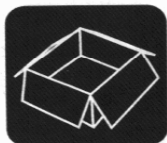


TEN HOME HABITS FOR SCHOOL SUCCESS

A new year . . . Begin anew!



Be Proactive

Plan a workable week-day morning-schedule, including sufficient time for breakfast,

lunch prep, commute time, and an opportunity to preview the day's after-school schedule. Involve your child in preparing lunches and laying out school clothes the night before. Provide a heavy-duty cardboard box for your child to store book bags/backpack, projects, and school paraphernalia.



Appoint Time & Place for Homework

Eliminate distractions. Supervise for completeness and accuracy. Assist with memory work. Organize/plan out long-range projects.



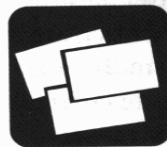
Partner with Teachers

1. Support the *School Handbook* and class requirements. 2. Speak positively of the school in front of children; disagree in private. 3. Avoid gossip. 4. Consider that usually teachers move through several stages of correcting misbehavior before contacting parents or issuing a demerit or detention. Ask your child to explain the "history" behind a teacher correction.



Schedule Sufficient Sleep

10 hours for primary/intermediate grades; nine hours for middle-schoolers; a minimum of eight hours for teens. (Good sleep requires a darkened room and electronic distractions turned off!)



Prepare for Quizzes, Tests

Student may make flash cards, outline chapter material, and create study guides for chapter work.



Be Punctual and Reliable

Anticipate morning routine and traffic to arrive to school before the bell. Be on time for dismissal pick-up.



Redirect Negativity

Use disappointments, mistakes, corrections, and failures as "teachable moments" that help a child to name, claim, and tame personal behavior or skills. Teach the practice: "There is a perception that I 'xyz.' What can I do to change that perception?"



Value Self-control and Thoughtfulness for the "Common Good"

Sacrifice/control individual preference for what is best for all. Rules are necessary where numbers of children gather.



Maintain Social Boundaries

Make a teacher appointment rather than "talk shop" at a parish social or an impromptu encounter.



Foster Self-Esteem

1. Security: routine, procedure, system, emotional safety, consistency, honesty
2. Autonomy: responsibility, intrinsic self-control, accountability, resourcefulness
3. Initiative: prudent risk-taking, self-starting, standards and deadlines. Let mistakes be stepping stones rather than obstacles.
4. Industry: steady care over time to a project, finish what you start, time management, set goals, "Plan your work; work your plan."

