**HABITS OF AN EXCELLENT LEARNER**

**Prepare:** Get your space ready. Get your stuff ready. Be clear: What by when?

**Get in State:** Q-Up! (pull up & picture, breathe & release)

**Prime your Mind:** Review your notes and content posters, super-scan articles

**Do the 1 Thing:** Keep your focus on the topic.

**Make It Stick:** Use your strategies, take brain breaks, use music, review using 10-24-7-10, create content posters to hang around the room