

# Need Success?

## be engaged

so you are more likely to learn, remember, and be interested in what's being taught.

### How do you engage?

- ◆ **Be Prepared for Class**  
*have your homework done, bring what you need, be well rested and ready to learn, and leave your problems at the door*
- ◆ **Eliminate Distractions**  
*put your cell phone away as well as anything else that isn't directly related to what you are doing in class*
- ◆ **Get Excited**  
*give yourself a reason to focus and pay attention and challenge yourself to take good notes*
- ◆ **Participate**  
*ask questions when you are unsure or write them down to ask later, answer the teacher's questions, and engage in small group or class discussions*
- ◆ **Keep Your Body Engaged**  
*come to class well rested and fed, take notes during lessons to stay focussed, and ensure your body language shows you are interested and engaged*
- ◆ **Get Back on Track**  
*if you catch your attention drifting, notice it, and refocus on the class, jot down notes about your distractions for later, use self-talk to re-engage, and remember that the more you learn in class, the less you have to learn on your own*



## be motivated

so you are more confident in your ability and feel less frustrated or willing to give up.

### How do you motivate yourself?

- ◆ **Choose Friends Wisely**  
*choose to be around people who support and encourage you because they will help you achieve your goals*
- ◆ **Believe in Yourself**  
*recognize the talents and abilities that you have because you have a greater chance for success when you believe you can succeed*
- ◆ **Have Positive Energy**  
*having confidence, purpose and a smile will make you feel more positive*
- ◆ **Set Goals**  
*create a list of both short-term and long-term goals to give you direction*
- ◆ **Focus on Your Strengths**  
*your future lies in the pursuit of your interests, so develop your talents and strengths*
- ◆ **Use Positive "Self-Talk"**  
*when things aren't going well, combat that negative and critical voice in your head by changing your self-talk*
- ◆ **Don't give up**  
*success comes when you have faced failure, but refused to give up – persistence will get you through*

### Make it happen by . . .

- leaving yourself motivational sticky notes
- visualizing success
- learn from your mistakes to turn failures into success
- when you're feeling overwhelmed, take a break before returning to your work

## be positive

so you live a happier, healthier, and more successful life.

### How do you stay positive?

- ◆ **Think for Yourself**  
*control your own thoughts, attitudes and behaviours because you can't control everything that happens around you*
- ◆ **Look to Those You Admire**  
*when you are faced with a challenging situation, consider how someone you admire would respond to the situation*
- ◆ **Have Confidence in Your Strengths**  
*look for ways to develop your talents and abilities and believe in your ability to succeed*
- ◆ **Accept that it is a Work in Progress**  
*Don't be hard on yourself because no one is perfect, just do your best*
- ◆ **Try New Things**  
*challenge yourself to stretch your boundaries and look for new experiences*
- ◆ **Be Flexible**  
*things won't always go as planned, so stay positive, react constructively, and adapt to changes*

### Make it happen by . . .

- do what you love and find your passion
- surround yourself with positive people
- practice random acts of kindness
- achieve balance

→ be true to yourself