

HIGH SCHOOL SURVIVAL

SKILLS AND
PRACTICES
TO HELP YOU
SUCCEED

WHAT ARE SOME PRODUCTIVE SCHOOL HABITS YOU CURRENTLY HAVE?

FOR EXAMPLE:

- WRITING DOWN HW
ASSIGNMENTS
- READING
- USING A PLANNER

TAKE 2 MINUTES AND DISCUSS WITH
SOMEONE NEXT TO YOU WHAT YOU
DO TO STAY ORGANIZED AND BE
PRODUCTIVE (IN SCHOOL AND IN LIFE).

TIME MANAGEMENT

❑ PAY ATTENTION TO HOW YOU SPEND YOUR TIME

(cell phones/video games are major time sucks)

Are you devoting enough time to important (things that will actually help you in life) activities?

❑ SET PRIORITIES

What do you need to get done now?
What can wait until later? What activities should you spend less time on?

- ❑ Create a TO-DO list (refer to it often)

TO DO LIST

1. READ
2. DO DISHES
3. FINISH MATH HOMEWORK
4. WALK THE DOG

TIME MANAGEMENT (con't)

- ❑ GET ORGANIZED
 - ❑ Have a folder/binder for all of your subjects.
 - ❑ Keep important papers in a place you can easily access them (you'll spend less time looking for stuff)

- ❑ USE AN ORGANIZATIONAL TOOL (PLANNER/NOTEBOOK)
 - ❑ Write down all important tasks you need to accomplish

THE MORE YOU MANAGE YOUR TIME, THE MORE FREE TIME YOU WILL HAVE.....

STUDY SKILLS

- ❑ Pay attention in class! Focus...
(Your phone is the enemy of focus, put it away at school)
- ❑ Write down any necessary information
- ❑ Review notes, spend time at home going over the day's learning
- ❑ Don't leave studying until the night before
- ❑ When you are absent, email your teacher!! And check emails often

PEOPLE SKILLS

- ❑ Show respect to get respect
- ❑ Don't take everything personally-it's most likely not about you
- ❑ Be calm-overreacting never helps any situation
- ❑ Clearly communicate what you need-set boundaries
- ❑ Avoid people who engage in negative behavior-they will only drag you down with them
- ❑ Don't let a boyfriend/girlfriend direct your life

GET ENOUGH SLEEP

8-9 hours/night

If you don't get enough sleep, you won't do well in school, but did you know that not getting enough sleeps affects many areas of your health?

- Being more accident prone
- Interferes with thinking and learning
- Increased risk for serious health problems like heart disease, stroke, diabetes, depression
- Ages you (makes you look older than you are)
- Negatively affects your memory
- Makes you gain weight
- Impairs your judgment (you don't look at situations accurately or make good decisions)

EAT WELL

- ❑ Your body and brain need vitamins and minerals to function
 - ❑ Where are vitamins and minerals found?
 - ❑ Eat as much fresh produce (fruits and vegetables) as possible.
- ❑ Avoid processed food (fast food, chips, candy etc..)
- ❑ Eat real food (ideally something homemade)
- ❑ Drink water (avoid soda and energy drinks-they are loaded with sugar)

Eat better→ Feel Better→ Have more energy→
Learn more→ Have more energy to do what you
want

WHAT IS ONE THING YOU CAN WORK ON TO BE A MORE PRODUCTIVE STUDENT (PERSON)?

Take a minute to think about it....
then write down one thing on your
notecard.

AND.....write down one topic/skill you
would like to know more about in a future
presentation.

Thank you
for your time!

Contact me if you need any help

petersons@cvuhsd.org

www.lzacademystudentsupport.com