

Action Menu

Below is a list of suggestions commonly offered by teachers to improve habits and / or academic performance. It may be helpful to include one or more of these ideas in developing the Student Growth Plan in preparation for conferences. We hope these suggestions will move you closer to becoming an effective, efficient, independent, lifelong learner.

General Home Habits

- Review your notes from the day before going to bed every night (this will have a huge impact on retention!)
- Set aside a sufficient and extended time to do homework each day, and stick to the time
- Work in a homework center
 - Include all the materials needed for most days (better if the materials are dedicated to homework)
 - Ensure good lighting
 - Ensure a productive work setting
 - negotiate the elimination of distractions with other family members
 - eliminate distractions from electronic devices
 - Maintain a good “working” posture (upright rather than reclined)
- Break homework into manageable chunks of 15-20 minutes at a time with short breaks in between
- Establish a consistent bedtime routine to ensure sufficient sleep (8-9+ hours/night)
- Be deliberate about good nutrition through the day, and limit/eliminate caffeine

General Academic Habits

- Keep a record of questions that come up in homework that need to be asked in class, and ask them.
- Conquer Procrastination: plan ahead, space out project demands, chunk the work and follow the plan
- Find the balance for giving one’s best: work intelligently and stop short of perfectionism
- Organize locker so everything has a place and everything is in its place, everyday
- Clean out and organize the notebook for each class once a week, so assignments, tests, and notes are easy to find
- Put papers, notebooks, and materials away, right away, immediately when done
- Maintain a system to ensure that completed assignments are turned in, every day
- Accurately and clearly record all assignments, tests, projects, and events in the student planner.
- For the ultra-quiet student: Volunteer to answer a question or ask a question ____ times a day/week
- Attend study hall during 2nd half of lunch _____ times per week (offered M, T, Th, F)
- Attend homework club ____ times per week (offered M, T, Th, F after school)

- Get assignments from a classmate when missing class for any reason, or speak with a teacher immediately after any absence from school , to identify expectations for the work that was missed
- Make a weekly tutoring schedule and track your own attendance
- Check progress with each teacher once a week
- Master the vocabulary of each subject

Math

- Ensure you have clearly recorded the proper solutions to problems worked in class
- Review notes before starting on the homework
- Correct every homework, test, or quiz problem you missed
- Make flashcards for new vocabulary, properties, or formulas
- Study and master your basic math facts (addition, subtraction, multiplication tables, etc.)
- Recognize the types of problems that challenge you and seek help to master the approaches to solving them
- Re-do from scratch one problem from the previous day's work each night

Science

- Draw or redraw all diagrams in your notes that are being discussed in class
- Review material for 5 minutes each night before starting the homework
- Make flashcards for new terminology
- Teach someone else the process you just learned
- Look up videos/animations online for the processes discussed in class
- Blank out old quizzes and take them again
- Make a sample test for yourself from notes; including multiple choice, matching, short answer questions
- Have a friend make a sample test and take each others' test
- Make corrections on homework and tests immediately when returned, whether you get credit or not
- Correct every homework, test, or quiz problem you missed; and redo them from scratch
- Master the vocabulary and definitions of key terms
- Recognize the types of problems that challenge you and seek help to master the approaches to solving them

Lit/Comp/Humane Letters Reading

- Circle words you do not understand in any reading and consult a dictionary before completing the assignment
- Listen to white noise or instrumental music to blot out distractions when reading
- Follow your teacher's instructions on annotating
- Write a brief "chapter" summary as you go
- Think of two questions while reading that you can discuss in class the next day
- Develop a signal to let your teacher know that you are ready to share an idea about the reading

- Meet with your teacher ____ times per week to make sure you understood what you read
- Explain what you have read to someone else
- Set a goal to speak ____ times each class period
- Bring up textual evidence to support a comment in class and in papers
- Consistently exercise close listening and giving consideration to others

Writing and Grammar

- Review grammar rules
- Practice sentence diagramming outside of class
- Teach a family member or friend the day's lesson (ex: how to diagram a sentence)
- Read your paper out loud and listen to see that it makes sense; possibly to someone else
- Consult with your teacher before finalizing your outline or thesis
- Have someone proofread your writing using the rubric, before the paper is due
- Have the rubric beside you as you write
- Review grammar notes ____ minutes per night

History

- Write a note or question next to each piece of text you underline or highlight
- Write a one or two sentence summary after reviewing your reading notes
- Be quizzed by and quiz a partner in the week before an assessment
- Review concepts for a few minutes each night. Add a few new concepts each day.
- Make flashcards for key concepts. Review them for a few minutes each day.
- Illustrate major events, battles, concepts, etc. in your notes. Label these images and use them as study aids.
- Clarify questions. Consult the teacher for clarification of material during lunch or tutoring.
- Record questions about homework while completing the work and ask the questions in class
- Record questions that occur in class and ask them immediately or consult the teacher outside of class.
- Separate major ideas or periods when learning new information
- Consult with a friend about history notes

Latin

- Practice vocabulary words 10 minutes each day (flashcards, quizlet, with a partner, etc.)
 - English to Latin
 - Latin to English
 - Practice spelling/writing out Latin vocabulary
- Review class notes before beginning the homework and before tests
- Review noun and verb forms frequently (know the charts)
- Practice conjugating verbs outside of class
- Practice declining nouns outside of class
- Retranslate a passage without using notes or prepared translations

- Read a Latin passage aloud
- Make sure your translations make sense (proper word order and context)
- Rework homework or class assignments
- Make flash cards of class notes to study with

Modern Languages

- Speak only in the target language in class!
- Review vocabulary flash cards 2x/day, **saying** words out loud
- Communicate in the target language whenever possible with a friend, family member, or others
- Watch a familiar movie on DVD in that language
- Listen to music in that language
- Keep a journal in the target language
- Read in the target language (books, magazines, newspapers, etc.)
- Use language applications on electronic devices

Music

Singing:

- Practice singing 10-15 minutes daily (space practice is much more effective than large blocks of practice)
- When practicing singing, focus on one difficult section rather than trying to run the entire song over and over.
- Practice singing in an isolated room with the piano or keyboard on the computer if you do not have a real keyboard at home.
- For the matching pitch improvement use sing-along songs that you are familiar with, played on the radio (you can do that even while driving home)
- Practice your music with the peers from the same section who are successfully accomplishing class goals
- For the vowel improvement, practice in front of the mirror. Look at yourself.
- Mark your score with directions given in rehearsal
- Perform your part for someone (parents, siblings, friends, cousins) Who can help you realize how well you know the song and build the confidence when performing publicly.
- Be vigilant about solving problems immediately during the practice. Correct errors; strive for a quality practice and performance. PRACTICE with intention!
- Practice to make improvement each day. Only PERFECT practice makes perfect.

Music Theory:

- Review the previous chapter before starting the next one
- Consistently review the rules that will be applicable for each topic

Music History:

- Engage in class discussion to aid memory
- Review the material a day or two before an assessment and ask questions in class
- Take great notes during the in class discussions. Compare them with a friend

Music Recorder playing:

- Practice every day 10-15 minutes to develop healthy practice habits
- Control your instrument and follow teacher's (conductor's) instructions closely
- Be responsive to the timbre and quality of your sound
- Learn the fingering of new notes early so your practice can be at your best
- Review the fingering often
- Be vigilant about solving problems immediately during the practice. Correct errors; strive for a quality practice and performance.
- Practice to make improvement each day. Only PERFECT practice makes perfect.

Studio Art

- Create an art-specific workspace with materials and enough room to work
- Spend the entire allotted time for homework
- Capitalize on tutoring hours
- Maintain a and orderly clean workspace in class
- Focus on craftsmanship
- Complete every assignment with pride

Participation

- Speak ___ times per class
- Listen and build off of the comments of other students
- Make comments that refer specifically to content in the text ___ times per discussion
- Practice SLANT
- Proactively choose to go to recovery when you become aware that you are distracting others and get yourself together quickly
- Ask questions of a friend before going into class (to build confidence before class)
- Discuss ideas with others outside of class (to build confidence before class)