

## 21 Tools and Rules to Becoming an Awesome Student

1. Get a full night's sleep. Grade school and middle school children should get 8 hours of rest every night. High school students should get 8 to 10 hours.
2. Fuel up with breakfast. You need to feed your body so that your brain can function at peak level.
3. Sit up straight in class. This allows for better oxygen circulation which will keep you more alert. You will also look smarter.
4. Greet your teacher(s) daily, make eye contact and let them you are glad to be there. This will make them want to do a better job for you.
5. Whenever possible, try to sit in the front of the classroom. This shows that you are interested and want to be actively involved in the class.
6. Pay attention to your teacher with your eyes and ears. 85% of all communication is nonverbal. By watching your teachers you will understand more and remember information longer.
7. Always ask a question when you don't understand what is being taught. Ask your teacher privately for more instruction before and/or after class. If your teacher is not available, ask if there is someone else (tutor / student / assistant teacher) who can give you some individual help.
8. Do your homework on time every day. You should have a specific location and time where and when you do your homework.
9. Have your parents double check all of your homework.
10. Turn off your stereo, TV, iPod, and all electronic devices when doing your homework. This includes your cell phone.
11. Turn off your cell phone while you are in classes at school. You are there to learn and not to text.
12. Turn in all of your assignments on time.
13. Always do extra credit assignments when they are offered by your teacher.
14. Do not talk with friends in class. Socializing needs to be done before, between, and after classes.
15. If needed, get a tutor.
16. Realize that your success at school is your most important responsibility as a pre-adult.
17. Do not let friends and classmates who are not doing well in school drag you down to their level. Misery loves company.
18. Do not accept average. Average is the enemy of greatness. Who are you not to be great?!
19. If you give 100% effort in all of your subjects in school, you will be able to identify what you are naturally best at academically. This will help you to choose a career path as an adult.
20. There is no such thing as a "dumb student". All students learn differently. There are visual learners, auditory learners, kinesthetic learners, dyslexic learners, etc.
21. You must understand that there are many types of intelligences beside the three R's that are graded in school. There is artistic intelligence, physical intelligence, emotional intelligence, etc. Do not ever let someone (teachers, coaches, friends, parents, relatives) make you believe that you are not talented, capable and smart.