



THE CONSEQUENCE OF

TELLING LIES

Sometimes we lie to prevent feelings associated with stress. Therefore, recognizing that lying can generate even more stress is essential. Lies have a snowball effect, which can make situations much worse.





IMPORTANCE OF

COMMUNICATE

OUR NEEDS

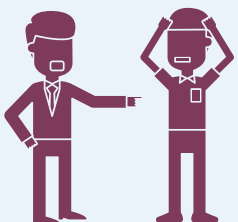


Make sure the other person is aware of how you feel

For example, express that you are stressed about a test result and openly say what the other person can do to help you.



Simply expressing your feelings helps the other person understand your point of view.



Conversely, criticizing or blaming the other person can generate even more conflict.



TRY TO

PLAN

YOUR STUDIES

Having a study calendar is extremely important, as it allows students to be aware of what they need to do and be able to organize themselves. In order for you to manage your time well, we suggest that:



Try a plan

Your teacher can advise you on how you can improve your performance, providing you with specific information to think about and, if you wish, use to your advantage. Arrange with your teacher a plan that allows you to cover your learning gaps (for example, spending half an hour a day studying material from previous classes in which you had difficulties) and put it to the test. Keep your end of the deal. Be positive and optimistic.



Re-evaluate

A week or two later, after trying the plan, talk to your teacher again and understand that the plan is working. Some adjustments may be necessary. If necessary, implement the plan again.