



# 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

## Discussion—

What things have you started doing differently since beginning the Study Skills Seminar?



*We're at the end, my friend!*

# Study Skills Recap

## Post Test



Please complete the post-test! Go to <http://url.southforythhs.org/studyskillsposttest> 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 THROW THINGS RANDOMLY IN THE  
BOTTOM OF 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 Khan Academy online FOR  
MATH HELP**

ALWAYS DO EXTRA CREDIT, IT'S LIKE PUTTING \$\$  
AWAY IN AN EMERGENCY FUND



BE... On top of it!

**ALWAYS DO YOUR REVIEW PACKETS FOR EVERY TEST**

**Review class notes at night to  
avoid 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 mu ALPHA KHETA 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 POSITIVELY TO YOURSELF BEFORE tests—say “I can do this” 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