

5 Ways to Stay Motivated Throughout the School Year.

1 REACH OUT

Find a teacher or teachers who inspire you and ask them questions.

2 REUSE YOUR IDEAS

Create a system to organize your materials online so that they are easy to find again.

3 REGULATE

Take time to decompress. Set aside 15-20 minutes each day for something you enjoy.

4 CELEBRATE YOUR WINS

Reward yourself when you complete a task. It's important for your self-confidence.

5 SUPPORT NETWORK

Have a group that will help you vent, let it go, and pep talk you up to get back in the game!