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# HOW TO GET ORGANIZED



**ACADEMIC SKILLS VIDEO**



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**SUCCEED  
IN CLASS**



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# HOW TO TAKE GOOD NOTES



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**STUDY  
SMART**



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**READ TO  
LEARN**



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# HOW TO ACE YOUR TESTS



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# TOP 10 WAYS TO IMPROVE YOUR GRADES



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**10 HABITS  
OF SUCCESSFUL  
MIDDLE SCHOOLERS**



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# DECISIONS AND CONSEQUENCES



**LIFE SKILLS VIDEO**



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# GROWTH MINDSET



**LIFE SKILLS VIDEO**



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# PEER PRESSURE



**LIFE SKILLS VIDEO**



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**ANXIETY**



**MENTAL HEALTH & WELLNESS VIDEO**



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# TOP 10 WAYS TO IMPROVE MENTAL HEALTH



**MENTAL HEALTH & WELLNESS VIDEO**



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# **SOCIAL MEDIA AND MENTAL HEALTH**



**MENTAL HEALTH & WELLNESS VIDEO**



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# CALMING TECHNIQUES



**MENTAL HEALTH & WELLNESS VIDEO**



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# CAREERS BY SUBJECT



**CAREER EXPLORATION VIDEO**





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# CHOOSING A CAREER



**CAREER EXPLORATION VIDEO**



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# STEM CAREERS



**CAREER EXPLORATION VIDEO**



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# EDUCATION OPTIONS



**CAREER EXPLORATION VIDEO**



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# STAND UP TO BULLYING: TARGETS



**BULLYING & SAFETY VIDEO**



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**STAND UP  
TO BULLYING:  
BYSTANDERS**



**BULLYING & SAFETY VIDEO**



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**CYBERBULLYING**



**BULLYING & SAFETY VIDEO**



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# VAPING



**DRUG PREVENTION VIDEO**



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**SAYING NO  
TO DRUGS,  
ALCOHOL,  
AND TOBACCO**



**DRUG PREVENTION VIDEO**