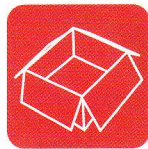


# TEN HOME HABITS FOR SCHOOL SUCCESS

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.



## 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!)



## Value

### Self-control and Thoughtfulness for the

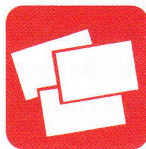
#### “Common Good”

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



## Appoint Time & Place for Homework

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



## Prepare for Quizzes, Tests

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



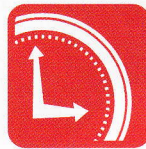
## Maintain Social Boundaries

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



## 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.



## Be Punctual and Reliable

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



## 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.”



## 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?”

