

Success in High School

Success = Grit!

Watch this great

TedTalk: https://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit

GO TO CLASS!!! Good attendance usually results in good grades.

Get Involved. Join a school club, team, or organization. Attend school events. Try out for the school play. You will meet new people, make new friends, and enjoy school more.

Make a “To Do” list everyday. Use your school planner to help organize your work.

Get Enough Sleep. It’s hard to concentrate on school work when you are tired!

Set Aside a Specific Time to Study. Let your friends and family members know about your study time, and ask them to not disturb you during that time. Get study tips here:

<http://www.samford.edu/how-to-study/>

Find a Place to Study. Pick a place where you can be comfortable, with no distractions. Study in the same place everyday, and review notes and assignments the same day they were given.

Talk to Your Parents. Let them know what’s going on in school, and share things you’ve learned.

Ask for Help. Don’t be afraid to admit that you don’t understand a concept. Teachers are willing to help you – just ask!!!

Find a Mentor. Choose an adult – a teacher, a neighbor, or a family friend – who is a good example to you, and ask them for advice and support.

Relax. Find time each day to relax on your own – read a good book, listen to music, or take a walk.

Be Happy! A positive attitude can get you through almost any conflict or struggle.

Check your grades/attendance on the Portal at least once a week!