

Review: Succeeding in School

Name _____

Date _____



Answer each of the following questions.

1. How can you better prepare to learn?
 - a. Get plenty of rest.
 - b. Eat the right foods.
 - c. Get exercise.
 - d. Collaborate with others.
 - e. All of these.

2. What are two ways you can create a positive attitude?

3. Which of the following is *not* good advice for completing assignments?
 - a. Review the directions carefully.
 - b. Choose a good spot to do your work.
 - c. Finish the assignment as fast as you can.
 - d. List questions you have and ask for help.
 - e. Take pride in your work.

4. Which of the following is beneficial when working toward long-term goals?
 - a. Adjust your plan as needed.
 - b. Stick to the plan, no matter what problems you face.
 - c. Do everything in one giant leap.

5. How can a weekly planner help you succeed in school?

6. What are some ways to deal with a stressful situation?

Reflect: What is one current habit of yours that you could change to help you succeed in school?
