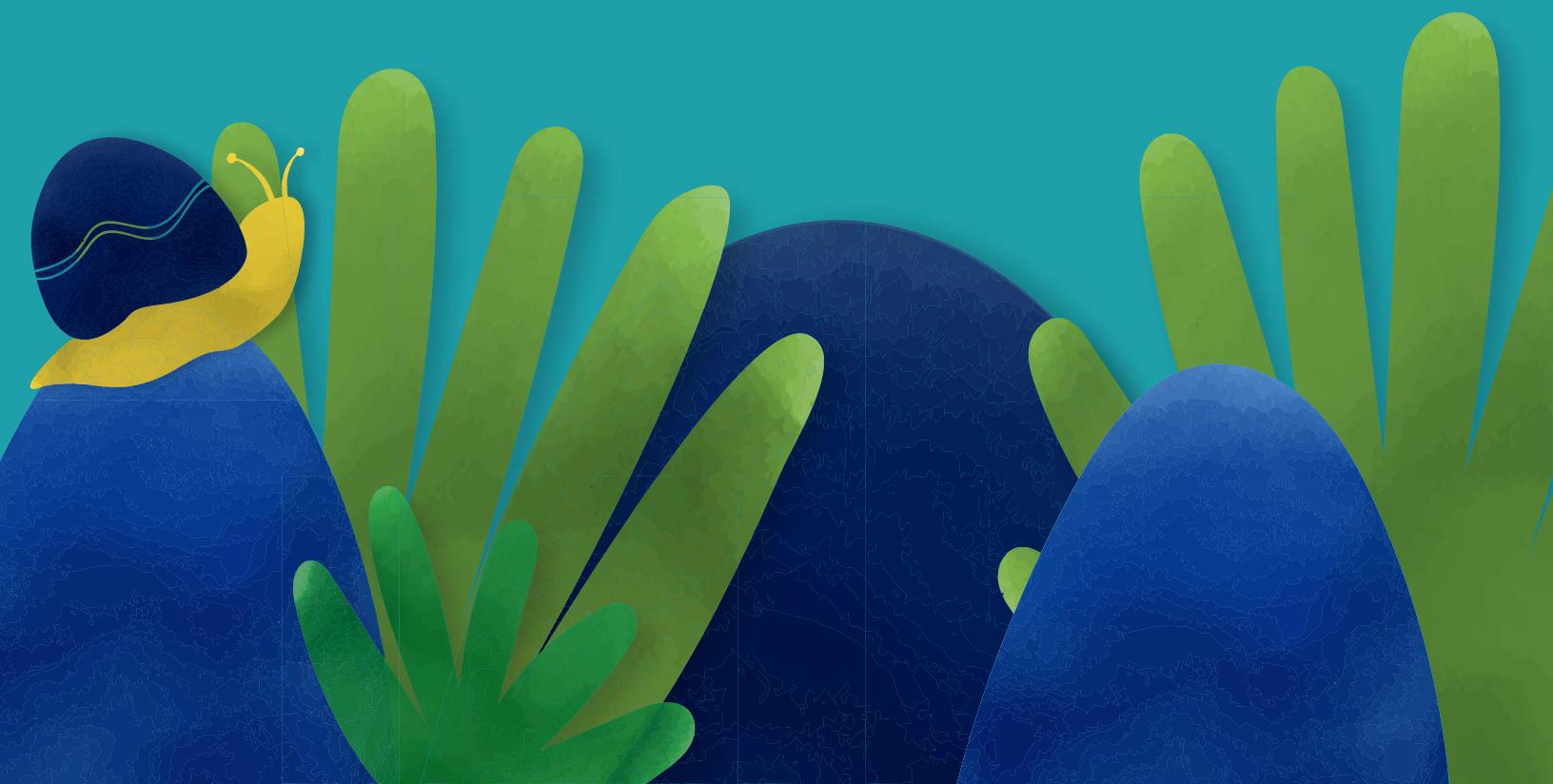


Kiwanis

BRING UP GRADES

NAME:



MY GOALS

Write down your goals. Then write what actions will help you meet them. All of this will help you keep track of your progress.

MY GOAL

ACTION



DID THE ACTION WORK? YES NO

MY GOAL

ACTION

DID THE ACTION WORK? YES NO

MY GOAL

ACTION

DID THE ACTION WORK? YES NO

HOW TO WRITE GOALS

Ask these questions when writing your goals:

Is the goal big enough?

Write out some actions you can take to achieve the goal. If you cannot think of any actions, the goal may not be big enough or the right goal for you at this time.

Can you really accomplish your goal?

Example: You might want to run a bank someday. Start by doing all your math homework this year to build basic math skills.

Can you achieve it in a short amount of time?

Example: By the end of the grading period I will improve my grade by making more time to study and turning in my math homework on time.

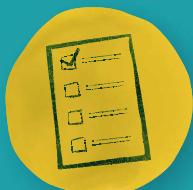
YOU CAN BRING UP YOUR GRADES

Bring Up Grades (BUG) helps you improve your grades — or keep up the good grades you have from one grading period to the next.

BUG works because you decide what subject to work on. Maybe math is driving you crazy. Or maybe you want to get better at writing for your English or history class. Work with your teacher and a "goal buddy" to figure out the best goal for yourself and what steps to take each week.



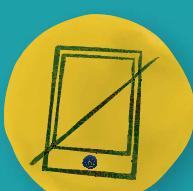
TIPS AND TRICKS TO HELP YOU FOCUS



Make a list. Write the things you need to get done. Then cross them off as you finish them.



Move before you sit. Your brain likes it when you move your body. Before you sit down to study, take a short walk, ride your bike or do something else that's active.



Turn off electronics. Outside distractions can make it hard to focus.



Take breaks. Get up and stretch or do a few jumping jacks. Walk around your house. Grab a glass of water. Do anything that helps you recharge.



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