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The Smart Student's Guide to Healthy Living: How to Survive Stress, Late Nights & the College Cafeteria by M.J. and Fred Smith (2006, New Harbinger Publications, Inc.), is a book with advice for new college students on how they can excel academically and creatively while staying healthy and fit during their first year at school.

The Smart Student's Guide to Healthy Living: How to

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The Smart PreMed Student's Guide for Applying to Medical

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SMART GOAL SETTING WORKSHEET

Smart Moves Making the most of your time at CCBC. Student Guide CONNECT us it is . Pebbles Armwood CCBC Class of 2013 Make a Smart Move!! Get Smart With You Tube. ... development, guide student actions, and define sanctions that will be imposed when rules and regulations are violated.

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3. Write your goal statement using SMART Goal Criteria 4. Avoid using negative language. Think positive! An example of a goal statement: "To run the mini marathon in May and complete the 10 mile race in under 1

hour to beat my personal best time.

SMART Goal Setting Guide Sheet Specific - TRIO Homepage

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