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Period 2
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Modern Mythology 2023

Atomic Habits & Growth

- At this current point in time, what specific standards have you set for yourself?
- How and why did you come to craft these standards?
- How do you demonstrate resilience towards achieving these standards?
- How do you assess yourself? What adjustments do you make? How often?

At the beginning of senior year I thought it was a good time to set specific standards that I will try to follow throughout the school year. These standards were crafted from my problems that I experienced as a student during my past years in high school. I created these standards in the hope that I can become a better student. An important standard I have set is that I will try to stay on top of all of my classes. I am the person that procrastinates too much and does things at the last moment. For example, I said I was going to finish my college essay during the summer, but I still have not finished it. Since I did not finish it, now I have to complete that on top of all the homework I am getting in school. Also, after I get home from school, I tend to not start working on my homework right away, even though I know I should. I sit down in front of my desk to do homework but get easily distracted by my phone. In the previous years of high school, the result of procrastinating is I finish my homework late and I don't get as much sleep so I want to improve on that. That leads to the other standard I had set for myself. I want to be able to have a better sleep schedule to help me improve my academic performance. Sometimes I don't get enough sleep because of my poor time management with my homework and other times it's scrolling through social media on my phone. If I don't get enough sleep, I wake up with low energy, find it really hard to stay focused in school, and find myself more easily irritated. This is something I have been struggling with since my freshman year. I want to be able to change that before I go to college so that I can manage my time better in college.

I am slowly making some adjustments to achieve these standards since it is just the start of the school year. As the school year progresses, I hope to see more improvements based on the standards I set for myself. So far to start fixing my procrastination problem, every day when I come home from school, I try to start my homework right away. I don't lounge on my bed and scroll through social media. I put

my phone somewhere else so I am not distracted by it and set manageable time goals of when I should finish a certain assignment. By setting the time goals, it motivates me to finish in the allotted time. Without the time goals, I feel a lack of motivation to finish it by a certain time. By finishing my homework quickly and efficiently, I have more time to sleep. Also, I stop using my phone half an hour before I go to sleep so it doesn't affect my sleep. Instead, I try to do something calming, like read a book for a bit before I go to sleep. It helps me to relieve stress and it's better than scrolling on my phone. But I am not consistent with my sleep schedule. I tend to go to sleep later on the weekends and it is messing up the schedule I created for the weekdays. So I need to work on staying consistent throughout the week. Working to achieve these standards that I set for myself will definitely help me in the long run.