

FWISD ATHLETICS—STRIVING FOR EXCELLENCE

Extracurricular activities like athletics are a very important part of my life. I want to keep my grades up so I can play. I know that each six weeks I have to pass all of my classes with a 70 average or better to maintain my eligibility.

I am really concerned. What can I do?

KEYS for PASSING and PLAYING

How can I improve my grades so I will not have to be so concerned each six weeks about my eligibility?

IMPROVE YOUR STUDY SKILLS

- Listen carefully to the teacher
- Learn test-taking skills for the different types of test
- Outline reading assignments
- Exercise note-taking skills
- Identify weaknesses such as poor concentration or memorization skills and work on developing them

What is one of the most important things I can do to maintain my eligibility?

YOU MUST BE RESPONSIBLE FOR PASSING

- Turn in all assignments on time
- Ask about make-up work when you are absent and turn it in
- Ask for help from teachers, fellow students, and parents when you do not understand something
- Keep a record of your grades so there will be no surprises
- Attend tutorials if you have difficulty

I hate doing homework, but I know it is a fact of life. How do I go about getting it done?

PRACTICE GOOD STUDY HABITS

- Set aside a specific time every school night to do homework
- Avoid distractions such as phone calls, TV, radio, etc
- Find the best study procedure for you and use it
- Work from the easiest assignments to the most difficult or vice versa
- Do take short breaks
- Designate a certain area for studying
- Be sure it has good lighting, a chair, and a desk or table for writing

How can I learn how to develop these habits and skills?

USE YOUR RESOURCE PEOPLE

- Ask your counselor or librarian for information about developing good study habits and test-taking skills
- Involve your parents; they can check math problems, listen to memory work, drill for a vocabulary test, or proofread a paper
- Ask your teachers, especially a reading teacher, for techniques that help you concentrate, memorize, and take notes

How can I do it all, participate in extracurricular activities and have enough time to keep up my grades?

THE KEYS ARE SETTING PRIORITIES AND MANAGING TIME

- Plan ahead
- Develop a time schedule based on assignments due and your activities such as practice time
- Stick to your schedule
- Manage your time to meet your activities so that you have time to accomplish them

Do Your Best



**In the Classroom
On the Playing Field**