

Improving Academic Performance

The transition into high school can be a tough one for many students: classes get harder, teachers have higher expectations, and as teenagers you have busier schedules and more distractions to deal with than when you were in Middle School. So when your grades start to slip, it can feel like you are starting to fight an up-hill battle. What can students do to get through these roadblocks? This brochure outlines some ideas on ways that students can regain control and seek out the support they need to improve academically.

Tool #1: Consult with your Teachers *"We want you to succeed!"*



Sometimes all it takes is for a student to go talk to their teachers about ways that they could improve their grades in those particular classes.

Many students are actually surprised to learn how willing some teachers are to offer extra help before or after class.

Tool #2: Get Organized



For some students, the roadblock is remembering to turn assignments in on time. Getting organized can help!

- Purchase a planner booklet or calendar to write down what the assignments are AND when they are due.
- Put sticky notes on your mirror in the morning or plug reminders onto your phone to remind yourself that an assignment is due and to bring it with you.
- Keep your backpack or book bag neat and organized. Purchase a folder with sub-dividers so you can keep coursework from each of your classes separate.

Tool #3: Get Extra Help

Free Tutoring Opportunities!

After School Tutoring: School-wide Tutoring is taking place in Room B102 from 2:30-3:30 Mondays – Thursdays. This is for any student in need of some extra help, extra time, or a computer to finish assignments on. WWU students and some high school students will be volunteering to help tutor. Contact Cheryl Picolet x5133

Honor Society Tutors: The Honor Society assists students in completing and understanding homework assignments and classroom lessons. Available after school on early release days. Meets in the library. Contact: Mr. Newman rm C102 x5100
See Counselors for Outside Tutoring Options

Tool #4: Remove The Distractions

Sometimes it's not the content of the class that is difficult to grasp. For some students, grades start to drop due to other distractions that are going on in the student's life. For example, students have difficult home lives, are involved in abusive relationships, or are sad or depressed. For some students, it may be that they are just dealing with a lack of sleep, are over-stressed, or simply have too much on their plate. Whatever the case, students that are dealing with distractions should seek out the help or support they need.

1. Go see your school counselor
2. Tell a close friend, teacher, or parent
3. Get involved at your school
4. Try not to stay up as late
5. Make new friends that have positive influences
6. Move where you sit during classes
7. Eliminate one thing on your plate to allow more room for studying

Tool #5: Get Motivated!

“Tell me and I'll forget. Show me, and I might remember. Involve me, and I will understand.” Native American Saying

“Instruction ends in the classroom, but education ends only in life.” Frederick W. Robertson

