

# HOW TO BE SUCCESSFUL AT WHITE RIVER HIGH SCHOOL

## Take care of yourself:

- Get plenty of sleep & eat well
- Manage stress positively through exercise, healthy relationships
- Ask for help when you need it

## Manage your time well:

- Prepare for the next day before you go to bed
- Be on time to school and each class throughout the day
- Business before pleasure—get homework done first

## Make your success a priority:

- Education is the key to opportunities in life, so invest the time and effort needed to do well. Work hard and stick with it. Confidence is the payoff.

## Do the things that “good” students do naturally:

- Be here every day
- Get to know your teacher
- Ask questions
- Be willing to say, “I don’t get it”-- and keep saying it until you do get it!

## Learn how to study:

- Take notes and review them regularly
- Set aside quiet time each day for homework
- Use a planner to record assignments, due dates, deadlines, etc.
- Use STAT effectively

## Academic Resources for students:

- Effective use of STAT
- Frequent monitoring of Family Access for attendance, grades, missing assignments
- Counseling Center: academic services such as credit checks, 5 year plan, class schedules
- Student Intervention Teams: academic staffing with teachers and parents
- Village Tutors: Buckley Youth Center