

“Good habit” Monthly Checklist for your mentee

1. *Have you created a study area that helps you concentrate?*
2. *Do you preview each chapter before you read it?*
3. *Do you preview other chapters?*
4. *Do you review (rewrite) your notes before class?*
5. *Do you outline your papers?*
6. *Do you proofread your papers several times including reading them aloud?*
7. *Do you rehearse your speeches until you are confident and well prepared?*
8. *Do you attend every class?*
9. *Do you sit in the front row?*
10. *Do you actively listen and take good notes?*
11. *Do you review your notes within 24 hours?*
12. *Do you get help early, if necessary?*
13. *Do you participate in class and ask questions?*
14. *Do you develop rapport with your instructors?*
15. *Have you joined a study group?*
16. *Do you study and review regularly each day?*
17. *Do you complete tasks and assignments first and then socialize?*
18. *Do you recite and restate to enhance your memory skills?*
19. *Do you take advantage of campus and community activities?*
20. *Can you create a motivated and resourceful state of mind?*
21. *Do you use critical thinking in making decisions?*
22. *Do you exercise regularly?*
23. *Do you keep your body free from harmful substances and addictions?*
24. *Do you eat healthy foods?*
25. *Do you practice stress management techniques?*