

Name _____ Period _____

Resiliency

Definition: Ability to recover from misfortunes or adjust easily to change. Bounce back to normal level of functioning.

5 Ways to Build Resilience

1. Sleep (9 hours) *Teens 14-17 years old should have 8-10 hrs. of sleep
2. Stay connected to family, friends and community (communication)
3. Set a goal (academic and personal)
4. Express emotions (art, music, writing, exercise)
5. Take time out. Be present in the moment (deep breathing, eliminate distractions)

Sleep	Stay connected
Express emotions	Take time out

Goals need to be _____ and _____.

My academic goal: _____ _____
My personal goal: _____ _____

- _____ do my homework each night
- _____ use my planner each day
- _____ come prepared to class
- _____ pay attention in class
- _____ ask questions in class
- _____ keep my locker cleaned
- _____ keep up with my outside activities

- _____ turn in my homework when it is due.
- _____ study for tests
- _____ take clear notes
- _____ study with a friend
- _____ stay after class to get help
- _____ plan ahead for big projects
- _____ organize binders

Top 10 Student Success Skills

1. **Time Management:** Use a planner and find a balance of free time.
2. **Good Study Habits:**
 - 1) Always be prepared for class and attend class regularly.
 - 2) Complete assignments thoroughly and on time.
 - 3) Review notes daily rather than cram for tests the night before.
 - 4) Find quiet time each day for study even if you don't have homework or a test the next day.
3. **Set attainable goals:** Set yourself up for success rather than frustration and failure.
4. **Concentration:** Focus in class and ask questions.
5. **Good Note-Taking:** Write notes in a way that makes sense to you and rewrite them to help remember the material.
6. **Completion of Assignments:** You'll only get out of homework what you put into it.
7. **Review Notes Daily:** Review notes with classmates and reinforce concepts taught.
8. **Organizational Skills:** It saves you time to be organized. "A place for everything and everything in its place."
9. **Motivation:** Self-motivation is critical and success is up to you!
10. **Commitment:** You have started classes, now it's your job to do your best and get the most out of them.

Steps to Successful Studying

- Check your planner to make sure you finish all your homework.
- Turn off the TV, radio and cell phone. The brain uses too much energy to concentrate while tuning out noise and your cell phone will distract you.
- Finish one assignment at a time, starting with the hardest one.
- Practice the "12-minute study," as 12 minutes is the average time junior high students can concentrate on one thing. Studying information for shorter periods of time, but more often, allows them to remember information longer.
- Take short breaks if you need them to stretch, walk around, or get a healthy drink or snack.
- Practice good reading strategies: preview the text, identify vocabulary, summarize in your own words
- Review the information by reading it over before you begin studying.
- Cover up the answers and attempt to picture and recall information.
- Begin studying the information the day that you get it, so that you're not cramming the night before a test.
- If you don't understand the information find another way to teach it to yourself and review it--**multiple times** if necessary.
- To study math, complete review problems--**multiple times** if necessary.
- Read EVERY night! Talk about what your family and friends are reading.
- Use a partner to study with. Quiz each other, play word games, Jeopardy, etc.
- Reward yourself for finishing your homework.