

# Secrets to School Success Checklist

Answer the following statements with Yes (Y), No (N), or Sometimes (S) to assess your level of commitment to school success.

- \_\_\_\_\_ 1. I attend school regularly (no more than 6 absences a year).
- \_\_\_\_\_ 2. I try to sit close to the front of the room in my classes.
- \_\_\_\_\_ 3. I give my teachers eye contact.
- \_\_\_\_\_ 4. I am on time to all of my classes.
- \_\_\_\_\_ 5. I meet with my teachers to discuss assignments and make-up work.
- \_\_\_\_\_ 6. I ask questions in class when I don't understand assignments.
- \_\_\_\_\_ 7. I participate in class discussions.
- \_\_\_\_\_ 8. I turn my assignments in on time.
- \_\_\_\_\_ 9. When I am absent, I ask for make-up work the day I get back.
- \_\_\_\_\_ 10. I do extra credit regularly.
- \_\_\_\_\_ 11. My assignments are neat and organized when I turn them in.
- \_\_\_\_\_ 12. I make a table of contents for binders, notebooks, and reports.
- \_\_\_\_\_ 13. I take notes in my core classes (English, math, science, social studies).
- \_\_\_\_\_ 14. I review my class notes and assignments every day.
- \_\_\_\_\_ 15. I read regularly for school assignments and for my own enjoyment.
- \_\_\_\_\_ 16. I have a regular study time at home.
- \_\_\_\_\_ 17. I eat a nutritious breakfast every morning.
- \_\_\_\_\_ 18. I get at least 7-8 hours of sleep every night.
- \_\_\_\_\_ 19. I want to succeed in school.
- \_\_\_\_\_ 20. I behave appropriately in all of my classes.
- \_\_\_\_\_ 21. The people I care most about value my opinions.
- \_\_\_\_\_ 22. I have a good school schedule.
- \_\_\_\_\_ 23. I know what my abilities and interests are.
- \_\_\_\_\_ 24. I have a plan for school success today and for the future.
- \_\_\_\_\_ 25. My parents are involved in my education.

SCORING:

Y = 1 point

N = 0 point

S =  $\frac{1}{2}$  point

15-20 points

10-14 points

0-9 points

*You want to be successful in school.*

*You are working on being successful in school.*

*You need some help in learning how to be successful in school.*

Your Score

\_\_\_\_\_

Identify five school success areas for personal improvement. Set clear goals that focus on these areas and create a plan to accomplish your goals.