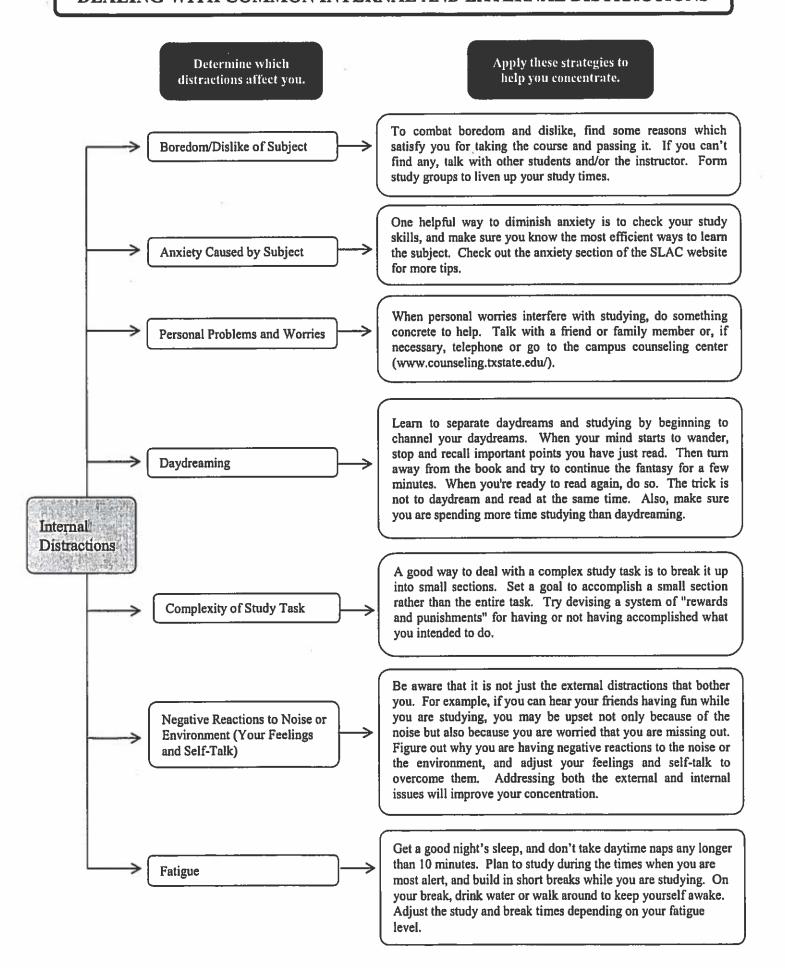
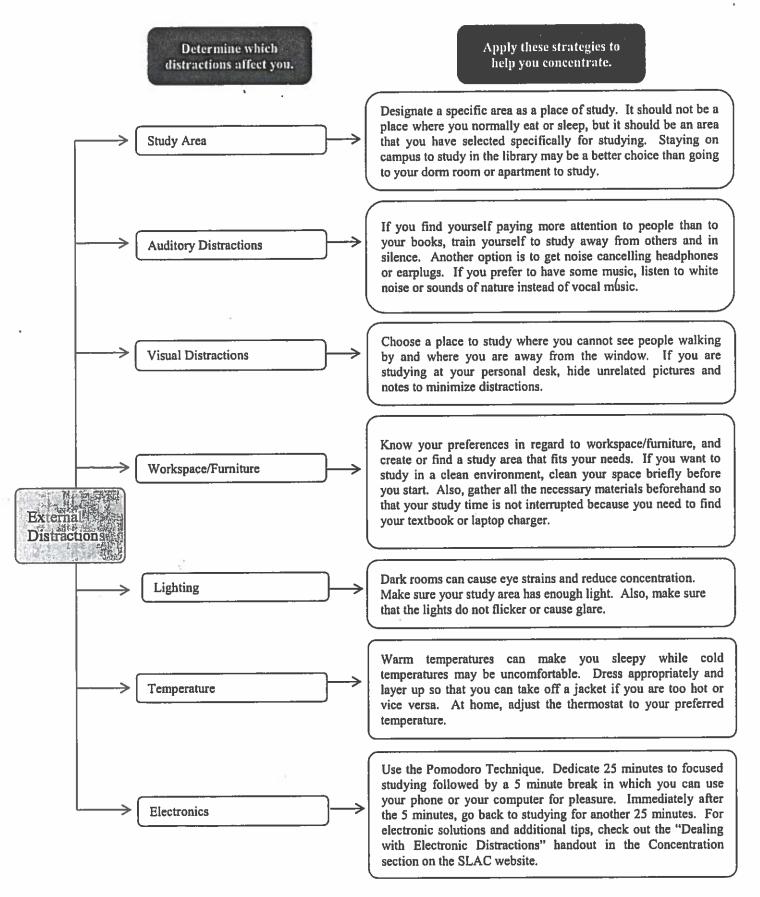
## DEALING WITH COMMON INTERNAL AND EXTERNAL DISTRACTIONS





Adapted from Sellers, D., Dochen, C. W., & Hodges, R. (2015). Academic transformation: The road to college success (3rd ed.). Boston, MA: Pearson Education.

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