Student Suggestions:

• Consistently use teacher office hours: Teacher help hours will vary but many of our teachers are available during lunch and/or before or after school for additional help. Usually the help hours are posted in the teacher's room or on the syllabus. Please contact the teacher directly for their availability.

• Get help in any subject Every Tuesday 2:30-3:30 in the library

• Get help in Math by utilizing free tutoring. Schedule available through counselors or your math teacher.

• Keep an agenda/Use a homework app: Half the battle is knowing what things are due when. Keeping an agenda or using a homework app will help with organization.

• Streamline organizational methods: If you are struggling to complete work or turn work in, consider keeping two folders in your bag, an "IN" folder and an "OUT" folder. In the "IN" folder you will place items that need to be completed at home, in the "OUT" folder you will place items that you have completed that need to be turned in. When you arrive home each day you will check your "IN" folder to see what needs to be completed and when you get to each class you will take out your "OUT" folder to see if anything needs to be turned in.

• Choose a seat that will help you learn: If your teachers allow open seating, choose a seat away from distractions that will allow you to focus on the lesson. If your teacher has a seating plan, and you feel like you could be more successful in another seat, talk with them.

• Know the importance of attendance & arrive on time to each class: Arriving on time and attending the entirety of your courses will help you not only be more prepared to learn but also ensure that you receive the full instruction necessary to be successful. Additionally, consistently arriving late or not attending class(es) can result in the loss of credit due to not having sufficient seat time.

• Study for quizzes and exams: Create flashcards, outline your notes- rewriting important concepts, use notes or study guides to create practice questions/exams, explain important concepts to a friend, etc. And, don't wait until the last minute to study for a quiz or an exam- create a study schedule and break it up so that you are studying a little bit every day or every other day. Not waiting until the last minute will allow you to also ask your teacher questions for those things that you might not understand as you are reviewing.

• Replicate class/exam conditions as much as possible: When studying it is important that you do so in a place that is similar to the space you will be completing an assignment/taking an exam. Sit at a desk/table, keep your phone out of sight, focus on one subject at a time, etc. You will never complete an assignment or take a test on a bed, so we do not recommend studying this way either.

• Sleep and eat well regularly: Sleep and nutrition affect your ability to learn. Getting 8-10 hours of sleep and eating healthier options could help improve learning.

• Consider taking summer school classes to catch up on credits: Counselors provide suggestions during each registration period (January & February) to students regarding potential summer school options. If you are thinking about taking summer school classes outside of SUSD, please make sure you speak with your students counselor as there are additional steps and policies that must be followed to allow your student this opportunity.

At-Home Suggestions:

• Communicate with teachers: Teachers are the first stop when it comes to helping students improve. Most of the teachers on campus do have office hours or tutoring times that students can take advantage of. Teachers are using a variety of techniques in class to help your student but please feel free to share any ideas that you feel might help your student.

• Check grades weekly if not daily: To check on-campus course grades, you can login to your student's StudentVUE account at https://synergyvue.susd.org/Login_Student_PXP.aspx?regenerateSessionId=True with username = student ID number and password = 8 digit birthdate. For more extensive directions, please see the DMHS Grades attachment. You may also check grades for any SUSD online class by logging in as the student at https://susd.geniussis.com (username = student ID number, password = 8 digit birthdate).

• Check for missing and upcoming assignments: In addition to grades most teachers post missing assignments or future assignments within the gradebook or on the calendar in StudentVUE. Checking these things can be helpful for those times when your student says they do not have homework.

• Set up a homework area and time that your student should be held accountable to use daily.

• Limit phone/electronic access during homework time unless it is required for the assignment.

• Be supportive of tutoring availability. Help your students get to school early or stay late when needed to catch up on work.