

# 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!

