

# Team Zambezi- Ready, Set, Success!



**We want nothing more than for you to succeed this year!  
Success is a process, not an end result! Being prepared is half the battle!  
When we are organized, we feel good!  
We reduce anxiety and relieve a lot of stress when we are prepared.  
So, How do we start?**

## 1. **Mindset**- Whether you think you can or you can't, You are correct!

- Make the decision to live in the positive rather than the negative. You see and acknowledge the negative, but you don't choose it.
- Research shows that positive people live an average of 12 years longer than negative people.
- Surround yourself with positive people: People that fill you up, not tear you down. Take the initiative to make new friends- choose good friends.
- Choose to do your best-everyday!
- Keep a sense of humor-be able to laugh at yourself when you make mistakes.
- Every thought we have becomes a part of us-what are you becoming?

**You are a valuable person-We all make mistakes,  
it's how we react to and grow from them that matters!**

## 2. **The Binder Reminder**-Your personal tool for success in junior high.

- This is your best friend in junior high! Get to know it and use it!
- Use the variety of tools it provides you-maps, study tips, spelling rules, math tables, inspirational sayings, and organizational tips.
- You are expected to record your homework in your BR everyday in each class!
- Use the BR to help you plan for homework, projects, long term assignments, school and personal events.

**No one can remember everything! We don't expect you to.  
We do expect you to write things down!**

### **3. Getting Organized-The key to academic success!**

Being able to find and turn in your assignments may seem like a simple task, however, your backpack can quickly become a “black hole” if it is not organized properly,

- Each spiral notebook should be clearly labeled and kept up-to-date. You should have a system for keeping your A-schedule supplies together and your B-schedule supplies together so you always bring the correct work to school on any given day. Organize your materials the night before so you aren't too rushed in the morning.
- Have a system for turning in homework- know what works for you. This might mean having one folder with an “in” and “out” section that you use for every class. You might have a separate folder for each subject. In history and science, your homework and assignments might remain in your interactive notebook (INB) or your workbook.
- Place lined notebook paper at the back of your 3-ring binder.
- A pencil pouch is a must. It keeps all writing materials in one place.

### **4. What's in your back pack? Your outer appearance is a reflection of how you feel on the inside!**

- Don't carry around things you don't need- you are expected to keep an organized backpack.
- Keep your life less cluttered. The less clutter, the more room we have for positive things in life.
- Respect your property and the property of others-no writing on backpacks.

### **5. Grades and what they mean- Your grades are a determining factor in your future!**

- Earning credits is what puts you in high school- An “F” in a class gives you zero credits for that class. If you have too many F's, you will not be able to attend 8<sup>th</sup> grade promotion/graduation.
- Your grades in Jr. high can effect what classes you can take in high school.
- High school grades are one key factor that determines which college you will attend.
- Be aware of the grade you have in each class at all times. Keep track of the scores you receive on all assignments.
- Keep all assignments to refer to in case there is an error with your grade.

### **6. Ask for help when you need it-nobody is perfect! Unless you ask, we can't help you!**

- We WANT to help you!
- We are ready to help you-each teacher will let you know when she is most available. (before school, brunch, etc).
- Chances are your classmates have the same questions you do but are afraid to ask it! Be Brave!
- Help each other-two heads are better than one!

**PLAN, PREPARE AND ORGANIZE YOUR LIFE FOR SUCCESS!  
YOU ARE WORTH IT!**