

HOW TO GET THE MOST OUT OF SCHOOL

- ★ **Think Positively** – you are much more likely to be able to accomplish something if you believe you can. Learn about self-talk, and practice it.
- ★ **Get Organized** – AT home: get all your school supplies together. If you have trouble getting everything you need, talk to your teacher about it. Make sure your uniforms are ready each day. Be sure you have a way to wake up early enough each morning Eat a good breakfast. At school: Keep your notebook neat, write down the assignments for each class, and keep your backpack organized so you can find what you need.
- ★ **Take Responsibility for Yourself** — Don't always blame someone else when things go wrong. Look at the part you played in the problem. Admit it if you make a mistake, and take positive actions to make things right.
- ★ **Participate** — Raise your hand when the teacher asks something, and don't be afraid to ask questions when you don't understand. Teachers like to know that you are interested and that you want to learn.
- ★ **Be Enthusiastic and Show Initiative** — Don't wait for someone else to get you started. If you see something that needs to be done, volunteer. Make suggestions for new ideas that you may have.
- ★ **Ask for Help** — If you have problems that you don't know what to do about, talk to someone about them. Don't be afraid to see a teacher, the school counselor, or another adult friend that you trust. Remember the teachers are here for you.
- ★ **Set Realistic goals** — you will feel great when you set a goal and you accomplish it. You cannot do everything, but you certainly can do a lot!
- ★ **Pay Attention!** — Learning to pay attention will help you in many ways. You will hear what your teacher is saying, you can ask question if you don't understand, and you will make your teacher happy!
- ★ **Stay healthy** — Eat nutritious food. Did you know beans have a lot of great nutrients in them? Get enough sleep and stay away from cigarettes, alcohol, and other drugs.
- ★ **Relax!** — Remember your worth, as a person does not depend on grades. As long as you are willing to do your very best, you can feel good about yourself.
- ★ **Don't Be Afraid of Hard Work** — As a student, you have a full time job and it is hard work that will pay off for you in time. Some subjects will be harder than others for you, and don't worry if you don't get something the first time. Keep at it until you understand.
- ★ **Don't Be Afraid of Criticism or of making Mistakes** — The only people who don't make mistakes are the people who don't do anything. No one is perfect. If someone criticizes you, if they are wrong it can help you if you are willing to learn from it.

