



## You probably spend over 30 hours in class each week. Make the most of them!

### Here are seven things you need to do to succeed in your classes.

For each of these seven items, check the box to indicate if it's something you are **Good at** or something you **Need to work on**.



**Good at**  
**Need to work on**

**1. Have all homework done**

In many classes, homework is a large portion of your final grade. Don't think of homework as something you should do—think of homework as something you *must* do.

**Be in class every day. Attendance is the #1 success factor!**

**2. Participate in class**

Participating in class makes the class more interesting, and it makes the time go faster. It also helps keep your mind focused. Ask questions, volunteer answers, and participate in class discussions.

**3. Have a positive, can-do attitude**

Believe in your ability to succeed, and give each class your best effort. Use positive self-talk to help boost your confidence and stay motivated. (*"I'm smart. I can do this."*).



**Good at**  
**Need to work on**

 

#### 4. Have good body language

The boy who slouches in his seat is saying he's bored and doesn't care about what's going on. If you want to succeed in class, make sure that your body language shows it.

 

#### 5. Be respectful

We all want to be treated with common courtesy and respect. Treat your teachers and classmates the same way that you would like to be treated.

 

#### 6. Be an active listener

When you are actively listening in class, you aren't just hearing the words that are being said, you are also thinking about and trying to understand the information that's being presented.

 

#### 7. Get help when needed

If you're having difficulty with a class, talk to your teacher. If there is something else that's making it difficult for you to succeed (a bully, problems at home, a health issue, etc.), see your counselor.  
*Don't let anything get in the way of your school success.*

### TAKE STEPS TO IMPROVE

Look over the items that you need to work on, and think about what you can do to improve in each of these areas.