



Bootcamp: Just Get Started Already!!!

Conejo's BEST Program

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Get Ready!

Break through that wall
of procrastination and
get going on your life!!!

Things are about to get
real!



Agenda

- Know thyself!
- Getting Started
- Problem Solving
- Success comes with Rewards!



Know Thyself--Know Why You Procrastinate.

- Am I distracted?
- Is the task boring?
- Is the task difficult?
- Am I afraid to fail?
- Am I anxious/fearful of judgement?
- Is it something else?

Distracted?

- Reduce Distractions.
- Make Work a Habit.
- Establish Work Routines.



Bored?

- Do boring tasks first.
- Set a timer.
- Reward yourself for completing the task.



Break Assignments Into Steps



- Assignments are often multistep.
- Practice identifying the different steps in an assignment.
- Make a numbered list of the parts of the assignment.
- Complete one part at a time.

Assignment

Directions:

Read the lines of poetry. **Explain** which figurative language is being used: *simile*, *metaphor*, or *personification*. It is possible more than one technique is being used. In the space provided, **explain**, in your own words, the meaning of the lines and how the figurative language is used.

Break this assignment into steps!! It is so long!!

1. Read all of the directions.
2. Highlight the action words. This is what you are going to do!
3. Define terms--you can't do this assignment if you don't know what you are looking for!

-Strategies continue-

Make a list of tasks and estimate how much time they will take.

1. Define terms (5 min.)
2. Read the lines of poetry. (5 min.)
3. Decide which figurative language is used. (5 min.)
4. Write a description of how the figurative language is used in the poem and what it means to the poem. (20 min.)





Questions to Ask Yourself

What am I doing?

What do I need?

How can I start?

What do I do if I get stuck?

What strategies can I use to overcome obstacles?

Reward Effort!

Remember to reward yourself with something you enjoy when you finish!!

no pressure



Knowing how to get started is a
SUPERPOWER!!!

