



Tips for Academic Success

- Do your homework!
- Ask questions during class or meet with your teacher before or after school.
- Do you understand and can you answer the objectives the teacher provided?
- Can you use the term in a sentence and explain the importance?
- Have you reviewed your notes; what you learned in class today? Can you summarize what you learned?
- Do you really understand, or are you just memorizing facts?
- Questioning: Did you ask clarifying questions? What questions might you have for the teacher the next day? Make note of them and get them answered.
- Teach someone else (this will help you realize what information you really don't understand)
- If you are absent ...take the time to learn what you've missed. Check in with your teacher upon your return.

Read every night! The reading homework can quickly become unmanageable if you don't keep up. The best strategy is to block out time to read EVERY NIGHT so that you are always prepared for class and the material is understood on a daily basis.

Schedule daily and weekly reviews. Besides daily reviews, schedule a half hour weekly review (per class) to go over all notes taken that week. Remember that you forget over half of what you learn within 24 hours of learning it, and forgetting increases even more as time elapses.

Be an active learner. Active study means organizing your notes and/or readings by making a Table of Contents Sheet, Study Sheets and/or Flash Cards and then reciting the information out loud. You must do more than just read over your notes to insure retention. When you simply read over notes, you are only using your eyes. When you recite out loud, you are using your eyes, ears and voice. This is triple strength learning.

Preparing for Tests



- Look at previous assessments & answer questions again (ie quizzes, tests, pre-tests, if the teacher does not let you keep them, set up a time before or after school to review them).
- Review previous assignments - rereading is not enough - redo at least parts of previous assignments to ensure you remember all the details/steps.
- Try to anticipate what will be on the test (make up what you think the questions will be). Make cliff notes, condense each topic on a note card or from a review sheet.
- If applicable, make flash cards for vocabulary.
- Make studying the last thing you do at night (go to bed immediately after studying . . . don't watch TV, go on the computer or play video games, etc. after studying).
- Break up your studying over a period of time; cramming the night before or the morning of the test is NOT a good idea.
- Use other resources to help you study (websites, classmates, other teachers)
- Go to review sessions - take notes and ask questions on things you don't understand
- Studies have shown that getting 8-9 hours of sleep and maintaining a healthy diet will keep you at peak performance.



Planning Calendar

Grade 9

Beginning in 9th grade, your grades and courses begin to "count"! **Your Grade Point Average, courses, grades and credits will become a permanent part of your transcript.** This is also a great time to get involved in school and community activities; these will be listed on college applications in the future.

- Choose courses wisely and do your best.
- Get to know your school counselor.
- Set realistic short-term and long-term academic goals.
- Gather information about yourself. (What are you interested in? What are you good at?)
- Take opportunities for early school visits, formal or informal.
- Get involved in school and community activities.
- Attend Group Guidance

Grade 10

As a sophomore, you should continue to work hard academically as well as to continue to get involved in activities. You should also begin to identify your abilities, aptitudes, and interests.

- Choose courses wisely and do your best.
- Get to know your school counselor.
- Gather information about yourself. (What are you interested in? Good at?)
- Review the results of your PLAN assessment. (test scores and interest inventory)
- Take opportunities for early school visits, formal or informal.
- Continue to get involved in extra-curricular activities.
- Visit the College and Career Center and learn how to use MCIS.
- Consider taking the PSAT exam.
- Attend all Group Guidance sessions
- Plan summer activities.