



TIN Study Skills Checklist

✓ Get Organized (In nature everything has a place and a function)

- ☐ I have a planner or calendar (physical or on my phone) for homework and tests.
- ☐ My backpack and binders are neat and sorted.
- ☐ I have a consistent place to keep school things at home
- ☐ I use folders/dividers to keep each subject separate.

✓ Set Up a Study Routine (Nature works in dependable cycles- the seasons happen in the same order every year, night always follows day)

- ☐ I have a regular time and place to do homework.
- ☐ I use the “X minutes work / X minutes break” rule. Breaks (TIN) restore focus
- ☐ I tackle the hardest tasks or what takes the most time first.

✓ Active and Adaptable Study Skills (Nature adapts to thrive and survive, diversity in nature makes systems stronger)

- ☐ I quiz myself instead of just rereading notes.
- ☐ I make flashcards, diagrams, or summaries.
- ☐ I try explaining lessons in my own words.
- ☐ I practice with a friend or my parents
- ☐ I change my strategy if it is not getting me the results I want

✓ Stay on Top of Notes (Nature has deep roots that create strong foundations for growth)

- ☐ I review my notes for 5–10 minutes each day.
- ☐ I highlight important points *after* I read.
- ☐ I use charts, drawings, or maps for tough topics.

✓ Time Management (Nature’s timelines vary depending on their function- but all of them accomplish their goal)

- ☐ I break big projects into smaller steps.
- ☐ I set mini deadlines to avoid last-minute stress.
- ☐ I avoid multitasking while studying.

☒ **Ask for Help (Nature relies on symbiotic relationships for survival, almost nothing in nature is successful by itself)**

- ☐ I ask questions when I don't understand.
- ☐ I use study groups or friends to review before tests.
- ☐ I talk to teachers early if I'm struggling.

☒ **Healthy Habits (Nature uses fire to restore forests, hibernation for animals to recover, and stillness for things to grow)**

- ☐ I get 8–10 hours of sleep each night.
- ☐ I eat brain-friendly snacks and stay hydrated.
- ☐ I move or exercise to keep my energy up