

Students Suggestions for Academic Success

ACADEMIC SUCCESS

This section will focus on the standards that will help you be successful in high school-mastering standards in your courses, earning credits and graduating in four years. You will also learn about your options for continuing your education beyond high school.

School counselors will help you with:

Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.

Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.

Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community.

(Source: *The American School Counselor Association National Model*) **ACADEMIC EXPECTATIONS**

For your student to be successful in high school, ensure that your student does the following:

- Attends class every day-Be in all classes every day! Studies show us that students perform better when they are actively engaged in instruction.
- Brings all materials to class-Always be prepared and take proper materials with you to class. A builder does not go out to his job without a hammer, nails, lumber, and numerous tools. You are building your educational background for your future; so you need your tools to do the job!
- Completes work on time-Keep up with all assignments and turn in projects. Being reliable and prompt will impress teachers as well as peers.
- Demonstrates personal organizational skills, such as record keeping, time-management, homework habits, note-taking skills, and listening skills.

Develop these areas to be successful in your education:

- Seek help from your teachers early when there is something that you do not understand.
- Use and improve both oral and written communication skills.
- Read additional books to enhance and supplement vocabulary.
- Apply knowledge to new situations.
- Increase research skills.
- Improve basic keyboarding skills.
- Strengthen math skills-the ability to work fractions, percentage, decimals, algebra, geometry and averaging problems.
- Review all materials thoroughly as you prepare for an assessment or project.

ACADEMIC STUDY SKILLS

This section will focus on the standards that will help you be successful in high school-mastering **HOW**

TO STUDY AND ACHIEVE ACADEMIC SUCCESS

Study Plan and Study Preparation

Find a good place to study which eliminates all distractions, has good lighting, and all books and notes that you need. In your study plan identify and know your daily study schedule, what you need to study, review and recall key points, and review notes taken in class.

Review Techniques

Plan enough to allow an adequate review before all tests. Summarize your notes. Predict what you may be asked on a test.

Attitude

Think of learning as an opportunity to increase your knowledge and skills. Think of tests as a way to show yourself what you know, and what you don't know.

Organize

Plan to study and review on an ongoing basis. This will help you stay calm for tests.

Pace Yourself

When you are completing a test or project, carefully read the instructions. If a rubric is involved, ask questions until you understand the rubric. Budget your time well, particularly when you are taking an in class assessment. Always reread and check your work.

LISTENING SKILLS AND ACADEMIC SUCCESS

Stay Focused and Listen

Listening is one of the most important skills you can develop. It is the second most difficult skill next to reading. Listening means no daydreaming and forming good habits of really hearing and not talking.

Predict What You Will Learn

Think about the main points of the last class and review any reading, problems, or other work that you have been assigned.

Keep It Relevant

What did the assignment have to do with your class? What comes to mind during instruction? Do you have enough background knowledge about what you are trying to learn? Can you connect this knowledge to future learning, i.e. math problem solving helps you with life problem solving skills?

Learning to Listen

Do not confuse hearing with listening. Good listening means paying attention as well as thinking about and around the topic. Listening is an active, not passive, activity.

TIME MANAGEMENT

Success in school depends on how well you plan your time. While in high school, always think about balancing your time. Of course, you need time to attend class and study. However, you will also take time to participate in sports, band, other extracurricular activities, etc. You also need time to enjoy.

Remember exercise reduces stress! Take some time to reward yourself and do something special.