

Science Minilessons: Succeeding in School

Healthy Alternatives

READ the tips for “Getting Ready to Learn” (*Inquire* page 210).

FOCUS on the “Be healthy” point.

RESEARCH healthy alternatives to high-fat munchies and sweets.

RECORD the nutritional value of the snacks you eat.

CREATE a weekly planner to track your diet. (See *Inquire* page 215.)

Fresh Start

SET a goal for the next unit you will study in science class.

LIST the things you need to do to reach the goal.

TRACK the steps you are taking to reach that goal.

EVALUATE how well you accomplished your goal.

Ease the pressure.

THINK about what causes you stress in science class.

FREWRITE for 10 minutes about the causes and effects of that stress. (See *Inquire* page 39.)

BRAINSTORM possible approaches to reducing the stress.

ASK a peer for advice.

CARRY OUT a stress-relieving activity.

Math Minilessons: Succeeding in School

Subtracting Stress

IDENTIFY a cause of stress in your math class.

READ the possible approaches to dealing with stress on *Inquire* page 213.

CHOOSE one or more of the approaches and

PLAN how you will reduce your math stress.

SHARE your plan with a classmate or relative.

The Planning Equation

SET a goal for your next math unit.

LIST the tasks you must do to reach the goal. (See *Inquire* page 257.)

CREATE a weekly planner to break down your time and track your goal. (See *Inquire* page 215.)

FOLLOW through with your plan.

EVALUATE how well you accomplished your goal.

Math Partnership

LISTEN carefully to the math instruction during a particular class.

TAKE notes on any concepts that you find difficult.

TEAM UP with a classmate to discuss one of the concepts.

Together, **PRACTICE** math problems that deal with the concept.

ASK your teacher for additional help if necessary.