School Counseling Office

Tips for Success

1. Know your counselor:
   Your school counselor is available to help you with many things. Here are some examples:
   - Help make sure you have the credits you need to graduate
   - Introduce you to career and college options
   - Discuss issues that may be getting in the way of your success
   - Contribute to your overall positive experience at school

2. Study Smart
   Positive Study Behaviors
   In Class:
   - Listen carefully to the teacher
   - Take Notes
   - Write down assignments and due dates carefully
   - Participate in class discussions
   - Ask questions
   At Home:
   - Set a study time and stick to it
   - Study for several short periods at a time instead of a long study session to avoid study burnout
   - Review class notes each night for a short period of time to help you remember materials for exam
   - Do not lie down when studying! (you might not remember a thing and you might fall asleep!)

3. Get involved
   1. Meet new people
   2. Join a club, team, organization
   3. Make your middle school your place to feel connected!