

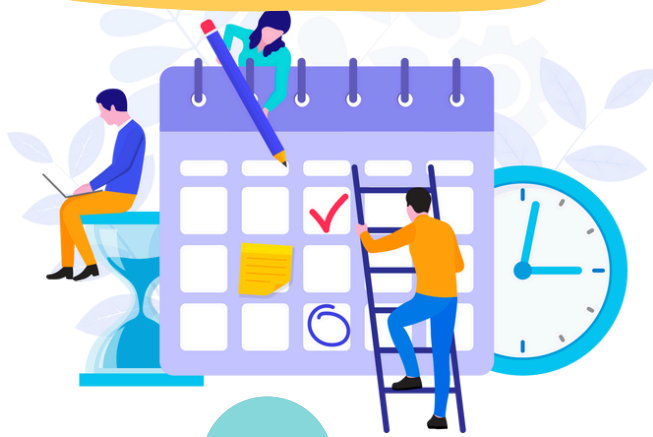
Balancing Academics And Extracurriculars

with EF Skills

Juggling school and activities is tough!

01

70% of high schoolers struggle with balance



02

Using time management apps improves productivity by **30%**

03

Digital tools reduce missed assignments by **45%**



04

Breaking tasks into smaller steps reduces procrastination by **50%**

05

Prioritization strategies lower academic burnout rates by **35%**



06

Structured downtime improves overall well-being by **25%**

Coaching helps students find balance and stay organized!

