

October 24, 2025

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Have you ever studied for hours, but feel like you still don't know much? Well, it's because students have to study smart, not only hard.

Just sitting and studying for a long time with no strategy will exhaust and frustrate you. Without knowing what you're doing, it's easy to become distracted, discouraged, or unproductive. Whereas, studying smart is about using good strategies to learn, not just spending a lot of time reading or doing homework. It's about finding what works best for you, asking yourself questions, or breaking it up into breaks so your brain can better hold information. When you do this, you not only improve test scores, but also free up time for breaks, hobbies, and other activities.

Like Eleanor Roosevelt, today's affirmation is: *"I do what's right, not what's easy."*

Thanks for listening and have a Fuel Your Mind Friday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team
Positivity is our dream
We teach it every day
To help others live the optimistic way
We learn to control our emotions and feelings
So, we always have effective social dealings
No stone left unturned; no person left behind
Every member of our team has the power to be kind
We spread kindness to our friends, families, and those who need a smile
When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

