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News Release

## **Secrets to School Year Success**

Kids across the nation are getting back into the mode of a student as they prepare for, yet, another school year. Parents are, undeniably, hoping for either continued success, some improvements or, perhaps, a fresh start for their child as they embark on a new year. Many of these parents may possibly find that they share the common thread of the child who possesses great talents and intellectual abilities, yet may not always have this aptitude evidenced or equated within their grades. High achievements may seem reserved for select students; however, nearly all students can attain or improve school success when they apply their full potential.

A student's potential is best manifested when certain tools are utilized. Employing tools such as the following unlock the basic secrets hidden inside of nearly every high achiever:

- Embrace a healthy self-esteem. Every individual has a greater potential for success when they get in tuned with what lies within.
- Listen carefully in class; ask questions and seek help when needed.
- Be sure to eat a good breakfast and get a good night sleep.
- Set a good routine/time to study and do homework that best ensures all tasks will be completed.
- Focus on where present dedication can take you within the future.
- During test taking, read and follow directions carefully and double check answers when possible.
- Join an extracurricular organization or take part in a school event or activity to help promote well-roundness and leadership skills.
- Seek positive ways to genuinely enjoy your school experience.
- Set goals, perhaps, small ones that build into bigger ones and develop the attitude to match it!
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Parents, as you add others and help bring this list to life for your child, below is some advice especially for you (*Courtesy of Boys and Girls Town*).

*1) Check on your child's school progress. Find out who the teachers or key school personnel are that you need to know. Introduce yourself and tell them who your child is. Encourage them to contact you if they have any concerns. 2) Monitor your child's homework. Establish clear expectations for completing homework (e.g., assignments*

*must be done before watching TV). 3) Get involved with your child's school. Volunteer to help in your child's classroom or with class activities when your schedule allows. You may want to join the PTA or sports booster clubs.*

Parents, also, be watchful to identify and seek solutions to extenuating issues that could be underlying deterrents of success such as family and personal concerns, stress, depression, etc. A last bit of advice for the road is to show enthusiasm in their successes, big and small, and always remain encouraging. A road to school success may be paved with some sacrifice and re-directions, but will prove to be a rewarding journey. Extension wishes you and your child a prosperous school year!

*Publications are available on this topic at [www.aces.edu](http://www.aces.edu). For more information on this or related issues, contact Synithia Williams, Regional Extension Agent in Family and Child Development for the Alabama Cooperative Extension System at (205) 338- 9416 or email at [willisl@aces.edu](mailto:willisl@aces.edu).*

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