

SCHOOL SUCCESS SKILLS

HOW TO HAVE THE BEST 4 YEARS EVER!

5 WAYS TO SET YOURSELF UP FOR SUCCESS

1 - GOAL SETTING

2 - CREATING A CARING, SUPPORTIVE, AND ENCOURAGING CLASSROOM

3 - COGNITIVE/ **MEMORY SKILLS**

4 - PERFORMING **UNDER PRESSURE: MANAGING ANXIETY**

5 - DEVELOPING A **GROWTH MINDSET**

GOAL SETTING 5 PECIFIC REASURABLE A TTAINABLE RELEVANT









UNCLEAR GOALS VS SMART GOALS

UNCLEAR GOALS

SHORT TERM:

I'M GOING TO TURN IN ALL OF MY ASSIGNMENTS THIS WEEK.

SHORT TERM:

I'M GOING TO DO HOMEWORK EVERY DAY THIS WEEK BETWEEN 3:30-4:30 PM, AND USE MY PLANNER TO MAKE SURE I'M TURNING IN THE ASSIGNMENTS WHEN THEY ARE DUE.

LONG TERM:

I WANT TO BE KIND AND POSITIVE TO EVERYONE I **MEET THIS YEAR**

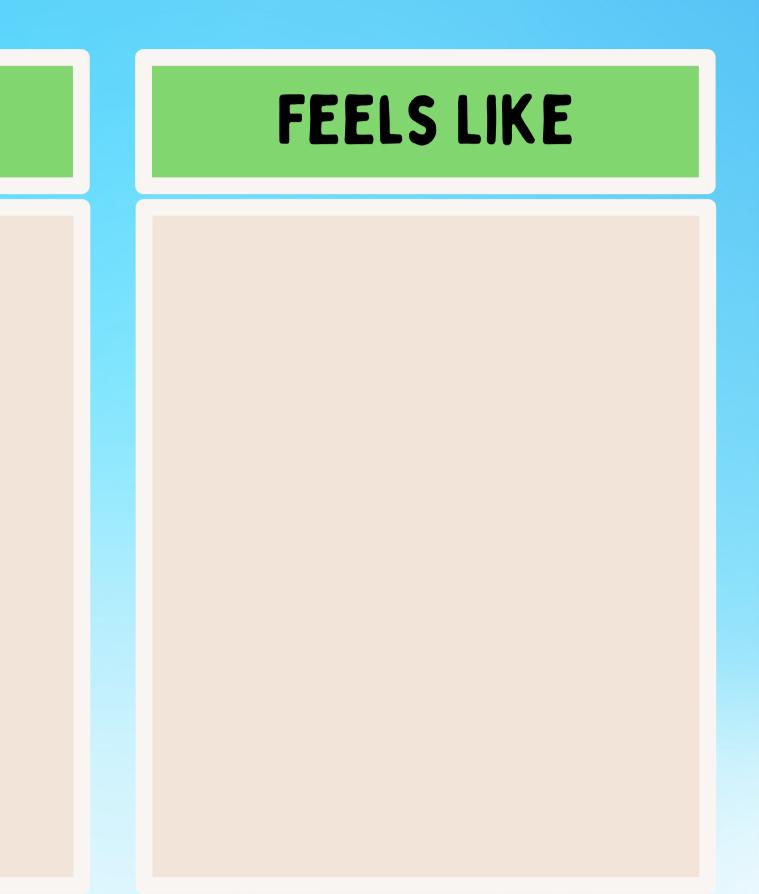
LONG TERM:

I AM GOING TO BE KIND AND POSITIVE TO THE PEOPLE I MEET THIS YEAR BY SITTING WITH A NEW PERSON AT LUNCH AT LEAST ONCE A WEEK AND COMPLIMENTING AT LEAST ONE PERSON I PASS IN THE HALLWAY DURING EVERY CLASS CHANGE.

SMART GOALS

LOOKS LIKE

SOUNDS LIKE



LOOKS LIKE

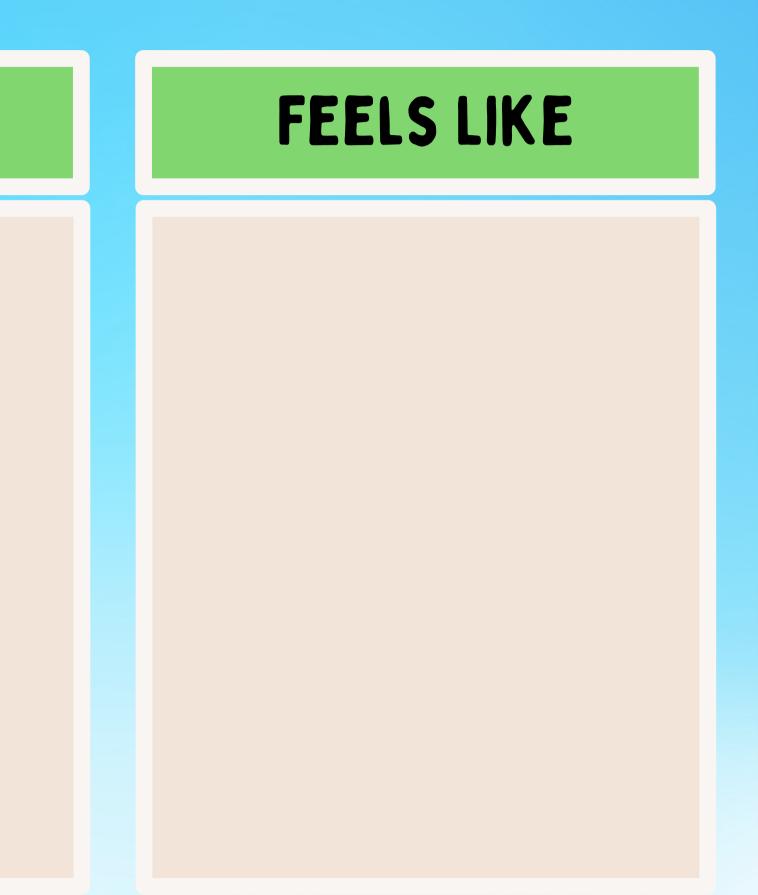
• EVERYONE PAYING

ATTENTION WHEN SOMEONE IS SPEAKING

- NOT BEING ON YOUR PHONE
- OFFERING HELP TO OTHER CLASSMATES WHEN

NEEDED

SOUNDS LIKE

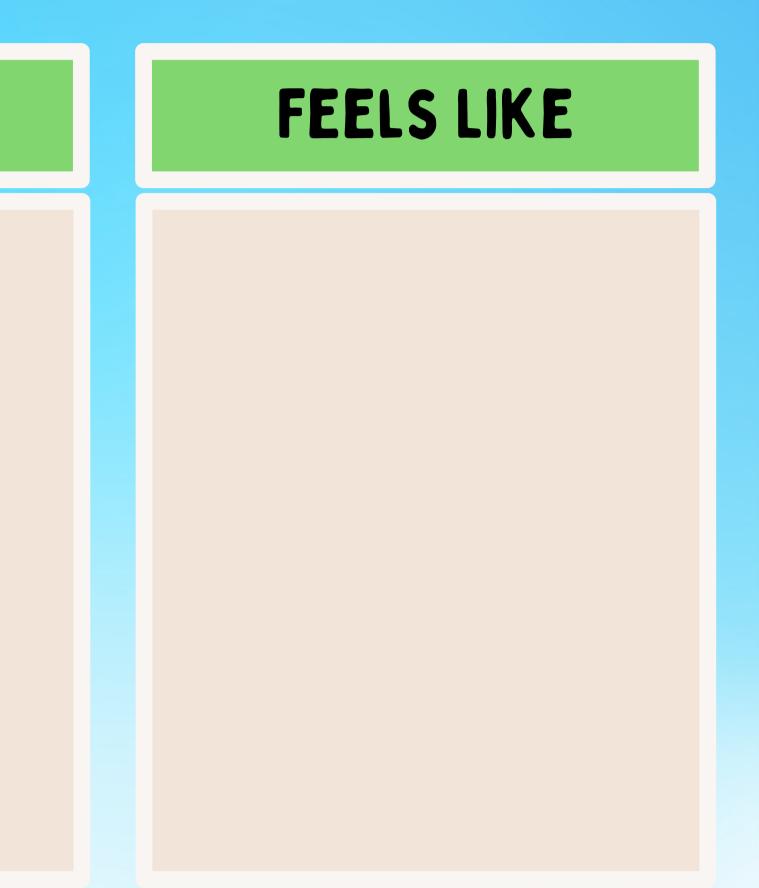


LOOKS LIKE

- EVERYONE PAYING ATTENTION WHEN SOMEONE IS SPEAKING
- NOT BEING ON YOUR PHONE
- OFFERING HELP TO OTHER
 CLASSMATES WHEN
 NEEDED

SOUNDS LIKE

- NOT SPEAKING WHEN
 - SOMEONE ELSE IS
 - SPEAKING
- CLAPPING/SNAPPING
 - AFTER OTHER STUDENTS'
 - PRESENTATIONS
- USING KIND WORDS



LOOKS LIKE

- EVERYONE PAYING ATTENTION WHEN SOMEONE IS SPEAKING
- NOT BEING ON YOUR PHONE
- OFFERING HELP TO OTHER
 CLASSMATES WHEN
 NEEDED

SOUNDS LIKE

- NOT SPEAKING WHEN
 - SOMEONE ELSE IS
 - SPEAKING
- CLAPPING/SNAPPING
 - AFTER OTHER STUDENTS'
 - PRESENTATIONS
- USING KIND WORDS

FEELS LIKE

- SAFE TO SHARE
- COMFORTABLE ASKING

QUESTIONS

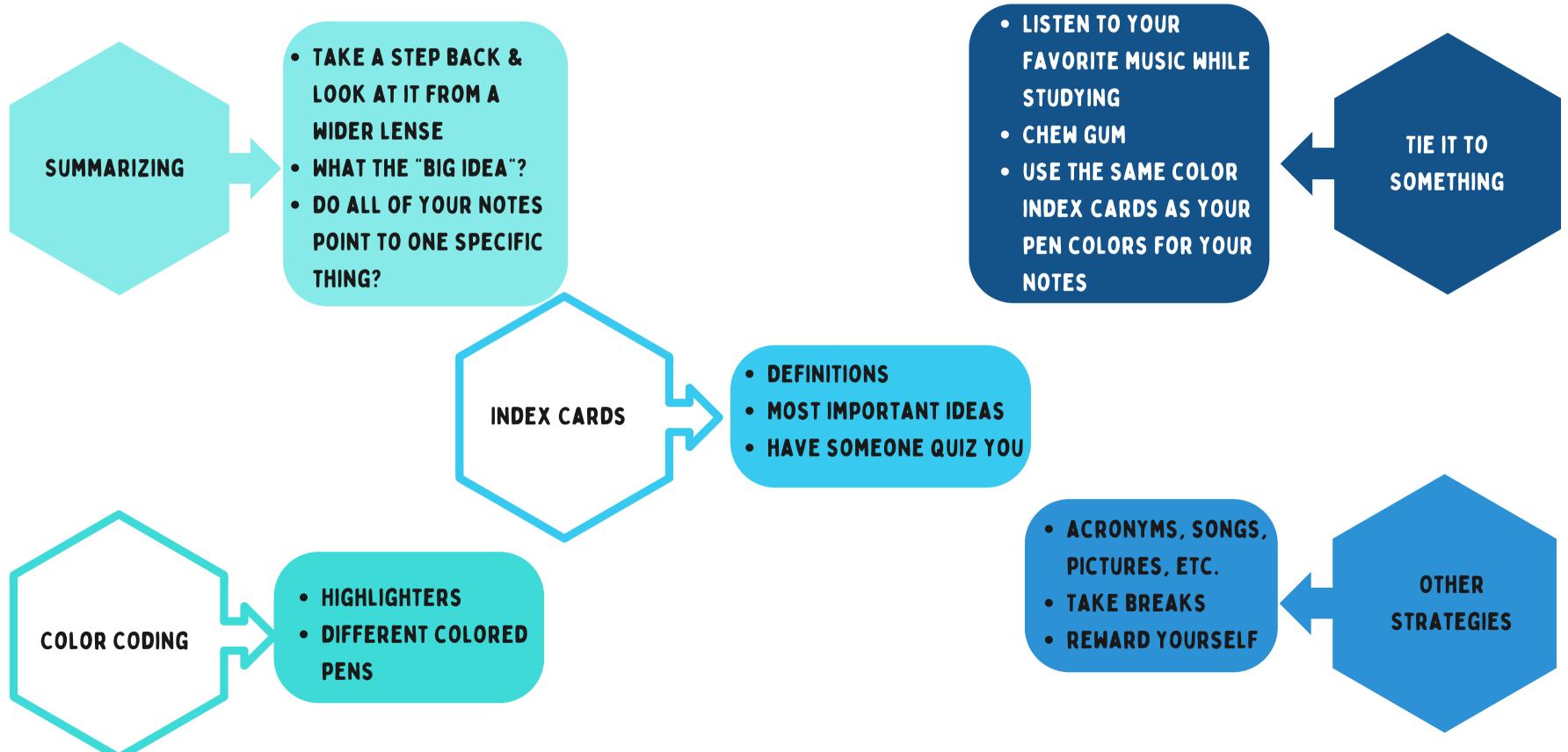
• SUPPORTED BY

CLASSMATES AND

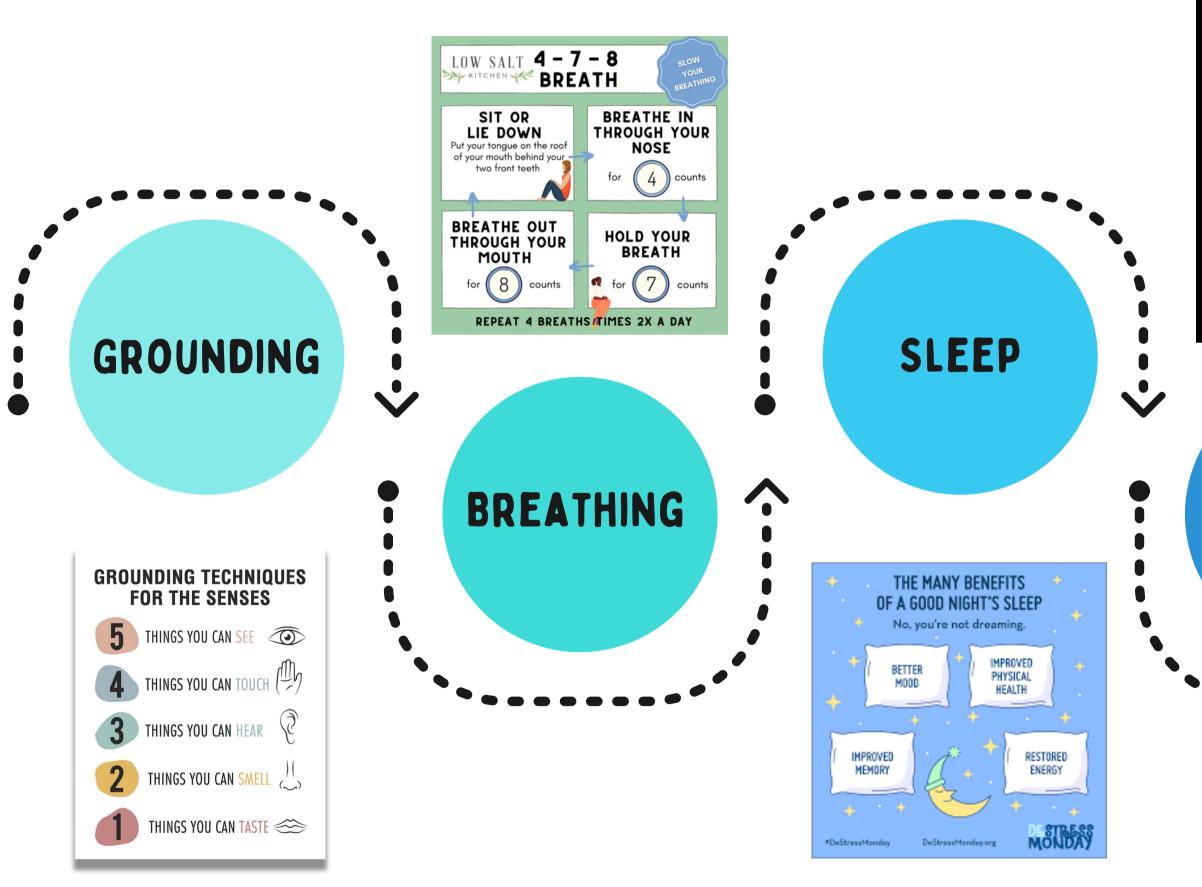
TEACHER

• ALWAYS BEING PUSHED TO DO YOUR BEST

COGNITIVE/MEMORY SKILLS



MANAGING ANXIETY



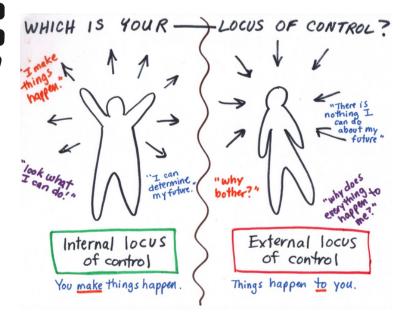


WIDEN THE

LENSE

WHAT CAN I **CONTROL**?

V



Fixed Mindset vs Growth Mindset

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Avoid challenges

Refuse to receive criticism or feedback

Focus on proving yourself

Feel threatened by others' success

> Can't accept failures or mistakes

> > Shy away from unfamiliar things

> > > Believe that talent is static

View challenges as opportunities

Embrace constructive feedback

> Focus on the process, not the end result

> > Be inspired by others' success

Learn and grow from failures

Always step out of the comfort zone

Believe that talent is ever-improving

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