

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?

(Any of the following) Work on your attitude, set learning goals, do your best work, avoid bad influences, stay on course, and adjust your goals as needed.

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?

(Answers will vary.)

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

Ask for help. Step away from the situation. Solve the problem.

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

(Answers will vary.)
