HOW TO ROCK SCHOOL: 

 Some Top Things Successful Students Do

 ~ adapted for KCC - from Rachael Hinz B.Ed., M.Ed ~

Successful Students are **BRAVE**

 - Acknowledge the ‘grit’, effort + bravery it takes to learn any new skill.

 *- “Courage starts with showing up and letting ourselves be seen.”*

Successful Students **KNOW WHERE THEY WANT TO GO**

 - They set goals + stick to it!

 - Set **specific goals** - know what you want + what you need to do to achieve it

 - Set achievable + measurable goals. (See: *5 Steps for Effective Goal Setting -* handout)

 - eg. I will get more than 65% on my next math test.

 - eg. Next week I will get out of bed within 5 minutes of when my alarm rings.

 (not immediately because that doesn’t work for me)

Successful Students **ELIMINATE DISTRACTIONS**

 - What helps me stay attentive, focused?

 - What are distractions for me? (eg. music: Is it a friend or foe? How to tell?)

 - Consider the research, stats/data on technology use + multitasking.

Successful Students are **ORGANIZED**

 - What helps me be organized? What interferes with my organization?

 - consider: study spaces, supplies available

 - agendas, calendar, To Do lists, checklists .....

 - schedule time

 - orderly binders, notebooks + specific course info

 - The first 5 minutes of class are important!

 - Be efficient and make the best use of class + study time.

 - Find good strategies for notetaking

 - eg. web, list, drawing, columns, colour, codes, index cards, online .....

Successful Students **PRACTICE**

 - Homework - Research shows the value in small amounts of consistent practice time.

 - See research on ‘retrieval practice’.

 - Try practice tests. Textbooks often include tests, mid-chapter reviews, cumulative tests.

 - also in The Key, Absolute Value Publications

 - or search for online practice tests

 - Note the importance of practicing ‘out of context’ in math rather than sequentially.

Successful Students **USE EXPERTS** to help them

 - Advocate for yourself ! Be resourceful. Ask questions.

 - Ask for help : from teachers, other students, counselors, parents, tutors

Successful Students use **BRAIN BASED LEARNING strategies**

 - check out John Medina’s research: ‘*Brain Rules’* - www.brainrules.net

 - “Exercise boosts brain power.” “Sleep well, think well.”

 - “Sensory Integration - stimulate more of the senses.”

 - “Repeat to remember.... Most of the events that predict whether something learned also will be remembered occur in the first few seconds of learning. The more elaborately we encode a memory during it’s initial moments, the stronger it will be.” (from: *Brain Rules* by John Medina)

 - Speed isn’t important in math. Completing fewer questions while using effective strategies + with understanding the process --- matters more. (from: *Big Life Journal*)

Successful Students deal with **STRESS & ANXIETY & SETBACKS in POSITIVE ways**

 - We all will have stress or anxiety or setbacks! Some stressors can motivate us to act.

 - What helps me cope + manage stress, anxiety or setbacks in a positive way?

 - See “Test Anxiety “ handout (*Big Life Journal* by Ashley Cullins)

Successful Students **live out a GROWTH MINDSET**

 - Research shows: that our brain changes and grows over time. - Our brain can be strengthened like a muscle. It is not ‘fixed’.

 - Adopting a Growth Mindset

 - When we put in effort and experience difficulty, we change our brains!

 - Struggle is not lost; our ability improves.

 - Acknowledge the power of “not yet”. I do not know how to do this ‘yet’, but I can learn!

- See: KCC handouts on Growth Mindset.

- See: [www.mindsetworks.com/Science](https://www.mindsetworks.com/Science) - *What can you do to promote a growth mindset in students?*