

COLLEEN GECAWICH ACADEMIC LIFE COACHING

Empowering Teens and Young Adults to Live Their Best Lives



ACADEMICS

Effective learning strategies, time management and organization

1

SELF-AWARENESS

Identifying values, making decisions, motivation, and mindfulness

2

COMMUNICATION AND LEADERSHIP

Assumptions, levels of listening, passion and self-advocacy

3

The Power of Gratitude

Gratitude improves mood and performance, keeps you energized, strengthens resilience, benefits your physical and mental health, and increases your social connectedness.

One of the simplest ways to practice gratitude is for the whole family to share “what are you grateful for today?” Sharing out loud reinforces an attitude of gratitude.

Look for opportunities to experience and express gratitude throughout your day. In stressful moments, pause to be grateful for the little things. Say “thank you” for small gestures that others perform for you. Practicing gratitude in “real-time” keeps you feeling upbeat all day and enhances your sense of connection to those around you.

To try: Thank at least three people for acts large or small.

Recommended Resources on Gratitude:

Emmons, Robert A. *Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity*
Emmons, Robert A. *How gratitude can help you through hard times*
Fredrickson, Barbara. *Positivity: Top-Notch Research Reveals the 3 to 1 Ratio That Will Change Your Life*

Note-taking: What’s it for?

Do you know why taking notes is important for learning?

- 1) Taking notes in class helps you stay focused, engaged, attentive.
- 2) The notes become a studying tool that you can use to check your learning.

One of the simplest ways to accomplish these two objectives is to make a column on the side of your note page. In the column, write key terms and questions. If you miss something during class, draw a circle around the blank space to the incomplete information. Keeping up with the teacher and identifying key information helps to stay focused and engaged.

After class, cover your notes (you can fold the page so only the column shows) and check your learning. See whether you can define the key terms, answer the questions, and summarize the lesson without looking at your notes. Using your notes this way is a great study tool.

Then look at your notes and compare your answers and your summary. How did you do? Do you need to fill in your notes by looking at your textbook? Do you need to compare notes with a peer? Do you need to ask your teacher questions?

Try different note-taking strategies to see which ones keep you more attentive in class and improve your learning. For more about note-taking, check out my video at colleengecawich.com.

THANK YOU!

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