

Tips for Success

From Ms Kurkjian

When You Get Home from School

1. **Eat** – get a healthy snack and take a break for about 30 min.



2. **Homework**– check your agenda and organize what you need to get done for school. Do your best and don't rush. Rushing through your work only lead to poor marks and no learning.

3. **Dinner**– eat again! Try to eat at the same time each day. Relax, talk to your family and take a break for about 1 hour.

4. **Hwk / Freetime / Extra-Curricular** – finish off anything that needs to be done. Try not to go to school with unfinished homework. If you don't understand, as a parent, call a friend, or check on-line... try to find a way. If you have free time, read a book, play a game, help out around the house...



5. **Bedtime**–teenagers need about 9hrs of sleep a night! Your



memory is created only when you are sleeping. If you are not sleeping enough, you will not be able to remember what you learned the day before.

6. **Extra-Curricular** – you may play a sport, take music, art lessons etc. These are all wonderful things to do make you a well-rounded person. Work them into your schedule, but remember homework must be done too.

How to Deal with Stress

1. **Get some sleep** –between homework, activities and hanging with friends, it can be hard to get enough sleep, especially during the school week. To maximize your chance of sleeping soundly, cut back on screen time 30 minutes before going to sleep. Don't drink caffeine late in the day either.



2. **Focus on your strengths** – spend some time thinking about what you are good at and find ways to do more of those things. Doing things you are good at keeps your stresses in perspective.

3. **Do things that make you happy** – physical activities, listening to music, fixing something, creating art, watching a movie... Make a point of doing something that makes you happy even when you are busy.

4. **Be physically active** – physical activity is one of the best stress busters. Find an activity you enjoy e.g., skateboarding, skating, yoga, dancing... Physical activities that you do with a friend or two can be social and stress reducing.



5. **Talk to someone** – it's much easier to manage stress when you let others lend a hand. Talk to a parent, teacher or trusted adult. They may be able to help you find new ways to manage stress. Kids Help Phone 1 800 866 6868



