I have been teaching for 19 years and I have seen many students come and go. The students who work hard, learn from their mistakes and have a positive, enthusiastic attitude succeed. Here are a few tidbits of good advice.

**Great Quotes:**

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

“Success is the sum of small efforts, repeated day in and day out.”

**GET YOUR BODY READY TO LEARN**

- Research has shown that students who have a good breakfast had better standardized test scores than those who didn’t
- IT’S Science! If you body isn’t fueled, it won’t work properly Your brains needs a constant supply of sugar to function
- Get the blood moving. Decreased blood flow results in a lack of concentration
- Decrease the stress in your life. Stress releases cortisol. Cortisol is good in small amounts but in higher prolonged amount results in impaired cognitive abilities, decrease in immunity and other health risks. Have a good laugh to reduce your stress

**SIT CLOSER TO THE TEACHER** (AS LONG AS THEY ARE UNOFFENSIVE)

- Research has shown that maximum distance for hearing the teacher and keeping focus is 3 metres (10 feet). Beyond that distance good luck

**SET UP A GOOD STUDY GROUP**

- Positive people attract others to them
- Successful people always have a good team behind them
- 4 in a group is ideal and 6 is the max.

**FAILURE BUILDS SUCCESS**

- Failure is a tough thing to handle, but what is worse never to have tried to succeed.
- The mistakes we make in life are what make us interesting! (Eckert, 2007)

**PARTICIPATE AND SHARE**

- Don’t be afraid to ask questions in class, chances are someone else has the same question
- We regret only the things we should have done.
- I am open to suggestions just don’t whine! Use valid arguments and facts to back it up.
- If you find something that helps you with a concept share with us (eg you tube)

**BE RESPONSIBLE FOR YOUR OWN LEARNING**

- If you miss a class make up what you miss as soon as possible be you will forget more as time goes on

**TRY HARD, BE POSITIVE AND MOST IMPORTANTLY HAVE FUN**

*More to follow later*