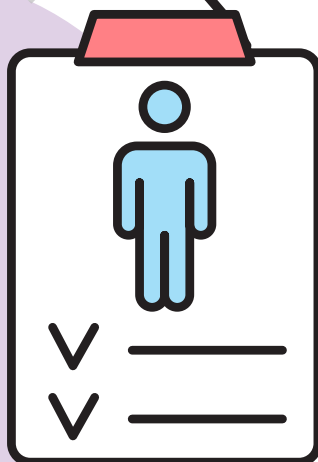
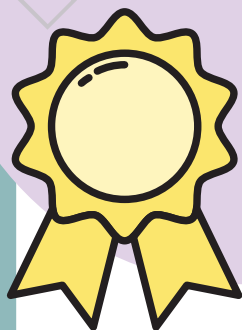
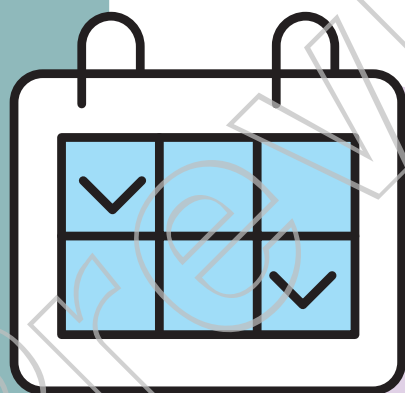


# Every Day Counts

Attendance  
Info and  
Activities



# Reasons why you should be in school every day!

## 1. You will get better grades.

The better your attendance, the higher your grades. Even if you miss just a few days here and there, your grades are likely to suffer.

## 2. You will have less stress.

When you are in class, you learn the material along with your classmates. When you're not in class, you have to learn the material on your own, which is stressful, time-consuming, and a much less effective way to learn.

## 3. You're more likely to graduate.

Chronic absenteeism is the leading indicator that a student will drop out of high school and not graduate.

## 4. You will be better prepared for your future.

When you're in school every day, you get a better education, which means that you'll have more career options and a much brighter future.

## 5. You become more accomplished and interesting.

The more you're in school, the more you learn—and the more you learn, the more intelligent, interesting, and capable you become.

## How's 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 negatively affected your grades in the past?

☐

yes

☐

maybe

☐

no

**Aside from getting better grades, being in school every day gives you the opportunity to do the following.**

▶ **Be with friends**

School is a great place to connect with your friends and meet others who have similar interests and goals.

*Do the friendships you have with other students make you want to be in school every day?*

☐ yes    ☐ somewhat    ☐ not really

▶ **Build a support network**

In your school, you'll find teachers, principals, counselors, librarians, coaches, and secretaries. All of these people are there to support you and help you succeed. Building relationships with them gives you a network of people who are invested in you and your future.

*Who in your school can you turn to for support?*

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▶ **Be part of a community**

When you're in school every day, you feel more like you're a part of the school community. You feel like you belong.

*Is school a place where you feel like you belong?*

☐ yes    ☐ somewhat    ☐ not really

▶ **Develop a sense of pride**

When you're in school and succeeding in your classes, your parents and teachers are proud of you. But most importantly, you can feel proud of yourself!

*What have you done in school that you feel proud of?*

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# The consequences of missing school

Being absent for just a few days here and there can make a big difference in how successful you are in school. Here's why.

## Missed class time

When you're not in class, you miss presentations, discussions, explanations of assignments and projects, class notes, and information on what may be covered on tests. You also can't ask questions or hear the answers to questions asked by other students.

## More study time

When you're in school every day, you learn the material as you go, little by little. Studying for tests then becomes mostly review. When you're not in class, you essentially have to teach yourself, which means more time studying on your own.

## Lost learning

Getting copies of someone's notes or having a friend tell you what you've missed is not the same as being in class. You can never make up everything you miss.

## Lower grades

Not surprisingly, studies show that students who are frequently absent are more likely to perform poorly in school. *It's a fact—if you miss a lot of school, your grades will suffer.*

**What consequences have you had to deal with due to being absent from school?**

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# Your attendance

## How would you rate your attendance?

☐ excellent    ☐ very good    ☐ good    ☐ not so good

## Reasons you sometimes miss school (Check all that apply.)

- ☐ I am sick.
- ☐ I miss the bus.
- ☐ I am bullied or harassed by other students.
- ☐ My classes are too hard.
- ☐ I haven't done my homework.
- ☐ I don't feel like I belong.
- ☐ I feel like I'm too far behind.
- ☐ I stay up too late and oversleep.
- ☐ I don't feel safe.
- ☐ I don't have any friends in school.
- ☐ My parents don't care if I go.
- ☐ I don't have a way to get to school.
- ☐ I am too nervous or anxious.
- ☐ I have other things I have to do.
- ☐ Other \_\_\_\_\_

**Choose one of the above and explain why it has caused you to miss school in the past.**

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# Tips to stay motivated

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If you have trouble getting motivated to go to school, these tips might help.

## Set academic goals

Establish some academic goals for yourself. Think about how regular attendance can help you achieve these goals.

*What is one academic goal you have for yourself this year?*

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## Develop routines

Have a morning routine that gets your day off to a good start, and get up early enough to eat a good breakfast and not be rushed.

Have a nighttime routine that includes getting everything ready for the next day, and going to bed early enough to get a good night's sleep.

*What can you do to improve your morning and nighttime routines?*

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## Stay organized

Keep your class materials, assignments, and class notes organized. Being organized reduces stress and makes it easier for you to stay on top of your coursework.

*What can you do to be better organized?*

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## Get involved

Students involved in school activities generally do better academically and enjoy school more.

*What school activities are you involved in, or thinking about joining?*

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# Have goals for the future

Having specific goals can motivate you to make attending school each day a priority.

*What career or career field do you think might be a good match for you?*

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*What do you think will be the best way for you to prepare for your career?*

- |                        |                              |                                |                             |
|------------------------|------------------------------|--------------------------------|-----------------------------|
| 1. Two-year college    | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 2. Four-year college   | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 3. Career/trade school | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 4. The military        | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |
| 5. Apprenticeship      | <input type="checkbox"/> Yes | <input type="checkbox"/> Maybe | <input type="checkbox"/> No |

*What other goals do you have for your future?*

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*How will having good attendance help you achieve your goals?*

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*Remember, you're not attending school for your parents or your teachers. You're going to school and getting an education for yourself and your future!*

# How can you improve your attendance?

Think about your attendance. If you miss more than a few days of school a year, how can you improve your attendance?

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## If you have to miss school

- ▶ Your teachers will likely be happy to help you catch up when you return, but it's your responsibility to find out what you missed, and to also make up the work as soon as possible.
- ▶ If you miss multiple days of school, keep up on the work. If your teachers don't post assignments online, call a classmate or contact your teacher to see if you can get assignments. Also, make sure to ask a classmate for copies of any notes or handouts you missed.

## How good are you about making up your work?

☐

very good

☐

good

☐

not so good

*If you're not good at making up work, that's just another reason not to miss!*

*"80% of success is just showing up!"*