

ACADEMIC EXCELLENCE ACCELERATOR PROGRAMME (DAY 4)

HIGH FLYER MISSION PACK

Mission: Habit Builder

Purpose

Today's mission is about **living the BUILD Framework**.

By completing these missions, you will begin transforming productive study habits into part of your everyday lifestyle.

Remember that **knowledge changes your mind, while habits change your life**.



MISSION OVERVIEW

Mission Title: Habit Builder

Estimated Time: 30–45 minutes (throughout the day)

Mission Objective: To help students implement a personalised study system, strengthen productive habits, reduce distractions and involve parents or mentors in building lasting academic routines.



MISSION 1

Routine Mission

Follow Your Study System

Today, use the study timetable you created during the session.

Follow it as closely as possible.

My Planned Study Time

Did I Follow My Routine?

☐ Completely ☐ Mostly ☐ Partly ☐ Not Yet

Reflection

What helped me stay on schedule?



What made it difficult?

Coach's Insight

The best routine is the one you consistently follow.

MISSION 2

Environment Mission

Upgrade Your Study Zone

Choose **at least three** improvements for your study area.

- ☐ Organise my desk. ☐ Remove unnecessary items. ☐ Improve lighting.
 - ☐ Arrange my books and stationery. ☐ Put my phone away while studying.
 - ☐ Prepare everything before I begin. ☐ Reduce background noise. ☐ Other:
-

Before and After

Describe one noticeable improvement.

Optional Evidence

Take a photo of your study area before and after your changes or draw a simple sketch of the improvements in your journal.

Coach's Reminder

An organised environment supports an organised mind.

MISSION 3

Active Learning Mission

Learn Like a High Flyer

Choose **one** subject you studied today.

Subject:

Use **at least one** active learning strategy.

- ☐ Retrieval practice
- ☐ Self-testing
- ☐ Teaching someone else
- ☐ Solving practice questions
- ☐ Writing summary notes
- ☐ Creating flashcards

Reflection

Which strategy did I use?

How did it improve my understanding?

Coach's Insight

The more actively you learn, the more deeply you remember.

MISSION 4

Habit Builder Mission

Begin Your 21-Day Challenge

Choose **one keystone habit** to practise for the next 21 days.

Examples:

- Revise every evening.
 - Read for 20 minutes daily.
 - Prepare my school bag the night before.
 - Solve five Mathematics questions each day.
 - Review class notes before bedtime.
-

My Keystone Habit

Why This Habit Is Important

Accountability Partner

Who will encourage me?

Name:

Relationship:

☐ Parent ☐ Guardian ☐ Teacher ☐ Sibling ☐ Friend ☐ Mentor

Coach's Reminder

One well-practised habit can transform an entire school term.

MISSION 5

Family Success Mission

Build Success Together

Discuss your new study system with a parent, guardian or mentor.

Ask them these questions:

1.

What do you like about my study timetable?

2.

What improvement would you suggest?

3.

How can you help me stay consistent?

Parent / Guardian / Mentor Signature

Reflection

What encouragement meant the most to me?

MISSION 6

Seven-Day Consistency Mission

Stay the Course

For the next seven days, complete your chosen study habit and record your progress.

Day	Habit Completed	✓
Day 1		☐
Day 2		☐
Day 3		☐
Day 4		☐
Day 5		☐
Day 6		☐
Day 7		☐

Weekly Reflection

What became easier as I repeated my habit?

What challenge did I overcome?

Coach's Encouragement

Discipline is built through repetition, not perfection.

MISSION 7

Prepare for Day 5

Bring the following tomorrow:

- ☐ High Flyer Success Journal ☐ Completed Mission Pack ☐ Weekly Study Timetable
 - ☐ 21-Day Habit Tracker ☐ Questions from today's study sessions
 - ☐ A positive attitude and willingness to improve
-

Self-Assessment

Statement	Yes	Not Yet
I followed my study routine today.	☐	☐
I improved my study environment.	☐	☐
I used an active learning strategy.	☐	☐
I started my keystone habit.	☐	☐
I involved my accountability partner.	☐	☐
I am ready for Day 5.	☐	☐

Final Reflection

Complete the sentence.

Today I realised that success becomes easier when...

"Your routines write the story of your future."

HIGH FLYER DAILY CHALLENGE CARD

Theme: Study Systems & Success Habits

Challenge Title: System Before Success

Today's Challenge

Every High Flyer knows that success is not built by chance. It is built through the systems we follow every day.

Today's challenge is to prove to yourself that you can stay consistent, even when no one is watching. Choose **one study habit**, follow your study system, and complete it before the day ends.

My Keystone Habit

What is the one study habit I will practise today?

Examples:

- Revise today's lessons.
- Complete all homework before relaxing.
- Solve five Mathematics questions.
- Review my class notes.
- Read for 20 minutes.
- Prepare my school bag before bedtime.

My habit:

My Success System

When will I do it?

Where will I do it?

How long will it take?



What could distract me?

How will I deal with that distraction?

BUILD Check

Before you begin, review your plan.

- ☐ **B** – I have planned my study time.
 - ☐ **U** – I will use an active learning strategy.
 - ☐ **I** – I will complete my habit even if I don't feel motivated.
 - ☐ **L** – I have removed distractions.
 - ☐ **D** – I will repeat this habit tomorrow.
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Challenge Check-In

At the end of the day, answer honestly.

Did I complete my habit?

☐ Yes ☐ Not Yet

If YES...

What helped me stay consistent?

If NOT YET...

What got in the way?

What is my RESET plan for tomorrow?

High Flyer Power Question

Before every study session today, ask yourself:

"Am I relying on motivation, or am I following my system?"

Write one decision you made differently because of this question.

Victory Box

Celebrate one success from today.

Today I am proud that I...

Coach's Encouragement

Remember the **BUILD Study Success Framework**.

B — Build Your Routine

Follow your timetable.

U — Use Effective Study Strategies

Learn actively.

I — Improve Through Consistency

Small steps matter.

L — Limit Distractions

Protect your attention.

D — Develop Winning Habits

Repeat positive actions until they become automatic.

HIGH FLYER REFLECTION JOURNAL

Theme: Study Systems & Success Habits

Reflection Theme: Building Success One Habit at a Time

My Day 4 Reflection

Before I Leave Today...

Take a few quiet minutes to think honestly about today's session.

Remember that reflection helps you learn from your experiences and become a better learner every day.

1. My Biggest Discovery

Today I discovered that...



The idea that surprised me the most was...

2. Understanding BUILD

Which part of the **BUILD Study Success Framework** challenged you the most?

- ☐ **B – Build Your Routine**
 - ☐ **U – Use Effective Study Strategies**
 - ☐ **I – Improve Through Consistency**
 - ☐ **L – Limit Distractions**
 - ☐ **D – Develop Winning Habits**
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Why?

Which BUILD principle will make the greatest difference in your life?

3. My Habits

One habit I want to stop is...

One habit I want to strengthen is...

The first step I will take tomorrow is...

4. My Study System

Today I designed a study system.

How confident do I feel about following it?

- ☐ Very Confident
- ☐ Confident
- ☐ Somewhat Confident
- ☐ I Need More Practice

What might stop me from following my system?

How will I overcome that challenge?

5. My Learning Mindset

Complete the statements.

Success is easier when I...

Consistency means...

Discipline is important because...

6. My Accountability Plan

Who will encourage me this week?

Name

Relationship

☐ Parent

☐ Guardian

☐ Teacher

☐ Friend

☐ Sibling

☐ Mentor

How will this person help me?

7. Looking Ahead

This week, I will focus on these three actions:

Action 1

Action 2

Action 3

8. My Personal Victory

Today I am proud that...

One thing I did better than yesterday was...

One success I will celebrate this week is...

9. Coach's Reflection Questions

Take a moment to answer these honestly.

Did I build a better study routine today?

☐ Yes

☐ Not Yet

Did I remove at least one distraction?

☐ Yes

☐ Not Yet

Did I practise an active learning strategy?

☐ Yes

☐ Not Yet

Did I start building a new habit?

☐ Yes

☐ Not Yet

Am I becoming a more disciplined learner?

☐ Yes

☐ I'm Growing

10. My Commitment

Read this aloud.

I understand that success is not built in a single day.

It is built through the small decisions I make every day.

I choose to build routines that support my dreams.

I choose discipline over excuses.

I choose consistency over convenience.

I choose progress over perfection.

Every study session is making me stronger.

Every positive habit is shaping my future.

I am becoming the kind of student who succeeds because I have learned how to build success from the inside out.

I am a High Flyer!
