

CARE FOR YOUR

**TIME**



*LOOK up*<sup>®</sup>

# **EXTRACURRICULARS**



Involvement in lots of clubs or activities could take up a lot of time and stress you out. Find a couple—or just one—that really interest you and pursue those.

## **MEDIA**

Learn how much time you spend on social media, browsing the internet, gaming and watching tv by looking at screen time stats or keeping a diary of how much media you consume in a week.



Prioritize homework over things like hobbies. Staying up super late to hit the books isn't good for your health or grades.



## **SCHOOL**



## **VOLUNTEERING**

Find a cause you believe in and then get behind a group furthering those goals. They'll appreciate your help, and you'll feel good.