

# 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.

**Possible answers: Be aware of your attitude; decide what you want to achieve; work hard, have fun, be energized; stay away from bad influences; keep on course; expect to have things change.**

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

**Possible answers: Ask for help; step away from the problem; solve the problem.**

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?

**Answers will vary. Possible answer: It helps you manage your tasks and plan your time.**

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

**True**

## 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.

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