10 Keys to Middle School Success

#1) **Sleep Well.**Teens and young adults should be getting 9 to 10 hours per night. enough sleep is critical for your body and brain to function well. xxxxx

#2) **Eat Right.**Healthy and balanced meals give your body and mind energy to work well throughout the day. Take extra time and effort to make sure you're not only eating enough, but eating a mix of everything you need (fruits, veggies, dairy, and whole grains).

#3) **Do your homework.**Making it a habit to do your homework each night will help you practice skills and be ready for the quizzes and tests. It also helps to show your teacher that you care, which may come in handy when you need his or her help

 #4) **Pay attention in class.**Focusing and using class time wisely is one of the best ways to get ahead in middle school. Since you'll be switching around from class to class, it's important to pay attention and follow along for every minute that you can.

#5) **Get involved.**Research shows that school involvement can be a big determining factor for your success. Kids who are involved with after school activities, sports, and clubs are more likely to do well inside and outside of school.

#6) **Think positive.**Things are going to get tough and overwhelming at times. It's important to stay positive and know that you CAN do whatever you put your mind to!

#7) **Ask for help.**Whether it is academic, social, or emotional help, there are adults at the school ready and willing to help you. Seek out and ask for help when you feel you might need it.

#8) **Stay organized.**A little organization goes a LONG way in middle school. Writing down homework in a consistent place and keeping pages organized in the right spots will help you study, turn in work, and do better on tests/quizzes.

#9) **Make goals.** Give yourself something that you want to attain by the end of the marking term. Then, make a plan and stick with it to get there.

#10) **Take risks.**Middle school is the time when you start to grow up and figure out who you are in the world. Take risks and be brave. It will pay off in the end!

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