

How to Be a Great Student



at Home



Things you can do
at home to help
Keep you on track
at school!

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In this booklet, you will learn what you can do at home to help you be a better, more confident student. Doing these things will also help you enjoy school more and get the best grades possible!

Do your best on homework

Have a good place to do homework

The place you do your homework should have the supplies you need and be free from distractions, like TV and video games.

Where do you usually do your homework?

Make a plan

Before you start your homework, make a list of what you need to do. Then put it in the order you want to do it.

- ▶ Start with what's most important.
- ▶ Focus on one assignment at a time.
- ▶ Cross off assignments when you finish them.

Monday's homework list

Look at the list of assignments below. Write the numbers 1–3 to show the order they should be done.

- _____ 1. Study for Friday's spelling quiz
- _____ 2. Math worksheet – due tomorrow
- _____ 3. Reading – do required 30 minutes of daily reading



Break big assignments down

If you have a big assignment that's a lot of work, breaking it down into small parts can help you get it done on time.

Suppose you have to write a paragraph about whales and draw a picture. Today is Monday. The report is due Friday. How can you spread the work out over the week?

Day	
Mon.	Check out books from the library
Tues.	
Wed.	
Thurs.	
Fri.	Report due

How can you get better homework grades?

Put a check mark by the things you can start doing to get better grades on your homework.

- spend more time on my homework
- get help from a parent, classmate, or teacher
- have a better place to do homework
- turn off the TV and other devices
- start my homework at the same time every day
- be more focused while I'm doing my homework
- know what I have to do and have the supplies I need

What things did you check? Try doing them for one week. Your homework grades just might get better!

Have routines



A routine is something that you always do the same way. Routines can help you plan your time and stay on track.

Your morning routine – Having a good morning routine gets your day off to a good start. List the things that you do every morning.

1. _____
2. _____
3. _____
4. _____
5. _____

Your nighttime routine – A good nighttime routine helps you get enough sleep. It can also make your mornings less stressful.

Do you get everything ready for the next day before bed?

yes no

Do you get enough sleep each night? yes no

Your homework routine – When you have a homework routine, you have more time for the fun things you want to do.

Do you do homework at the same time every day? yes no

Do you have someone you can ask for help? yes no

Do you have time every day to relax or have fun? yes no

Read, read, read



To help you understand and remember what you read, try doing the following:

- ▶ **Look it over:** Before you start to read, take a couple of minutes to look over the assignment. Look at the headings, pictures, and anything in **bold** or *italic* print.
- ▶ **Read:** Take your time when you read. Think about what the author is trying to teach you.
- ▶ **Review:** Look over everything again. Are there chapter review questions? If so, make sure you can answer them.

Try it!

Look over, read, and review this section on the poison dart frog.

The Poison Dart Frog

A deadly creature



Poison dart frogs are small, but they can be very deadly. They are found in the **rainforests of Central and South America**. They are about an inch long, *and their skin contains some of the strongest poison known to man*. For example, the tiny golden poison dart frog has enough poison in its skin to kill *10 grown men*.

1. Underline words that you think are important.
2. Answer this question: Why are poison dart frogs considered a deadly creature?

Learn to memorize

There will be times when you will need to memorize information. Learning some different ways to memorize will help you get better grades, feel more confident, and improve your memory. Here are two ways to memorize information.

Use your senses

Let's say that you need to memorize the vocabulary word *carnivore* (which means "meat eater") for science.

1. Look at the word, close your eyes, and try to see it in your mind. Repeat this 2 or 3 times.
2. Now say the word and definition out loud.
3. Now write the word and definition.



carnivore
meat eater

When you look at the word, say it out loud, and write it down, you use your senses of sight, hearing, and touch. **Using your senses makes memorization easier.**

Create a silly sentence

Turn the information you need to memorize into a silly sentence. For example, to remember the names of the planets in order (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune), you could make up a sentence like this one:
My very excited mother juggled seven ugly neckties.

Try to write your own silly sentence to help you remember the names and order of the planets.

Build a growth mindset



A growth mindset is a special way of thinking that helps us learn and get better at things. It means believing that we can become smarter, stronger, or better at something if we work at it and practice.

The Power of Yet

Once you learn to add the word “yet” to the things you think you can’t do, all kinds of things become possible.

Complete the following sentences.

I’m not very good at _____

I don’t have the skills to _____

I’m not able to _____

Now, go back and add the word **yet** to the end of each sentence.

How did adding “yet” make a difference?

What is an area in your life where you would like to develop a growth mindset?

Set goals



A goal is something you want to accomplish. Having goals gives you something to work toward, and when you have a goal, you can make a plan for how you will achieve it.

Try it!

You can have goals for different things. You can have goals for school, and also have goals for yourself. You should always make sure to choose goals that are realistic. For example, it might be hard to raise a grade from a C to an A. But you can probably raise a grade from a C to a B with a little extra work.

Write two goals you have for school. For example, *I want to learn how to be a better writer.*

1. _____
2. _____

Now write two goals you have for yourself. For example, *I want to do a better job of keeping my room clean.*

1. _____
2. _____

Choose one of your goals and write a plan for how you will accomplish it.
