

Name: _____

Date: _____

Top 10 Keys to High School Success

#1 Sleep well. Teens need around 8 to 10 hours per night. Enough sleep is critical for your body and brain to function well. Less sleep means you won't be working at your potential.

#2 Eat right. Healthy and balanced meals give your body and mind energy to work well throughout the day. Take extra time and effort to make sure you're eating enough of the right things, including whole grains, fruits, veggies, and vitamins/minerals. Eating right impacts how you perform on a daily basis.

#3 Be prepared. Make it a habit to come to classes prepared with all of your materials, including homework. You have the best chance of doing well in each of your classes when you do your part and come prepared every day.

#4 Get involved and stay active. Research shows that school involvement can be a big determining factor for your success. Teens who are involved with after school activities, sports, volunteer work, and clubs are more likely to do well inside and outside of school. Additionally, staying active helps your body and brain function at its best while decreasing stress levels. That's a win-win.

#5 Take time with friends. A big part of high school is experiencing the social side, too. Don't isolate yourself. Instead, find time to hang out with friends and participate in activities with others. Spending time with others will positively impact your mental and emotional health in the short and long-term.

#6 Stay organized. Strong organization skills are critical in high school. Juggling many classes, events, and activities means you need to know plans, dates, and deadlines. Take extra time early on to find a system that works best for you so you can get and stay organized.

#7 Study more. High school means these classes count for credits so you'll need to study even more than in middle school. There are several different study strategies and you'll just need to find the best options for your style.

#8 Take classes seriously. High school classes lead to permanent grades on your record that you'll ultimately use to apply to jobs or colleges. It is definitely the time to work extra hard and take classes seriously.

#9 Ask for help. Whether it is academic, social, or emotional help, there are adults at the school ready and willing to help you. Seek out and ask for help when you feel you might need it.

#10 Think long-term. Start thinking and planning for what you'd like to do after high school. What do you want to do as a career for the rest of your life? Do you want to get involved in a trade? Considering joining the military? Looking into colleges far away? These are the questions you should be asking yourself.