

## Newspapers in Education

# Set yourself up for success in the new term

**Step in the right direction.** Whatever it is that you want to achieve, re-evaluating your daily routine is going to help you determine whether the actions you are taking now are beneficial or detrimental to the realisation of your goals.

### PUTTING IN THE WORK

BY PATRICIA KIHUNDE

**T**here is no time like the present to set the tone for the experience you are going to have in the new school term. As the saying goes, luck is when preparation meets opportunity.

It is important to set clear intentions about the things you want to achieve in the new school year. To achieve new goals you have to be ready to do better than you have ever done before.

#### Align your daily habits

Whatever it is that you want to achieve, whether it is finally playing on your school's basketball team or improving your grades, it is important to act the part. The key question to ask yourself is "Are my daily habits moving me closer to or further away from my goals?"

In your answer to that question lies the guidance to what habits you need to take on or give up in order to achieve your goals.

Re-evaluating your daily routine is going to help you determine whether the actions you are taking now are beneficial or detrimental to the realisation of your goals.

#### Order.

Getting organised looks like creating a personal time table for your revision, allocating clear time frames with in which you will attend to your assignments and even off time for some relaxation. Being organised with your time is vital to maintaining a sense of balance.

#### Small habits.

It is natural that you will not always feel motivated to be productive. This is where discipline comes in to help you stay on track with your goals. Commit yourself to performing certain habits regularly in service of your goals.

Use the awareness that you have gained from this self inquiry to either course correct where you need to and to reinforce positive habits.

#### Experiment with new things

It is important to constantly seek out new activities to try out. Getting out of your comfort zone to discover new interests is key to gaining. Self knowledge, getting inspired and growing as a person. This term, challenge yourself to do something you have not done before.

It could be joining a student club like debate or public speaking during assembly. The more that you challenge yourself to trying out new things, the closer you will get to discovering your talents and building your confidence.

#### Reflection

Reflecting on the past is important when planning for what is to come. Take some time to reflect on where you have been. How did you perform academically last term?

What needs to be improved? Where could you have done better? Avoidance is not a solution. It is important to get comfortable with having difficult conversations with yourself in order to move forward with self-awareness.

#### Beat the procrastination

It is not enough to set goals. You need to take action to achieve those goals. At the beginning of a new term, it can seem like there is an abundance of time to catch up or start working towards responsibilities such as class assignments.

However, procrastination compounds into more procrastination the longer that you let it creep in. It is better to get tasks done ahead of time than to scramble to get them done under the pressure of fast approaching deadlines.

The time to start on those assignments, the time to read for your exams is now. So seize the moment.

#### Get organised

Create structure and an effective routine for yourself. It is important to get organised to avoid getting overwhelmed by tasks.

Getting organised looks like creating a personal time table for your revision, allocating clear time frames with in which you will attend to your assignments and even off time for some relaxation. Being organised with your time is vital to maintaining a sense of balance.

#### Commit to discipline

It is natural that you will not always feel motivated to be productive. This is where discipline comes in to help you stay on track with your goals.

Commit yourself to performing certain habits regularly in service of your goals regardless of how motivated you are feeling in the moment.

This can look like committing to revising for at least an hour a day and honouring that promise to yourself consistently.

The good news is that, even if you do not quite hit the target today, you can do better tomorrow. The key is consistency not perfection.