



Habits for School Success

Hands-on workshop to support your unique learning needs

Seth teaches students how to navigate school successfully by personalizing study habits for any individual learning style. Seth will walk you through proper setup of systems so you're on top of school work, so **bring your stuff!**

- **Planners** – how to use it, even if you dislike it
- **Papers** – organize **folders, binders, syllabi, notebooks**
- **Backpacks** – how to keep it simple, working for YOU!
- **Browsers** – how to quickly access what you need
- **SSS** – how to create your own *Sacred Study Space*

Seth also explains:

THE BRAIN: How Executive Function differs for each brain.

ROUTINES: Why/how homework routines enable success.

ADVOCACY: How students feel empowered, effective.

RESISTANCE: Learn tips on planning, organizing, chores.

EMOTIONAL REGULATION: How to deal with overwhelming emotions (anger, sadness, etc) in a healthy way.

Leave with a printout of all the systems and a cheat sheet on how to use them to your advantage!

Sponsored by



Seth Perler

Education Coach

Choose your date / location!

Tu, Sep 25th – Issaquah MS

We, Sep 26th – Beaver Lake MS

Th, Sep 27th – Maywood MS

6:30 - 8:00pm

Register at

<http://ParentWiser.org>

Free for

PTSA members of Issaquah School District, non-members \$10 donation

**For PARENTS & STUDENTS !
(of grades 6-12)**