



**GOT SCHOOL? GET READY!**

**GET MY 7 SUPER STRATEGIES to SUCCEED IN SCHOOL!**

*If you get THIS, you can be a success at almost ANYTHING you do.*

*Abraham Lincoln said: "If I had eight hours to chop down a tree, I'd spend six hours sharpening my ax"*

**ARE YOU READY? PAY ATTENTION:**



**#1- GET YOUR BACKPACK READY FOR THE NEXT DAY.**

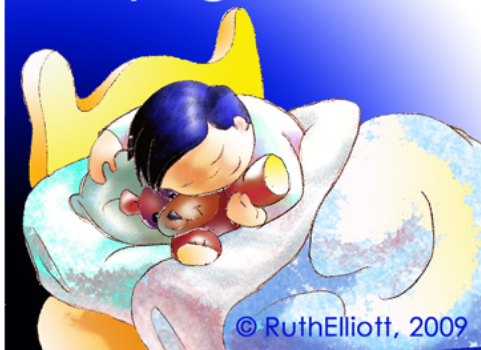
*Put everything in it you will need for school.*



**#2- GET YOUR CLOTHES READY THE NIGHT BEFORE.**

*(If you wait till the morning when you're sleepy you won't be able to decide quickly what to wear. That will slow you down).*

**Sleeptight**



**#3- GET A GOOD NIGHT'S SLEEP.**

*It is said, that "Teenagers need more sleep than a newborn baby!" We all need more sleep! Doctors recommend 10 hours each night. Since light stimulates the brain to wake up, turn off all lights - even LED lights can keep you from sleeping, so cover them up. Avoid sugar and TV before bed, too.*



#### #4- **GET UP ON TIME.**

*Allow at least an hour to get ready. Plan a little 'wiggle room' in your schedule so you won't have to rush. Rushing causes stress. Studies show that stress lowers your brain's ability to think as well.*



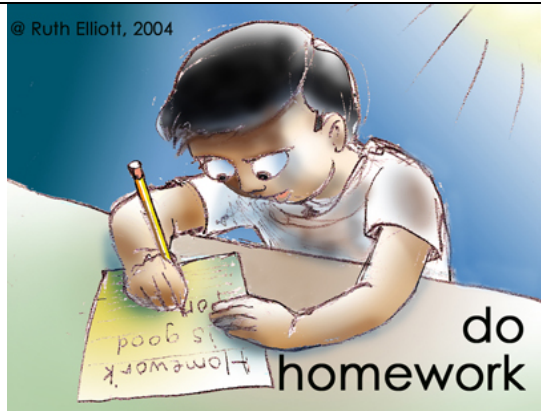
#### #5- **GET A GOOD BREAKFAST.**

*It **IS** the most important meal of the day.*



#### #6- **GET LISTENING.**

*We have 2 ears and only one mouth so we will listen more than we talk. Ask questions if you don't understand. This makes you look more intelligent to your teacher and helps the other children who were too afraid to ask.*



#### # 7- **GET HOMEWORK DONE AS SOON AS POSSIBLE.**

*Right after school - before inertia sets in and you 'lose steam'.*

*~Ralph Waldo Emerson said this:*

***"Make the most of yourself, for that is all there is of you."***