

Dear IB student,

Now we are almost half way through this term and it is important to stay focused and organized these next weeks.

At the bottom there is a short survey that we would like you to answer.

Tips to improve study habits and results:

- ☒ Get out of bed in the morning and get dressed
- ☒ Do not use the bed as a classroom
- ☒ Attend all classes, both online and in MH
- ☒ Study according to your time schedule, from 8-16 if possible
- ☒ Organise your studies and notes and check Inna for assignments and posts
- ☒ Keep in contact with your friends
- ☒ Do some sort of exercise every day
- ☒ Get plenty of sleep

You are welcome to keep in touch with the student counsellors or Bóas the school psychologist if you need any assistance. Do not wait too long to ask for help.

“Námsverið”, the study/home assignment help room, in 46 is also open all week days and Þórey and Valgerður are there to help you.

Check out the school website for further material that could assist you in your planning.

<https://www.mh.is/is/stodthjonusta/namsradgjof/namstaekni>

https://www.mh.is/is/stodthjonusta/adstod_vid_nemendur/salfraedingur

Finally we would like you to answer a very short survey:

<https://forms.office.com/Pages/ResponsePage.aspx?id=vudLUAb9VE-ak4P3uAOhzsbSksvZD39FjVDhWu6Pho1UM1BMNzgxWVdSWTQwTDMzQ0Y4QVFLRTZUMS4u>

Best regards,
Ásdís IB counsellor