

## **Dealing with school tips and tricks**

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**online:**

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# Introduction

I have had serious struggles at school, I've had times in my life when I wanted to give up on school and just fail. But that's not the answer, I learned to push through the hard times and I ended up improving my organization skills. If you are struggling with school these tips can help you a lot!

# Chapter 1

## Organization skills and routines

Anxiety, stress, peer pressure can all result from school. There are many more things that make middle school hard but don't worry we can get through it! After 2 years of middle school, I have new and improved tips and tricks that I can't wait to share so let's get started! First of all, I recommend you get a planner, if you don't want to buy one just grab a notebook and label it with each day of the week. You can even make this fun, use colorful markers and stickers if you want. Try to use your planner every day when you get home to write all your homework and check it off when you are done. This is a very popular tactic to keep you on task and getting your work done fast.

Another really great way to stay organized is to have a schedule. This consists of a plan of when you get home from school what you did in order, don't be so strict on yourself just have a good idea.

Example: empty backpack, refill water, eat something, start homework, have a short break, shower, free time, 12:00 sleep. When you are making this list don't worry about how long each task takes or if you will be on schedule just do what you have to do in the order you made. Trust me this will help.

The last thing that could help you with origination is a journal app for your phone. You may be asking how can journaling help me with school? Well it can, everything that happened during your day can be recorded in your journal. I use a journal app every day and write my thoughts in it every night, and the best part is it tracks my mood and I can make habits. It is really helpful because any stress or peer pressure that happened during the day I can type out and get it off my chest.

## Chapter 2

### Dealing with peer pressure

Oh, peer pressure... My biggest enemy, it feels like it eats you alive. The number one thing you want to remember is how important you are, this is called self-belief. I want you to visualize yourself surrounded by people who don't like you and one of them comes up to you and starts to be really mean and rude. Now visualize yourself repeating in your head these words "I am brave, I am confident, I am special" repeat this three times out loud. Now picture yourself standing up for yourself at that moment and walking away proud. Now all you have to do is practice that multiple times and you will begin to believe what you practice. Have you ever heard the saying: what you say becomes real? What this means is what you repeat over and over again you will eventually believe. If you start saying negative things to yourself you will believe them. Start saying positive things to yourself and believing in yourself. You don't need to have the newest iPhone, you don't even need to make the volleyball team fit in... be yourself, your unique. Sooner or later the result of believing in yourself will give you an entirely new perspective on self-confidence. Another way you can overcome peer pressure is by buying a positive quote book for every day of the year, there are a lot of categories that you can look into so that you find exactly what you are looking for. A cheaper option is to find quotes on the web and copy and paste them and print them out and make it a mini inspirational book.

# Chapter 3

Putting all this in action

Here are the key points you want to remember:

- ~Staying organized can make school feel less like a burden
- ~Don't be hard on your self we all make mistakes
- ~Don't hold all your feelings inside it's not healthy
- ~Believe in yourself
- ~Block out the negative
- ~People who make fun of you are most likely jealous of you
- ~Remember to be positive

This is only part one! Stay tuned for part two coming in a few weeks.