

# Academic Muscles Program

*Learning how to learn.*



wildewood  
EDUCATION

## Goals

Build the foundation for continuous academic skill development.

Earn the confidence to face academic challenges using strong habits.

Articulate individual learning styles.

Develop a love of learning.

Term 1	Term 2
<ul style="list-style-type: none"> <li><input type="checkbox"/> Set SMART goals</li> <li><input type="checkbox"/> Develop an organization system</li> <li><input type="checkbox"/> Learn how to shape new habits</li> <li><input type="checkbox"/> Implement active study techniques</li> <li><input type="checkbox"/> Manage foreseen distractions</li> <li><input type="checkbox"/> Practice follow through</li> <li><input type="checkbox"/> Appreciate the value of gratitude</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Develop academic endurance in homework, classwork, and testing</li> <li><input type="checkbox"/> Practice productive self-advocacy</li> <li><input type="checkbox"/> Develop techniques for re-energizing</li> <li><input type="checkbox"/> Use grades as a learning tool</li> <li><input type="checkbox"/> Learn to "pause, review, evolve"</li> <li><input type="checkbox"/> Implement additional study techniques</li> </ul>
Term 3	Term 4
<ul style="list-style-type: none"> <li><input type="checkbox"/> Review SMART goals</li> <li><input type="checkbox"/> Learn study tools for cumulative testing</li> <li><input type="checkbox"/> Implement efficient scheduling tools</li> <li><input type="checkbox"/> Manage unforeseen distractions</li> <li><input type="checkbox"/> Explore independent learning tools</li> <li><input type="checkbox"/> Practice mindfulness</li> <li><input type="checkbox"/> Practice effective communication</li> <li><input type="checkbox"/> Increase classroom productivity</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Analyze seasonal learning challenges</li> <li><input type="checkbox"/> Explore artificial intelligence tools</li> <li><input type="checkbox"/> Practice better sleep practices</li> <li><input type="checkbox"/> Establish plans for strong academic finish</li> <li><input type="checkbox"/> Reflect on academic relationships</li> <li><input type="checkbox"/> Self-assess recent academic growth</li> <li><input type="checkbox"/> Set SMART goals for next year</li> <li><input type="checkbox"/> Prepare summer reading materials</li> </ul>