

How to Survive at Southeast

LSE Counselors' Tip Sheet

BE HERE --EVERY DAY, IN EVERY WAY

GET ORGANIZED

- **HAVE ONE NOTEBOOK PER CLASS**
- **KEEP YOUR PLANNER--KNOW WHEN THINGS ARE DUE, WHEN THERE ARE TESTS...**
- **KEEP LISTS**
- **TOO BUSY? LEARN TO PRIORITIZE... THAT MAY MEAN SAYING "NO" TO SOME THINGS**
- **USE ALL OF YOUR TIME EFFICIENTLY (IE) BETWEEN CLASSES, AFTER SCHOOL, SATURDAY AFTERNOON....**

MAKE THE COMMITMENT TO YOURSELF TO SUCCEED

JUST DO IT!

- **Read every assignment**
- **Do every assignment completely and turn it in on time**
- **Always review before a test**

WHAT RESEARCH TELLS US:

- Study in 1 specific place
- Keep only 1 subject on your desk at a time
- When you start to lose focus, take a 3 minute break
- Hit your weakest subject first, then review it once more right before you go to sleep
- TURN OFF THE TV AND RADIO

In every class find a study partner to -call if you have questions about the course, -get notes from in case you are ever ill, -study with to prepare for exams.

Get Involved! Take a risk and join a Club, a Sport, Try-out for a play, Sing, Play a Musical Instrument, Run for an Office or Student Council, Volunteer, Contribute, Make the Most of HS

*Say this 3 times every morning:
"If It Is To Be, It's Up To Me"*

Show Initiative !

Math is like a sport...

-To be able to **Do** it, you have to **Practice, Practice, Practice !!**

LSE Math Lab

F207 Mon, Wed and Th 2:50 to 3:45

Happiness is not getting everything you want, it's being happy with everything you get.
Being successful doesn't necessarily make you happy, but being happy will make you successful

*****Three weeks of studying will NOT make up for
Fifteen weeks of zeros.*****

Feed your Mind

- Eliminate negative thinking*
- See your strengths*
- Express your gratitude*

Feed Your Body

- Get 8 hours of sleep*
- Exercise, Exercise, Exercise*
- Drink more water*
- Eat nutritious food*

Care for You

- Enjoy quiet time*
- Listen to your inner voice*
- Commit an act of kindness*
- Express your appreciation*

If you don't know something....ASK !!!

*Do NOT relax behind poor grades and say,
"If I tried, I could get an A"
Let your criteria for Success be,
"I tried my Best"*

A Realization:

***You Can Do Well in School and
Still have a Social Life!!***

**Average 2 of your grades...a perfect paper and one missing. Zeros destroy your
GPA**

LSE SOS

**Room D121 every M, W and TH – after school
Free tutoring and homework assistance**