How to use this booklet:
These pages contain six suggestions on how to be a successful student.
A few weeks after the beginning of the school year:
• Read the suggestion and think about it for around a minute or two
• After doing this jot down your thoughts about that suggestion
• Finally, think about actively changing a behaviour that may be holding you back
• In other words, we are suggesting: reading, reflecting, writing, reflecting again, then acting!

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For more information please call the Equity Pathways Office (St Patrick’s Campus) on 03 9953 3000 or visit www.acu.edu.au
1.

Listen and be attentive in all classes; support your teachers and those around you in class.

**Challenge:**
Do this even in the class you least like!

**Suggestions on how to be a successful student**
Suggestions on how to be a successful student

Always do your homework.

Challenge:
Spend less time playing computer games, instead read an extra chapter, write an extra paragraph, do another exercise, do the extension question.
3.

Be involved at school; join an extracurricular activity like the drama club, the debating team, the community service group, the choir, the chess club, a sporting team.

Challenge: Join an activity that would not normally be your thing.

Suggestions on how to be a successful student
4.

Ask if you cannot understand something; maybe your teacher, your Mum or Dad or a fellow student could help.

Challenge:
Before you ask have another go at reading the instructions and attempting the problem.

Suggestions on how to be a successful student
At lunchtime and recess enjoy your friends and play.

**Challenge:**
Talk to someone you would not normally speak to or invite them into your group or activity; be kind.

**Suggestions on how to be a successful student**
6.

Stay Healthy: at least eight hours of sleep a night, eat a balanced diet, go outside and get plenty of exercise.

**Challenge:**
More often than not replace that soft drink with fresh water and try to eat at least two pieces of fresh fruit a day.

**Suggestions on how to be a successful student**
Extra notes:
Extra notes: