

WHAT I LEARNED IN 'STRATEGIES FOR SUCCESS' CLASS

How to evaluate my life and to change myself willingly for the better

How to be and act happier

How to get out of bad moods

How to break bad study habits

How to learn

How to break other people's bad moods



How to look at the positive side of
things

How to make the things I have to do
fun

How to improve the days when I felt
tired or bored

How to stay calm one day when I got
lost driving

How to keep my cool in tough situations
- when I asked a girl out, when I was
dumped, during family arguments, and in
sports

How to appreciate life

To cope

How not to procrastinate



How to make myself happy

How to stop fighting with myself

To believe in myself more

To be more open minded to other's
opinions

How to step out of my comfort zone to
get what I want

How to deal with stress

To be more patient

How to be less frustrated