

10 Habits of Successful Middle Schoolers

Anyone can be successful with the right habits. Developing the following habits will help you get good grades—and have a great middle school experience!



1 Have good attendance.

You need to be in school unless you have a legitimate reason (like an illness) to be absent. *Attendance is the number one school success factor!*



2 Be organized.

Use a planner to record assignments, tests, and activities. Make to-do lists and cross things off as you complete them.



3 Set goals.

Having goals gives you direction, focus, and purpose. Set some academic and personal short-term and long-term goals.



4 Participate in class.

Pay attention, ask and answer questions, and participate in discussions. Keep a positive attitude, and ask for help when you need it.



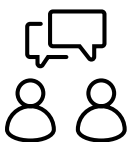
5 Do all of your homework.

When you do your homework, you get more out of your classes, perform better on tests, and get higher grades.



6 Study smart.

Create a daily study plan. Decide what you want to get done and the order in which you're going to do it. Break large assignments down into more manageable parts.



7 Choose the right friends.

Hang out with people who make good decisions and share your interests and values. Don't compromise who you are to fit in!



8 Be smart with technology.

Never post anything that's mean, offensive, or embarrassing. Limit the amount of time you spend on social media and gaming.



9 Take care of your health.

Have a healthy diet, exercise, get 8–9 hours of sleep each night, and find healthy ways to deal with stress.



10 Have a growth mindset.

Understand that being good at something isn't a talent or a gift. It's something that comes with hard work and perseverance.

Take a look at the habits you need to work on and make a plan on how you're going to improve those habits!



VIDEO

For a quick review, watch this video.