

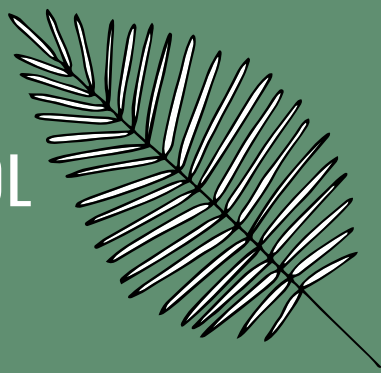
WHAT YOU CAN CONTROL

VERSUS

WHAT YOU CAN'T CONTROL

FOCUSING ON THE RIGHT THINGS TO BE PRODUCTIVE AND SUCCESSFUL DURING A PANDEMIC

CAN'T CONTROL



How long this will last and predictions about what will happen

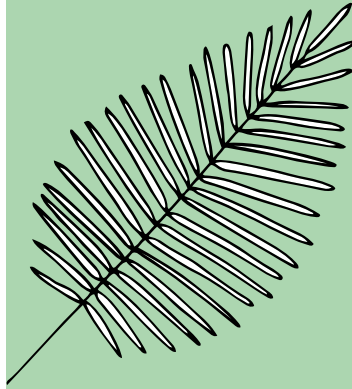
If others choose to follow social distancing and CDC guidelines

The school from home schedule and classwork

What others choose to do with their time

How others react to current events

CAN CONTROL



Monitoring how often you watch the news or are on social media

If you choose to follow social distancing recommendations and CDC guidelines

Your work ethic and motivation to complete classwork

How you spend your time and take care of yourself

Your positive attitude and your response