



10 STUDY SECRETS OF GREAT STUDENTS!



1: SET GOALS

Goals will help you focus on the future...and make your dreams a reality. They keep you motivated, put YOU in charge, and help you plan ahead. Goals need to be specific and written down. Post it where you can see it each day. Identify obstacles or personal qualities that may interfere with reaching your goals.

2: PLAN YOUR TIME

High school students are busy! Good students know that they have to plan their time so it is not wasted very often. “If you fail to plan, you plan to fail!” Use a calendar to keep track of extra-curricular activities, work, and a time/place to study each day. Use your student tracker to list all of your subjects each day and write down assignments. If you don't have an assignment in a particular subject write “None” next to it. Use this as a checklist when you have your “appointment” each day to sit down and study. School is your first commitment so make sure that is the appointment you keep first each day!

3: STUDY EVERY DAY

Athletes work out every day, musicians practice every day, good students study every day. Make an appointment (same time, same place) every day to do schoolwork. Even if you don't have any written assignment to complete, use that time to go over what you learned in class that day. Make sure you figure out the right time to study—when do you do your best work? Don't wait until late at night!

4: TAKE NOTES IN CLASS

Students who take notes get good grades. Hint: teachers almost always “tell” you what will be on the test so if you take notes, you'll know what to study.

5: MAKE SURE YOU HAVE THE TOOLS YOU NEED

Would you go to tennis practice without your tennis racket? Of course not. Why show up to class without your pencil, paper, folder, textbook or anything else you may need?

6: CHECK THE DETAILS

It's the little things that really can make a difference. Make sure you understand exactly what the teacher wants on your project when it is assigned. Ask questions if you don't think you understand how to complete your homework that night. Proofread everything!

7: REVIEW YOUR NOTES EACH NIGHT

Just a quick review will help you shift information from your short-term memory to your long-term memory. When that chapter test comes up, you won't have to "cram" to be prepared. Studies show, the more repetition (even 5 minutes at a time) you use, the better you will remember information for tests.

8: PREPARE YOURSELF THE NIGHT BEFORE

Avoid the morning chaos by getting yourself ready the night before. Have one place in your house where you keep your school stuff (for example, by the front door). Right before you go to bed, make sure everything is in your bag and ready to go!

9: BECOME YOUR OWN ADVOCATE

Remember, this is your life. You are in control of your choices and how you use your time. It's OK to say "no" to someone's request if you don't have time in your schedule. They will appreciate it more, than if you say yes and cannot follow through with your commitment. Communicate with others if you need help with something. This includes your parents, teachers, friends, and any other person that may be able to help. Don't waste time worrying, get help and just do it!

10: ATTENDANCE

You can't learn what the teacher is teaching if you are not in school. Be in school EVERY day. When it is necessary to miss a day of school be proactive when possible. Find out what you will miss ahead of time. If you have an unplanned absence, talk to each of your teachers the day you return to find out what you missed, work that you will need to complete, and when it is due.

Experts say that if you repeat an action every day for 21 days, it will become a habit and you won't even have to think about doing it. For the next three weeks, do each of these 10 things every day and you will then be able to be a good student without even thinking about it! OK, you will still need to think about it but it won't be as difficult or painful to get good grades!