



# Preparing For High School

ADDRESSING THE NEEDS OF INDIVIDUAL STUDENTS IN  
PREPARATION FOR THE FUTURE

## Setting Goals

A *goal* is something you want to achieve. A *short-term goal* is something you want to achieve soon. Examples of short-term goals are finishing your homework and doing well on tomorrow's test. A *long-term goal* is something you want to achieve at some later date. Examples of long-term goals are writing a paper and passing a class.

To set appropriate goals, you must know what is important for you to accomplish. Then you must set specific and clearly stated goals. If you do not have clearly stated goals, your effort will lack direction and focus. Write your goals to have a record of them.

### THE THREE W'S OF GOALS

Each goal you set should state **WHAT** you will do and **WHEN** you will accomplish it. Implied in each goal you set is your **WILL** (determination) to do it. For example, a goal for a research paper might be stated as follows: *I will* (your determination) *finish gathering information for my research paper* (what you will do) *by November 20* (when you will accomplish it).

### CHARACTERISTICS OF APPROPRIATE GOALS

Your goals should be:

- within your skills and abilities.** Knowing your strengths and weaknesses will help you set goals you can accomplish.
- realistic.** Setting a goal to learn the spelling of three new words a day is realistic. Trying to learn the spelling of fifty new words a day is not realistic.
- flexible.** Sometimes things will not go the way you anticipate and you may need to change your goal. Stay flexible so when you realize a change is necessary, you will be ready to make the change
- measurable.** It is important to be able to measure your progress toward a goal. It is especially important to recognize when you have accomplished your goal and need to go no further. Failure to measure your progress toward a goal and recognize its accomplishment will result in effort that is misdirected and wasted.

**within your control.** Other than when working as part of a group, accomplishment of your goal should not depend on other students. You can control what you do, but you have little or no control over what others do. You may do what you have to do, but if others don't, you will not accomplish your goal.

Many times your *parents, teachers, and counselors* will set goals for you. Be accepting when they do. These are people who know what is important for you and are very concerned with your success. They can also help you accomplish the goals they set.

SET GOALS IN SCHOOL THAT PROVIDE YOU WITH DIRECTION AND LEAD TO SUCCESS

### We Need Your Help

*Each student has a diary. The diary is a vital tool for each child's success. It contains your child's individual timetable, homework tasks, assignment due dates and special events. Without this diary your child will not know what to bring each day or when their assessment items are due.*

*At school we use the diary to track lessons, Behaviour in lessons and tasks. We view it as vehicle to communicate with your child and yourself.*

*We are asking for your assistance while we work to teach the students how to use the diary....*

*Please take a few minutes each Friday to view the week ....discuss what is recorded in the diary and sign the bottom of the page.*

*Staff will be checking the diary each week ... to ensure it is signed.*

*This is a common practise in most High Schools.  
Thanks*

# Motivating Your Child to Study

If you find that your child lacks motivation to study, welcome to the club. Just about every student experiences this problem at one time or another.

Motivation is important for good studying. When you are motivated, you will find it easy to stay focused over a period of time. When you are not motivated, you will not only find it difficult to stay focused, but you will find it difficult to get started in the first place.

Here are some ways to increase ones motivation to study.

**Reward yourself for studying.** For example, after a successful study session, have a treat like a nice big ice cream cone. Go crazy and add some cherries and nuts.

**Study with your friends.** Don't make it party time, but you can have fun as you do this.

**Remind yourself of your long-term goals.** Achievement of your goals likely requires educational success. Educational success requires studying.

**Eliminate distractions.** If you are surrounded by things you would rather do than study, you will probably do those things instead of studying.

**Develop interest in what you have to study.** This will make

studying more enjoyable.

**Take breaks.** When you feel that you need to take a break, try to stop at a point where it is logical to stop. This will make it easier for you to resume studying after your break.

**Establish a comfortable environment.** You will be more inclined to study if you feel comfortable.

**Establish reasonable goals for a study session.** You probably won't get very far if you look at your study session as "mission impossible."

**Use a motivational poster.** Place the poster where you can see it as you study. The poster should include positive words and a picture depicting success. You can buy one or even make your own. You can also read inspirational stories about real people who have achieved success through effort.

**Just do it.** Once you do, you will feel a lot better than if you are worried about getting it done.

**Whenever you experience difficulty sitting down to study, follow the suggestions above to motivate you to do what you have to do.**

## Good Listening in Class

It is important for you to be a good listener in class. Much of what you will have to learn will be presented verbally by your teachers. Just hearing what your teachers say is not the same as listening to what they say. Listening is a cognitive act that requires you to pay attention and think about and mentally process what you hear.

Here are some things you should do to be a good listener in class.

●**Be Cognitively Ready to Listen When You Come to Class.** Make sure you complete all assigned work and readings. Review your notes from previous class sessions. Think about what you know about the topic that will be covered in class that day.

●**Be Emotionally Ready to Listen When You Come to Class.** Your attitude is important. Make a conscious choice to find the topic useful and interesting. Be committed to learning all that you can.

●**Listen with a Purpose.** Identify what you expect and hope to learn from the class session. Listen for these things as your teacher talks.

●**Listen with an Open Mind.** Be receptive to what your teacher says. It is good to question what is said as long as you remain open to points of view other than your own.

●**Be Attentive.** Focus on what your teacher is saying. Try not to daydream and let your mind wander to other things. It helps to sit in the front and center of the class and to maintain eye contact with your teacher.

**Be an Active Listener.** You can think faster than your teacher can speak. Use this to your advantage by evaluating what is being said and trying to anticipate what will be said next. Take good written notes about what your teacher says. While you can think faster than your teacher can speak, you cannot write faster than your teacher can speak. [Taking notes](#) requires you to make decisions about what to write, and you have to be an active listener to do this.

●**Meet the Challenge.** Don't give up and stop listening when you find the information being presented difficult to understand. Listen even more carefully at these times and work hard to understand what is being said. Don't be reluctant to ask questions.

●**Triumph Over the Environment.** The classroom may be too noisy, too hot, too cold, too bright, or too dark. Don't give in to these inconveniences.

**Stay focused on the big picture - LEARNING.**