

March 8, 2023

Good morning everyone! It's Sophia from class 731 speaking to you again on today's Words of Wisdom Wednesday.

Was there ever a time where you felt as if things such as homework were getting piled up? Maybe it got to the point where it was causing you so much stress you didn't feel like doing any of it. Nobody likes feeling like this way, and it is why time management is so important. You'd be surprised how much better you will feel if there's a schedule for you to follow in order to get your work done. Not just as students do we need time management skills, but in adulthood as well.

Organizing your time, giving yourself breaks, and staying on track are good components when it comes to getting work done. Don't put too much pressure on yourself, and work at a pace that's right for you.

As the famous quote by Benjamin Franklin goes, "Lost time is never found again." This means that time is a precious resource that we should use wisely. When we manage our time effectively, we can accomplish more tasks, reduce stress, and create more opportunities for ourselves.

Remember that success is not just about intelligence or natural talent;
it's also about putting in the effort and utilizing your time effectively.

Thanks for listening have a When There is a Will There is a Way
Wednesday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team
Positivity is our dream
We teach it every day
To help others live the optimistic way
We learn to control our emotions and feelings
So, we always have effective social dealings
No stone left unturned; no person left behind
Every member of our team has the power to be kind
We spread kindness to our friends, families, and those who need a smile
When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

