

TOP TEN TIPS

for Success in School

1 Believe that you are capable of great things—because you are.

This isn't just "feel good" talk—take confidence from what you already know and can do. Challenge yourself to learn new knowledge and skills, knowing it takes practice and that you'll make some mistakes. Success comes from working at something over time, not from being born smart.

2 "I didn't know" is not an excuse.

You are more responsible for your education now. Each teacher has a different way of handling homework, long-term projects and group work. Usually, this is explained during the first week of class or when an assignment is given out. This is preparation for the "real world" where you won't always have people helping you get your work done on time. So if there's something you don't know or understand, just ask.

3 Ask for help when you need it.

Teachers want you to succeed and are willing to help—but they won't know what additional information you need unless you ask.

4 Homework is something you have to do. Get used to it. Get it in on time.

To get it all done, make homework an expected part of your day. Plan for interruptions and be realistic about how long each assignment will take. This is known as time-management, and when you become good at it, you'll have plenty of time for everything else you want to do.

5 Be smart—follow test-taking tips.

First, look over the test completely and learn the instructions. If you get stuck on a question, go on to the next and come back later to finish. If it's an essay test, be specific, don't ramble and write legibly. Remember to eat well the morning of a big test.

6 If something is difficult, don't stress.

Some tasks simply require hard work over time. Keep at it!

7 Plan and be organized.

Use a planner to keep track of assignments. Keep all of your notes and handouts for each class in separate notebooks or folders. Organize your locker and backpack so you won't waste time searching for things that are buried.

8 Question what you read.

Don't just read through an assignment and think you're done. Think of questions about what you're reading, review the key points in your mind, and think about how it relates to other things you're learning. Making these connections makes learning easier.

9 Find the fun!

You'll enjoy school more when you get involved in activities and go to school events. Fun activities help you get through the not-so-fun stuff. Use your freedom to try something new. Go ahead and try out something that might be unfamiliar.

10 Eat well. Get the sleep you need. Exercise.

Just like you learned in elementary school. Your brain will work better, and you'll feel better. For real.

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