

# academic success

**Learning Objective:** Each student will learn specific skills that are proven to improve academic performance, and pursue a successful life of learning.

## Quiz Reflection:

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## Video Reflection:

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## Podcast Reflection:

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## Goals:

**1.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

**2.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_

**3.**

What? \_\_\_\_\_

Why? \_\_\_\_\_

How? \_\_\_\_\_



Make sure your goals are:

1. Obvious
2. Attractive
3. Easy
4. Satisfying

## Final Thoughts:

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**Access your Online Dashboard**

Login at [my.schoolpulse.org](https://my.schoolpulse.org)

**Not signed up?**

See your instructor for the opt-in code.

# academic success quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

**1. I get an adequate amount of sleep at night.**

- Never       Rarely       Sometimes  
 Often       Very often

**2. I have strategies to deal with stress and anxiety caused by school and/or tests.**

- Never       Rarely       Sometimes  
 Often       Very often

**3. I use a schedule or planner to maximize my time, remember deadlines, and avoid procrastination.**

- Never       Rarely       Sometimes  
 Often       Very often

**4. When I study, I put my full attention into what I am learning (no multitasking, distractions, etc.).**

- Never       Rarely       Sometimes  
 Often       Very often

**5. When I don't understand a concept, I ask my teacher questions and participate in study groups for further understanding.**

- Never       Rarely       Sometimes  
 Often       Very often

**6. I keep my study space clean and organized.**

- Never       Rarely       Sometimes  
 Often       Very often

**7. I don't procrastinate my study sessions. Instead of "cramming" before a test, I space my study sessions out into short, regular sessions.**

- Never       Rarely       Sometimes  
 Often       Very often

**8. I take notes and review them often.**

- Never       Rarely       Sometimes  
 Often       Very often

**9. I try to keep myself physically and mentally fit.**

- Never       Rarely       Sometimes  
 Often       Very often

**10. I try to build relationships with my teachers, advisors, and classmates.**

- Never       Rarely       Sometimes  
 Often       Very often

**11. I make time to do the things I love (hobbies, friends, exercise, etc.).**

- Never       Rarely       Sometimes  
 Often       Very often

**12. I set clear, reachable goals for myself and I am actively taking steps to reach them.**

- Never       Rarely       Sometimes  
 Often       Very often

**13. When I study, I take occasional breaks to keep my mind alert and engaged.**

- Never       Rarely       Sometimes  
 Often       Very often

**14. I am involved with my school and community through clubs, activities, etc.**

- Never       Rarely       Sometimes  
 Often       Very often

**15. I set boundaries for myself and I can take a break when needed.**

- Never       Rarely       Sometimes  
 Often       Very often

Want to learn more about academic success, test taking, and other mental health topics?

Visit: [schoolpulse.org/resources](https://schoolpulse.org/resources)



## quiz results

Use your quiz answers to add up your points

**Never = 1 point**  
**Rarely = 2 points**  
**Sometimes = 3 points**  
**Often = 4 points**  
**Very Often = 5 points**

Total Points: \_\_\_\_\_

<b>15-30</b> - strong indication that you can improve your skills for academic success	<b>31-45</b> - moderate indication that you can improve your skills for academic success	<b>46-60</b> - moderate indication that you have the skills for academic success	<b>61-75</b> - strong indication that you have great skills for academic success
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*These results are not a diagnosis, if you have questions text us at SchoolPulse.*

## confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services or court of law.

I \_\_\_\_\_, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date