#### High School Success

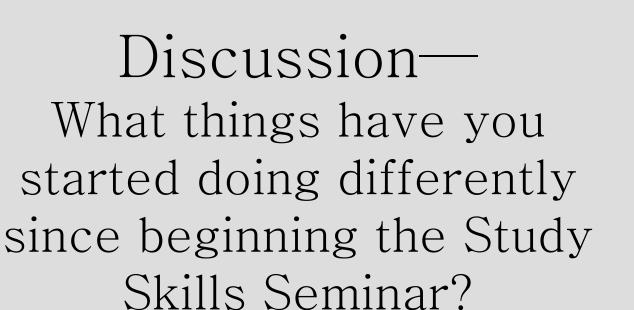
#### Study Skills Seminar Lesson Nine—Study Skills Recap

#### Study Skills Seminar Your High School Toolkit



- Lesson 1—Time Management 101
- Lesson 2—Organize Your Time and Space
- Lesson 3—Organize Your Things
- Lesson 4—Study Plans and Recovery Work
- Lesson 5—Formative Grades
- Lesson 6—Study Techniques
- Lesson 7—Note Taking Tools
- Lesson 8—Test Taking and Test Anxiety
- Lesson 9—Study Skills Recap

First, let's debrief from last week







Study Skills Recap Post Test



Please complete the post-test! Go to <u>http://url.southforsythhs.org/studyskillsposttest</u> using a web enabled phone or BYOT device.

Watch the remaining slides.

GOOD LUCK THIS YEAR!!

## BE... BRIGHT!

## BE... Prepared

PACK UP YOUR BACKPACK THE NIGHT BEFORE Don't txrow txings randomly in txe Bottom or your backpack when the Bell Rings

HAVE A SUNDAY NIGHT MEETING WITH YOUR PARENTS TO SEE WHAT THEY HAVE PLANNED FOR THE WEEK-OFTEN TIMES, THEIR PLANS INVOLVE YOU

#### BE... Resourceful

USE THE LEARNING CENTERS BEFORE SCHOOL, AFTER SCHOOL, OR DURING LUNCHES

### Use Kxan Academy online for matx xelp

ALWAYS DO EXTRA CREDIT, IT'S LIKE PUTTING \$

## BE... On top of it!

ALWAYS DO YOUR REVIEW PACKETS FOR EVERY TEST

Review class notes at night to ayoid cramming—it only takes 15 minutes!

GO TO 2-3 EXTRA HELP SESSIONS PER WEEK

## BE... Planful

ALWAYS DO YOUR HOMEWORK—IT'S PRACTICE FOR THE REAL THING

Use your planner for all activities inside school and out—this will give you the big picture of your week plan out at least one week at a time

#### BE... Here

IT TAKES TWO DAYS TO MAKE UP FOR ONE MISSED DAY

#### Attendance is one of the best predictors of student success

IF YOU ARE ABSENT, CHECK ANGEL, MAKE A LIST OF ALL ASSIGNMENTS TO MAKE UP, CREATE A PLAN TO GET EVERYTHING IN ASAP-DON'T LET IT HANG OVER YOUR HEAD AND OVERWHELM YOU

BE... Willing to Seek Help DEVELOP A RELATIONSHIP WITH YOUR **TEACHERS**—THEY ARE YOUR #1 RESOURCE Attend my alpha theta tutoring Monday after school and tuesday Before school (room 462)

ATTEND SPANISH TUTORING ANY DAY OF THE WEEK

# BE... Your Best Self

BROADEN YOUR NETWORK—JOIN CLUBS, SPORTS, ETC.

take classes that challenge you you will rise to the occasion

GET CONNECTED AT SCHOOL-GO TO SCHOOL FUNCTIONS, TAKE PRIDE IN SFHS AND YOURSELF

## BE... Healthy

TRY TO GET A GOOD NIGHT'S SLEEP—TEENS NEED AT LEAST 8-9 HOURS. SLEEP IS BRAIN FOOD

## Exercise when you get home, walk the dog, whatever it takes to get your blood pumping

YOUR BRAIN IS STILL UNDER DEVELOPMENT-USING DRUGS AS A TEEN CAN AFFECT THE WAY YOUR BRAIN IS WIRED

## BE... Calm

THE MORE YOU PREPARE, THE LESS ANXIETY YOU WILL HAVE BEFORE A TEST

## talk positiyely to yourself before tests—say "I can do txis" and "I'm prepared"

TRY TO TAKE DEEP BREATHS BEFORE EACH TEST TO STAY CALM

## BE... Inspired

Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill