

# Student Rule Card

*Pick the rule that fits. Apply it once. Close the moment and keep moving.*

## **Finish once.**

When homework is complete, stop. Do not reopen it unless there is a clear mistake that needs fixing.

## **Review once.**

Tests and assignments may be reviewed once. After that, the decision is closed.

## **Speak and move on.**

After answering in class or making a comment, do not replay the moment over and over.

## **Accept imperfect work.**

Not every answer has to feel perfect before you move on to the next thing.

## **Move forward.**

Once a decision is closed, go to the next task instead of circling back.

### HOW TO USE IT

Pick the rule that fits the situation. Apply it once. Do not turn the rule into another reason to keep checking. The point is to help close the moment and keep the day moving.

### BEST TIMES

- Before turning in homework
- During the last minutes of a test
- Right after speaking in class
- After a social moment you want to replay
- During an unexpected change in the school day

### PRACTICE MINDSET

These rules are meant to be practiced, not performed perfectly. Improvement comes from reps, not from doing it right the first time.

### REMEMBER

The goal is not to feel completely certain. The goal is enough clarity to move to the next thing.