

Class Success

Get the most out of class



**Activities to help you do your
best in class and succeed in
school**

Class Success

To succeed in your classes, you must have good attendance.

How is your attendance?

About how many days of school do you usually miss a year?

0-5 6-10 11-20 More than 20

Has poor attendance affected your grades?

Yes Maybe No

Unless you have an extended illness or a health problem, you shouldn't miss more than a few days of school a year.

If you miss too much school, what can you do to improve your attendance?

To succeed in your classes, you also need to believe in yourself and in your ability to succeed.

Approach each class with a positive, "can do" attitude, and know that if you give your classes your best effort—and do the things discussed this booklet—you will succeed.

Do you feel confident that you can succeed in all of your classes?

Yes Not Sure No

If you checked "Not Sure" or "No," talk to your teacher or counselor about your concerns.

How are your class success skills?

Take the survey on the following page and find out.

Class Success Survey

Read each question and check the boxes that best describe you.

	Almost Always	Some- times	Hardly Ever
1. I ask and answer questions in class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I get along with all of my teachers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I participate in class discussions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. When I came to class, I have my homework done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take good notes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I ask for help when I need it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I try to keep a positive attitude in class, even when things are hard.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. When I do group work in class, I try to be a good group member.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Survey Results

Give yourself 2 points for each **Almost Always**, 1 point for each **Sometimes**, and 0 for each **Hardly Ever**.

Your Score _____

13 - 16 Points - You have good class success skills.

9 - 12 Points - Your skills are OK, but they could be improved.

0 - 8 Points - Your class success skills need a lot of improvement.

Be involved

The best way to stay involved in your classes is to ask and answer questions and to participate in discussions.

Participating in class makes the class more interesting, and it helps keep your mind focused. Because many teachers give participation points, participating can also help you get better grades.

On a scale of 1 to 10, rate your class participation.

1 ● ● ● 2 ● ● ● 3 ● ● ● 4 ● ● ● 5 ● ● ● 6 ● ● ● 7 ● ● ● 8 ● ● ● 9 ● ● ● 10

I never raise my hand and I don't talk unless I have to.

I always raise my hand and I'm eager to share my ideas.

If you circled 1 to 5, try to become more involved in your classes. You'll learn more and the time will go by a lot faster.

All students get distracted and daydream sometimes, even when they're trying to pay attention and stay engaged. When you catch your attention drifting, notice it, and refocus on the class.

Here are some tips to help you stay engaged in your classes:

- ▶ Come to class alert and well-rested.
- ▶ Take notes.
- ▶ Put away anything that's not related to what you're doing in class.
- ▶ Work to keep a positive attitude.
- ▶ Look at your teacher when he/she is talking.

What can you do to increase your class participation and be more engaged in your classes?

Be a good group member

Whether you're working on a class project, involved in an extra-curricular activity, or working at a job, you must be able to work and get along with the other members of the group.

Being able to work well as part of a group or team is a skill that will help you succeed in school, your career, and in life!

In successful groups, members assume positive roles that help the group complete their task. Unfortunately, people sometimes take on negative roles that make it more difficult for the group to function effectively.

Think about what kind of group member you generally are, and put a ✓ in the box(es) that best describe the role(s) you most often take on.

Positive Roles

- Leader** – takes charge of the group
- Encourager** – supports and helps group members stay positive
- Contributor** – offers new ideas and ways to complete tasks

Negative Roles

- Blocker** – opposes every idea, but doesn't offer suggestions
- Disrupter** – uses group time to play around or be in the spotlight
- Non-participant** – doesn't contribute or do their share of the work

Think about a time you assumed one of the above positive or negative roles. How did your actions affect the success of the group?

What can you do to be a better group member in the future?

Be adaptable

Teachers are in charge of what goes on in their classroom and they make the rules. As a student, you need to figure out what's important to each of your teachers. You will then know what you need to do to succeed in each of your classes.

List the names of the teachers you have below. Then write a few words describing what each one likes, and/or what's important to each.

Mr. Bradley Likes discussions, never be late to class

Teacher **Teaching style / Things to remember**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Ask for help when you need it!

We all get stuck and need help from time to time. Most teachers are happy to help you, but you need to ask.

What could you use some help with now?

Be aware of body language

Body language (gestures, posture, and facial expressions) often communicate how we feel and what we're thinking even better than words. If you want to get good grades and do well in school, make sure your body language communicates this.

Students who slouch in their seat, are looking out the window, or working on something for another class are sending a message that they aren't interested in the class—and they don't care about the material that's being presented. *Messages like this don't win you any points with your teachers!*

What messages are you sending?

Pretend that you are looking at yourself through your teachers' eyes. Circle the words you think your teachers might use to describe you.

Daydreamer	Bored	Disrespectful
Hard worker	Engaged	Attentive
Disorganized	Confident	Tired
Friendly	Lonely	Happy
Unhappy	Organized	Angry

What can you do to have better body language and send more positive messages in the future?

Improve your class success skills

Take good class notes.

Because tests usually come from material that's been presented in class, it's important to have neat, organized class notes to study from.

What can you do to improve your notetaking skills?

Read to comprehend.

To succeed in your classes, you must be able to understand and remember what you read. When you have a reading assignment, find a good, quiet place to read, remove distractions, and completely focus on your reading.

What can you do to improve your reading?

Have good computer skills.

Teachers expect students to have basic computer skills and be able to locate information online. If you're struggling with technology, talk to your teacher or counselor. Don't let your lack of computer skills hurt your grades.

If you sometimes struggle with technology, how can you to improve your skills?

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Aristotle