

Cabin John Middle School Suggestions for School Success

<p>Morning</p> <ul style="list-style-type: none"> • Eat breakfast which may include whole grains, protein, & fruit • Allow time in the morning so that you can start your day in a relaxed manner • Build in extra time in the morning to accommodate unforeseen circumstances 	<p>In School</p> <ul style="list-style-type: none"> • Participate in class discussions • Ask questions • Seek help on a regular basis • Turn in assignments on time • Stay organized. • Take good notes • Write down all assignment information in your Cougar Handbook 	<p>Afternoon</p> <ul style="list-style-type: none"> • Get some exercise • Have a nutritious snack • Check Edline. • Check your Cougar Handbook • Spend 1 - 2 hours on homework every evening during the school week • Organize your notebook • Check for assignment completion • Be sure your homework is placed in the correct section of your binder
<p>Homework Tips</p> <ul style="list-style-type: none"> • Take notes on what you read • Highlight important information in your notes • Try to study around the same time each night • Review completed assignments with your parents • Check completed assignments with Edline 	<p>Test Preparation Suggestions</p> <ul style="list-style-type: none"> • Know what information the test will cover • Think about possible test questions and answers for these questions • Begin studying for tests as soon as they are assigned 	<p>Evening</p> <ul style="list-style-type: none"> • Make sure your lunch (or lunch money) and clothes are ready for the next day • Have all necessary school supplies • Put everything in one place for the next day • Eat dinner, which may include vegetables, protein, whole grains and fruit • Spend time doing something relaxing and enjoyable • Enjoy some time with your family • Limit the number of after school commitments • Go to sleep by 9:00 p.m