

Name:

School:

Grade:

How to Become a Rock Star Student

- Show Up- Students with few or no absences have higher grades.
- Practice Resilience- We all struggle at some point. Hang in there!
- Stay Organized- Being unorganized can cause you to lose assignments.
- Get Involved- Colleges are looking for more than just good grades.
- Listen- Be sure to focus and think when teachers lecture.
- Participate- Active participation can help boost your grade.
- Try- Putting maximum effort into all assignments is necessary.
- Balance Life- Planning ahead, utilizing resources, prioritizing and not taking on too much can help you succeed.

COMMON STUDENT MISTAKES

1. HAVING A NEGATIVE ATTITUDE

2. PROCRASTINATING

3. COPYING WORK FROM OTHERS

4. LEAVING ASSIGNMENTS AT HOME/SCHOOL

5. LOSING IMPORTANT WORK

6. FORGETTING ABOUT ASSIGNMENTS

7. NOT DOING WORK

8. NOT MAKING SCHOOL IMPORTANT

9. MISSING SCHOOL

10. BEING UNPREPARED

Name:

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9A

“How to Become a Rock Star Student” Worksheet



Section I: Answer the following True/False questions.

1. Research shows that students with few or no absences have higher grades. (T/F)
2. Multi-tasking helps you and your brain work more efficiently. (T/F)
3. Taking no breaks helps with better retention of information. (T/F)

Section II: Please answer the following multiple-choice questions.

2. How many times should you revisit material when studying?
 - a. 2
 - b. 3
 - c. 4
 - d. 5
3. How many hours of sleep should you get per night?
 - a. 6-7
 - b. 10-15
 - c. 7-8
 - d. 5-6
4. What percentage of the brain is made of water?
 - a. 71%
 - b. 75%
 - c. 68%
 - d. 82%
5. What are some ways to “Self-Test” yourself following a single study session?
 - a. Self-reflection after reading
 - b. Answer questions at the end of chapter
 - c. Take a practice test
 - d. All of the above
6. In addition to water, the brain requires _____ to function and stay alert.
 - a. Nitrogen
 - b. Oxygen
 - c. Cellulose
 - d. Keratin

