How to be a Rock Star Student

**9A**

Although college may seem so far from now, the time will pass more quickly than you think.



It’s not only about making good grade! Colleges look for students who have more than just a decent GPA (grade point average). College wants students who challenge themselves with harder classes, are involved in extracurricular activities, volunteer, extend themselves to social causes, show leadership, and demonstrate the ability to work through obstacles.

Research shows that students with few or no absences have higher grades. College professors often have attendance policies with class participation factoring into your grade.



A little organization goes a long way, plus it saves undue stress from misplacing important items (like your homework). Keep classwork organized, have a folder for each class, preferably a different color. Use a calendar or planner to write down important dates, deadlines, events, clubs meetings, etc. Part of growing up and being independent means taking responsibility for yourself. Learn to manage your stuff and your time.

Study Tips

* Cramming doesn’t work for the brain to seal new information
* Spread out study sessions
* Quiz yourself after studying
* Avoid multitasking
* Take a break from studying to allow what researchers call think time

“How to be a Rock Star Student” Worksheet

**9A**

What does GPA stand for?

What are ways you stay organized?

Are you involved in any volunteer work or extracurricular activities?

*Beware of common mistakes students make! If you’re guilty of doing any of these, draw a star next to it so you can recognize areas of improvement. Be honest.*

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 \_\_\_ Having a negative attitude

 \_\_\_ Putting off doing an assignment until the last minute

 \_\_\_ Copying homework from another student

 \_\_\_ Leaving an assignment at home

 \_\_\_ Procrastinating studying for an upcoming test

 \_\_\_ Losing your homework or other important paper(s)

 \_\_\_ Forgetting about a test or assignment due date

 \_\_\_ Not doing an assignment

 \_\_\_ Choosing to be on social media instead of doing homework

** \_\_\_ Missing a day of school unnecessarily

 \_\_\_ Making an excuse to avoid a meeting or practice

 \_\_\_ Showing up for class unprepared