

○	<h2>TOOL 7-2 Building Constructive Learning Habits</h2>
○	<p>Think about the habits that lead to the outcomes you want. They might be habits for being on time for class, attending school, participating in class constructively, keeping track of assignments, doing homework, destressing occasionally through the day, or other habits that support effective learning.</p> <p>1. What habits do you demonstrate well on most days or every day?</p> <p>_____</p> <p>_____</p> <p>2. What habit would help you be more successful in school or make learning more enjoyable?</p> <p>_____</p> <p>_____</p> <p>3. What are two steps you could try this week to begin to build that learning habit?</p> <p>_____</p> <p>_____</p> <p>4. What might get in the way of implementing that learning habit? What could you do?</p> <p>_____</p> <p>_____</p> <p>5. Monitor how you're doing on that learning habit:</p> <p>Monday: _____</p> <p>Tuesday: _____</p> <p>Wednesday: _____</p> <p>Thursday: _____</p> <p>Friday: _____</p> <p>Weekend: _____</p>
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