

achieve at school

School is one of the most important times of your life. Occasionally, school work may seem irrelevant or six years at secondary school may seem like a very long time. When it feels this way, you need to remember that education opens many doors for your future. Also remember that your whole life after school will definitely be a lot longer than your school years.

While some students may always 'put down' working hard and paying attention, these things are very important because effort in the classroom has a big influence on how much you learn and what you can achieve. If you think of your life – as a child, an adolescent and then an adult – there is plenty of time to play around, and you only spend a short amount of time in class – so try to make the most of it. Some of the benefits from trying to achieve at school include:

- Getting the best results you can
- Knowing that you tried
- Feeling proud of yourself
- Getting a job or course you want
- Being able to relax at other times away from school
- Gaining respect from teachers
- Gaining respect from your parents
- Respecting yourself
- Actually learning new things and getting smarter
- Discovering that you are good at something
- Having a lot of information and knowledge
- Creating opportunities for yourself

One of the first steps to achieving anything in life or at school is to **SET GOALS and PLANS**. When you have goals and plans it gives you direction towards achieving them. Your goals do not have to be huge – they can be small or simple. One important factor is that they are your goals. Think about what you want to do after you leave secondary school. What do you enjoy doing? If you don't know, that is OK, but it can be fun dreaming about different things.

When you have goals and plans, it helps to motivate you, which in turn helps you to concentrate. Many people think about their goals, but leave out the plans on how to achieve them. You actually need to think about the plans more than the goals. Many successful people such as athletes, business executives, musicians and movie stars write down their goals and plans. They also regularly review them to check how things are going and to make sure they stay on track. You should try to do the same.

➤ **What are 3 goals that you could set for this year?**

➤ **What are 3 goals that you could aim for after secondary school?**

➤ **For each goal write out a plan about what you need to do to achieve that goal.**

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Once you have goals and plans, it becomes easier to **DO YOUR BEST**. As well as the factors listed above, when you do your best you have self-respect. Self-respect enables you to be confident, because you know that you have put in effort. Once you practice doing your best at school, it also becomes easier to do your best in other areas of your life such as at home, in sport or other areas. Doing your best doesn't just happen, you need to practice it!

With the positive attitude from doing your best, it also becomes easier to be determined and **NEVER GIVE UP**. Everyone experiences bad times or feels that they are being picked on sometimes. Many successful people have experienced failure before they have succeeded. If you adopt the motto of **NEVER GIVE UP**, you will not always feel down when you make a mistake. Accepting mistakes also helps you to learn and move on to doing things better next time.

When you are with friends in class or at other times, it can be easy to ignore 1) your goals and plans 2) doing your best or 3) never giving up. If people discourage you from trying to achieve something it may be because they are afraid that if they try, they might fail. Alternatively, there may be other reasons why people do not work to get the most out of themselves. However, it is important for you to be aware that you control your own destiny, and following these actions will help you to **ACHIEVE**.

- **What is one achievement that you are proud of?**
- **How do you handle people discouraging you?**
- **What other strategies can you adopt to assist you to achieve in your life?**
- **What attitude do you need to achieve in your life?**

you can make a difference