

Dear Alex,

Hey! I hope you're doing well. I heard you're finding it a bit tough to keep up with your studies lately, so I just wanted to drop you a quick note and share a few tips that have helped me.

First off, don't stress too much! We all have those days when studies seem overwhelming. What really helps is making a simple study schedule. Even dedicating just an hour or two every day can make a big difference, and it stops things from piling up till the last minute.

Also, try to find a quiet place to study, away from your phone or other distractions. I know social media is tempting (I'm guilty too!), but staying focused for a bit can save you so much time later. If there's something you don't understand, don't hesitate to ask your teachers or friends-I've found that most people are more than willing to help.

But remember, don't overdo it! Make sure you take breaks and give yourself time to relax. Go for a walk, listen to music, or do something you enjoy. Balancing study and downtime keeps you refreshed and actually helps you study better.

You've always been so hardworking, so I'm sure you'll get back on track in no time. If you ever want to study together or just need someone to talk to, I'm always here for you!

Take care and don't be too hard on yourself.

Your friend,
Sam