

Why Would Anyone Drop Out of High School?

There are many reasons why a student may want to drop out of high school. In the video, these were some of the reasons students dropped out:

“I believed that nobody believed in me, so I didn’t really believe in myself. I couldn’t see myself graduating.”

“The reason I dropped out of school was because basically I was a follower”

“I didn’t like my work, I didn’t like my classes. The only reason I would really go to school was to see friends.”

“I ditched classes a lot. I started hanging around people who were doing drugs heavily and drinking alcohol.”

“I didn’t focus at all on class, I’d fall asleep you know. I’d pretty much slack off and not pay any attention to the work.”

“I skipped school pretty much my whole freshman year. Didn’t ever do work when I was there. Didn’t pay attention when I was there.”

“A lot of the classes I just started falling all the way behind and got F’s and I just gave up.”

If you are having problems with school and are thinking of dropping out, think about how you would answer the question: WHY DID YOU DROPOUT?

FACTS

High school graduates earn about \$10,000 more per year than high school drop outs.

High school graduates are more likely to have better jobs, better health care and better options over their lives than those who drop out.

Drop outs are more than twice as likely as high school graduates to slip into poverty.

Drop outs are three times more likely than college graduates to be unemployed.

Drop outs are more than eight times as likely to be in jail or prison as high school graduates.

Asking for Help

Sometimes school seems so overwhelming that you feel the only way to get out is to drop out. You might feel isolated and without hope of improvement. Personal issues outside of school may also be a factor. You may have family problems, money problems, or are surrounded by people who discourage you from success.

It's times like these that you have to dig down deep and ask for help from a responsible adult whom you respect. Get your parents involved or find another adult whom you trust to help you. It could be a teacher, counselor, principal, pastor, neighbor, parent of a friend, or an older sibling. It's not easy asking for help, but it can change your life. And there are people out there who want to help you.

Here are some comments from people in the DVD:

"When you feel like giving up, I feel you should talk to somebody within your community. If you have somebody like a big brother, big sister that you can talk to, talk to them. Talk to teachers or counselor or case manager that you are comfortable with at school."

"The church told me that they had some programs for students that can help them to succeed in life. Now I'm focused."

"It was really hard for me so I began talking to counselors and stuff like that to try to figure out where I'm at with my credits and what I have to do to graduate."

"No matter how scared you are, ask for help or go get help. There are adults at every school wanting to help."

"It's not impossible at all, it's simple once you get started. It's getting on the right path that's the hard part."

Who are the people that you can reach out to for help if you need it?

Steps to Healthy Living

You need to take care of your mental, emotional, and physical health. If you have any concerns about your health, speak to a professional health care provider. Have annual physicals to maintain your health. Here are some steps that you can do right now to take good care of yourself. These steps will help you to reach your personal goals.

BE PHYSICALLY ACTIVE

How often are you participating in sports or are physically active in some way? How much time are you sitting in front of a computer or watching television and movies?

Do you need to include more physical activity in your life? If so, how will you do this?

EAT WELL

Do you follow these recommendations (from the USDA Dietary Guidelines)

- Focus on fresh, frozen, canned or dried fruits, rather than fruit juice.
- Vary your veggies – eat more dark green veggies, orange veggies and beans and peas.
- Eat calcium-rich foods, such as low-fat or fat-free milk, yogurt and cheese.
- Eat at least half of your grains whole, such as whole grain wheat, oats or rice.
- When eating protein, eat lean meats and poultry. Include fish, beans, peas, nuts, and seeds.

What can you do today to improve your eating habits? (Go to www.dietaryguidelines.gov for more information.)

GET ENOUGH SLEEP

Poor sleep habits has been tied to lower quality of life. Have you ever been moody because you were tired? Research has shown that people who don't get enough sleep are more likely to overeat. And getting a good night's sleep is more than just going to bed early. For more information, go to www.sleepfoundation.org.

Do you go to bed early enough to get 8 ½ - 9 hours of sleep every night? What can you do to improve your sleep habits?

Steps to Healthy Living

MANAGE YOUR STRESS

Stress can cause problems mentally, socially and physically. Some people treat their stress by self-medicating with alcohol, pot or other drugs. Everybody has stressful times and it is important to reach out to someone to help you find techniques to manage it.

Who can you go to for help when you are feeling stressed?

DEVELOP GOOD RELATIONSHIPS WITH FAMILY AND FRIENDS

Having close family and friends whom you can trust is important for good health. Be with people who truly care about your well-being. This is another area where you should seek help with a responsible adult who can help you if you feel you are having trouble with close relationships.

What can you do to improve your relationships with friends and family?

Skills for Success

There is no magic way to be successful at home, school or work. Doing well at school is something you do for your self, not other people. You can lose money, your home, your “stuff,” but no one will ever take away your education. While it can take discipline and hard work, there are some things you can do to help yourself do well in school and in life:

ORGANIZATIONAL SKILLS

- Use a planner.
- Set up a file system at home.
- De-clutter your room, car and living space.

What can you do today to improve your organizational skills?

TIME MANAGEMENT SKILLS

- Be realistic with the time needed to complete a task or travel somewhere.
- Prioritize your tasks based on what’s important, not just what is most urgent.
- Stop procrastinating. Stop making excuses to avoid doing something.
- Break up tasks into small pieces
- Set deadlines for completing tasks or making decisions and reward yourself when complete.

What can you do today to improve your time management skills?

COMMUNICATIONS SKILLS

- Verbal
- Written
- Listening

What can you do today to improve your communication skills?
