

## Good attendance habits

If you have attendance issues that are beyond your control, talk to your counselor. If you just have trouble getting motivated, these tips might help.

### Set goals

Establish attendance goals for yourself. Think about the impact that consistent attendance can have on your grades and overall learning. Having specific goals can motivate you to make attending school each day a priority.

### Develop routines

Have a morning routine that gets your day off to a good start. 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.

### Stay organized

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

### Get involved

Students involved in school activities generally do better academically and enjoy school more. Find a couple of school-related activities that look interesting and give them a try.

## If you have to miss school

Sometimes missing school is unavoidable. Here are some tips for handling an absence.

- ▶ While your teachers will likely be happy to help you catch up when you return, it's your responsibility to find out what you missed and to 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 whether it's possible to get assignments. Also, make sure to ask a classmate for copies of any notes or handouts you missed.
- ▶ If you're sick and go to the doctor, get a doctor's note in case your school or teachers require proof in order to mark your absence as excused.
- ▶ Give your teachers a heads up if you know ahead of time that you will be missing school. If you have to miss more than a couple of days, try to give your teachers as much advance notice as you can.

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Why Attendance is Important

for School Success

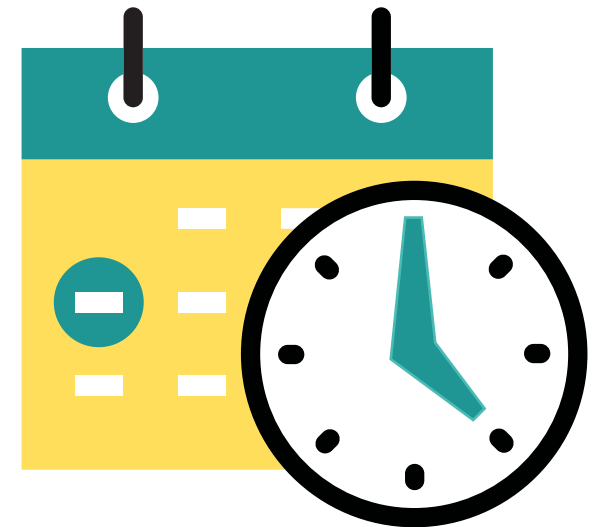
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# Why Attendance Is Important

## for School Success



## Information and Tips for Students

# Why Attendance Is Important for School Success

Attendance is the #1 school success factor! To succeed in your classes, you need to be in school every day.

If your attendance is hurting your success in school, decide right now to make a change—not for your teachers or your parents, but for you and your future.

If you have attendance problems because you don't have a reliable way to get to school, are having problems at home, are being bullied, or are having some other problem, talk to your school counselor. *Your counselor can help you deal with any issue that's preventing you from regularly attending school.*

For more on the ways your counselor can help you, check out this short video.



## The consequences of missing school

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

### You miss a lot

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. This is time-consuming, stressful, and not the best way to learn.

### Lost learning

Don't kid yourself into thinking that missing school is okay as long as you make up the assignments or get copies of the notes. 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.

### Your grades suffer

Not surprisingly, studies have shown 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.*

## Reasons to be in school

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

### Be with friends

School is the best place to make friends and meet others who have similar interests and goals.

### 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 support network of people who are invested in you and your future.

### 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.

### Develop a routine

Having good attendance requires that you develop daily routines, like setting aside time each day for homework. Developing and maintaining routines requires organization and time-management skills—skills that will help you succeed in school, a career, and in life.

### Prepare for your future

The knowledge you gain and the skills you develop in school will help you be more successful now and in the future.