

Review: Succeeding in School

Name _____

Date _____

Your Turn

Answer each of the following questions.

1. Which of the following are ways to “be” ready to learn?
 - a. Be healthy.
 - b. Be active.
 - c. Be positive.
 - d. Be social.
 - e. All of these

2. Name at least three keys for maintaining a positive attitude.

3. What is one approach for reducing the stress in your life?

4. Which of the following is beneficial when working on long-term goals?
 - a. Do everything in one giant leap.
 - b. Adjust your goals as needed.
 - c. Stick to the plan, even if you experience problems.

5. Why is a weekly planner valuable?

6. True or false? Taking short breaks while working on an assignment is okay.

Reflect:

What succeeding-in-school strategy in this chapter did you find most helpful and why?
 Describe one current habit of yours that you could change to help you succeed at school.
