

CHARACTERISTICS OF SUCCESSFUL STUDENTS

Compiled by Former Freshmen

1. They attend class and they are on time. If they miss a session, they feel obligated to let the instructor know and why.
2. They take advantage of extra credit assignments or ask if they are offered. They demonstrate care about their grades and are willing to work to improve them.
3. They speak up in class; they ask questions and participate.
4. They turn in assignments that look neat and sharp.
5. They are attentive in class. They don't chat, read, or stare out of windows.
6. They do all of their work and turn in all assignments.
7. They develop a positive working relationship with their teachers.
8. They develop a network of people at school – relationships with other students, faculty, and staff.

TRIED AND TRUE STUDY TECHNIQUES

1. Study in the same place all the time. This gets your mind set for studying. Your body gets accustomed to certain things in certain places.
2. Avoid, or at least minimize, distractions. Never study with the TV on. Isolate yourself. Silence your phone; put a sign on your door. Your study time is just that, study time!
3. Have everything you need in your study area: paper, pencils, erasers, pens, notebooks, books, etc. Continually getting up to get things will break your concentration.
4. Get to work right away – just do it! Take a few minutes to plan your study time, review what you want to accomplish and get to it.
5. Don't study longer than you can concentrate. Study 25-30 minutes then take a short 5 minute break. A short break does wonders for the concentration. Stand up, stretch, and get a glass of water.
6. Set definite goals and schedule enough study time to meet them. Write your study time into your daily/weekly schedule.
7. Be comfortable physically. Make sure the temperature is not too hot or too cold and that the lighting is right for you.
8. Study during a time that matches your biological clock. Some of us are morning people and others are evening people. Know your peak energy time (the time when you are at your best) and study during that time.
9. Try to study at school, between classes or before you go home. Choose places like the library, study lounge, or lab. Utilize tutoring services and study groups.
10. Spend 5 minutes every day to review class notes, do weekly reviews of each subject.
11. Repeat what you are learning at least 3 times in 3 different ways – read it, write it, say it out loud.

GET TO KNOW YOUR INSTRUCTORS

Your instructors are a very valuable resource. Most instructors did not choose their profession for the money they can earn. They chose it because they enjoy seeing their students grow and learn. If they see you're interested in learning, your instructors will go the extra mile to ensure your success. Here are some questions you can ask your instructors:

1. How do I really learn about this subject and not just memorize?
2. I'm having trouble understanding... could you please explain it to me?
3. I'd like to learn more about this subject . . . any suggestions?
4. What can I do for extra credit?
5. How do you suggest I study for this test?
6. I want to do well in your class. Please let me know the areas I need to work on to improve.
7. When would be the best time to meet with you outside of class?

Another Resource

When you enter high school, you are assigned to a counselor whose role is to serve as your advocate and guide. Depending on the school, you can request a meeting with your counselor by stopping by his or her office or by completing a form – see what steps you need to go through at your school.

POSSIBLE REASONS TO SEE YOUR COUNSELOR:

- You are having difficulty in a class
- You are having difficulty getting along with or communicating with teachers, parents, family members, friends
- You would like help dealing with personal issues such as divorce, relationships, etc.
- You would like help exploring career and college options
- You want to share good news, personal accomplishments/achievements or simply to say hello

You can add any reason to this list. You should drop in to see your counselor if you have a question, if there is an issue you would like to discuss, or just to say hello.

EXTRACURRICULAR ACTIVITY AND THE BENEFITS OF INVOLVEMENT

A few benefits of involvement in school:

- You have so many options with the many fine arts opportunities, athletic offerings, clubs and community service opportunities!
- An after-school activity will provide you with a positive, productive way to occupy your time
- You'll develop your time management skills
- You'll meet people with similar interests
- You'll have an opportunity to develop your own talents and gifts
- Your high school experience will become much more enjoyable since you'll become an integrated member of the school community