maximize academic performance.



### LESSON CONTENT

As students progress through school, their workload, extracurricular activities, and responsibilities usually increase. All of these things can add up to create a lot of stress, especially if students are not organized. Proper organization can help reduce stress and increase well-being.

### STRATEGIES

- Declutter your spaces.
- Plan ahead. Write down details.
- Create a paper-storage system.

### CONVERSATION STARTERS

- How does using a planner help with organization?
- What are some of the responsibilities and activities that you have to keep track of? What are you currently doing to organize these details? How could you improve your system?
- Which papers seem to clutter your spaces the most? Why?

### EXTENDING THE LEARNING

- Take a look at the space that you normally study in. Relocate distractions, clutter, and anything else that is not helpful for studying.
- Use binders, folders, plastic baggies, and other materials to organize your backpack, giving every item a specific home.