

Successful Students...

1. Do 2 -3 hours of homework in the evening. (Homework is more than just written homework! Studying and looking ahead EVERY night is the best way to prepare).
2. Pay attention and participate in class.
3. Get involved in activities. (Not too many, though! Keep a balance of academics and activities).
4. Exercise on a daily basis.
5. Get at least 7 hours of sleep every night.
6. Eat more protein than carbs, especially in the morning.
7. Drink plenty of water during the day.
8. Turn OFF cell phones while doing homework.
9. Know where and when to get tutoring.
10. Pray daily.