

## Cabin John Middle School Suggestions for School Success

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