

# 1503 - Middle School Student Support InfoCenter

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How to Take Good Notes  
How to Study Smart  
How to Read to Learn  
How to Succeed in Class  
How to Reach Out for Help  
How to Get Organized  
How to Ace Your Tests  
Top 10 Ways to Improve Your Grades  
Top 10 Reasons to Be in School Every Day  
10 Habits of Successful Middle Schoolers  
Homework Tips for Students  
Top 10 Ways to Overcome Test Anxiety  
Social Media and Mental Health  
Calming Techniques  
Feeling Lonely?  
Improving Your Self-Esteem  
Dealing with Stress  
Anxiety – Information and Coping Tips  
Top 10 Ways to Improve Mental Health  
Staying Strong When You're Being Bullied  
How to Achieve Your Goals  
SMART Goals  
Overcoming Procrastination  
Confidence  
Peer Pressure  
Friendship Problems – What You Can Do  
Healthy Relationships  
Growth vs. Fixed Mindset  
The Power of YET  
Top 10 Ways to Develop a Growth Mindset  
Career Planning  
Careers in Math & Science  
Careers in Social Studies & World Languages  
Careers in English & The Arts  
STEM  
Bullying – Info, Facts, & Tips  
Cyberbullying  
Reasons to Say No to Drugs and Alcohol  
Building Refusal Skills  
Decisions & Consequences