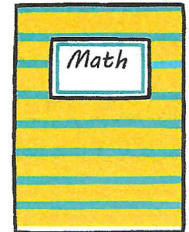


How To

REACH OUT FOR HELP

There are many people in your life who want to see you succeed, but ultimately, your success is your responsibility. It's up to you to reach out for help when you need it.



TALK TO YOUR TEACHER

If you have questions, need advice, or are struggling in a class, talk to your teacher.

Teachers usually know if you're having trouble in their class, but they may or may not approach you to see what's going on, or to offer extra help. Asking for help is your responsibility.

Teachers are busy during the class period and usually don't have time to talk to students then. If you need any kind of help, talk to your teacher before or after class to schedule a time to meet—and tell them what you want to talk about. You may want to go over the results of a test, ask for help with an assignment, or inquire about earning extra credit.

If you are struggling and feel you need a tutor, ask your teacher for advice on how you can get some extra help. Perhaps there is a teacher or another student who can tutor you after school or during a study hall. The important thing is to not wait. Ask for help at the earliest sign you need it.

Asking for help isn't a sign of weakness, it's a sign of maturity and a desire to succeed!

"You are never so strong that you don't need help."

Cesar Chavez

SEE YOUR COUNSELOR

Your school counselor is there to help you succeed both in and out of the classroom.

School counselors are busy and often don't have time to just check in with their students to see how they're doing. This is why it's important for you to let your counselor know when you need help, want information, or just need someone to listen.

Here are just some of the reasons you may want to make an appointment to see your counselor.

- ▶ You are struggling in one or more of your classes.
- ▶ You're being bullied or harassed in school or online.
- ▶ You're having a problem with friends, a boyfriend, or a girlfriend.
- ▶ You are dealing with something that's making it difficult to succeed in your classes, such as drugs or alcohol, a pregnancy, anxiety, a health concern, stress, or problems at home.

If you have a question, need information, or have a concern or a problem, reach out to your counselor!

Whether it's a counselor, teacher, coach, or secretary, find at least one adult in your school you can develop a bond with and talk to when you have a problem. We all need to know that we have people "in our corner." And the more, the better!

The person who can help you the most...

The person who can help you the most with any problem, issue, or concern is a parent or other trusted family member. If you're having a problem with another student, a class, a teacher, or something else, talk to a parent or adult family member right away.

Top 10 Reasons to Do Your Best in School

Doing your best in school doesn't mean always getting straight As—it means making a consistent effort to do what you can to succeed!

Here are 10 good reasons why you should always try to do your best in school.

1. You'll have more opportunities.

The better you do in school, the more college and career options you will have when you graduate from high school.

2. You'll become more confident.

When you work hard and realize that you can do whatever you set your mind to, your self-confidence will soar.

3. You'll earn respect from others.

When you consistently work hard in school—even if your grades aren't always perfect—you will earn the respect of your teachers and peers.

4. You'll develop lifelong skills.

The habits that you develop from doing your best in school will also help you succeed in a career and in life. Habits such as setting goals, managing your time, and being organized are skills you will use throughout your lifetime.

5. You will be ready for a challenge.

We all face challenges and adversity, but when you're at your best, you don't see challenges as obstacles, you see them as opportunities to grow.

6. You'll have more course options.

Doing well in your classes often enables you to take the next course in a series or to take advanced courses.

7. You will have less stress.

When you're doing well in school and keeping up with your assignments, that's one less thing you need to be concerned about. You can relax and focus on other things.

8. You can get involved in activities.

Many clubs and sports require certain grades in order for students to participate. Doing well in school means that you'll be eligible for in-school and extracurricular activities.

9. You'll have pride in yourself.

When you work hard and achieve your goals, that is something you can be proud of for the rest of your life—and others will be proud of you, too!

10. You'll enjoy school more.

You will look forward to your classes and be more engaged when you make doing your best your goal.

For the top 10 ways to improve your grades, watch this short video.



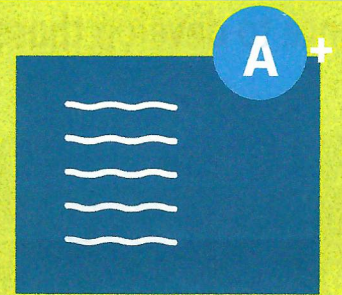
VIDEO



REASONS TO BE IN SCHOOL EVERY DAY

1. Better grades.

The better your attendance, the higher your grades.



2. Less stress.

When you miss school, you have lots of assignments to make up. That's stressful.

3. You learn more.

Learning a little every day in class is much better than having to learn everything you missed on your own.

4. More likely to graduate.

Students who have poor attendance are less likely to graduate from high school.

5. Time with friends.

When you are at school, you can spend time with friends (and make new ones).



6. Good habits.

If you want to succeed in life, you have to develop good habits—like showing up every day and being on time.

7. Mentors.

Your school is full of people who can offer you advice and guidance, like teachers, counselors, and more. If you aren't at school, you won't get the chance to develop those relationships—which means that you totally miss out.

8. Preparation for your future.

The knowledge you gain and the skills you develop in school will help you be successful throughout your life.



9. Personal development.

The more you're in school, the more you learn. And the more you learn, the more intelligent, capable, and interesting you become.



10. Pride.

When you're succeeding in your classes, your parents and teachers are proud of you. But most importantly, you feel proud of yourself—and that's a great feeling!

CLASS SUCCESS

Success starts in the classroom! When you get the most out of the time you spend in class, you have a lot less to learn on your own.



Class success tips

Use these words to complete the following class success tips.

homework participate related help refocus answer respectful

1. Ask and _____ questions in class.
2. Always have all of your _____ done.
3. Ask for _____ when you need it.
4. _____ in class discussions.
5. When you catch your mind wandering, notice it, and _____ on the class.
6. Be _____ to your teachers and classmates.
7. Put away anything that isn't _____ to the class you're in.

Answers are at the bottom of the page.

Be aware of your body language.

Our body language (gestures, posture, and facial expressions) often communicates what we're thinking and feeling even better than words. Students who are slouching in their seat or looking out the window are sending a message that they don't care about the material that's being presented or discussed. *Messages like this don't win you any points with your teachers!*

What messages are you sending?

Think about your classroom body language and pretend that you're looking at yourself through your teachers' eyes. Circle any words you think your teachers might use to describe you.

Daydreamer	Bored	Disrespectful	Unhappy	Friendly
Hard worker	Engaged	Attentive	Organized	Lonely
Disorganized	Confident	Tired	Angry	Happy

How can you improve your body language in class?

1. answer 2. homework 3. help 4. participate 5. refocus 6. respectful 7. related