

Module 8: Tools for Survival

Topic 1 Content: High School Survival How To...

Introduction

The graphic is titled "High School Survival How To..." and is divided into three horizontal sections. The top section is brown and contains the text "Remain Positive" in a white, italicized font, followed by a row of five stylized 'S' shapes with blue circular markers. The middle section is a lighter brown and contains the text "Stay on Track" in a white, italicized font, followed by a row of five stylized 'S' shapes with blue circular markers. The bottom section is yellow and contains the text "Attain Success" in a white, italicized font, followed by a row of five stylized 'S' shapes with blue circular markers. A white information popup box is overlaid on the bottom right of the graphic, containing the text: "Introduction Now that you understand the importance of remaining positive, staying on track, and attaining success, how can you incorporate this advice into your life so that it will benefit you? Take a moment to review some useful strategies. Click each marker to learn more about tips for achieving positivity, focus, and success." A small green circle with a white 'i' is located at the bottom right of the popup box.

Now that you understand the importance of remaining positive, staying on track, and attaining success, how can you incorporate this advice into your life so that it will benefit you? Take a moment to review some useful strategies. Click each marker to learn more about tips for achieving positivity, focus, and success.

Module 8: Tools for Survival
Topic 1 Content: High School Survival How To...

Use Affirmations

High School Survival How To...

<i>Remain Positive</i>	<i>S</i> <i>T</i> <i>S</i> <i>T</i> <i>S</i> <i>T</i>	Use Affirmations Make a conscious effort to stay positive by creating affirmations and reminding yourself of them each day, especially when facing an obstacle.
<i>Stay on Track</i>	<i>S</i> <i>T</i> <i>S</i> <i>T</i> <i>S</i> <i>T</i>	
<i>Attain Success</i>	<i>S</i> <i>T</i> <i>S</i> <i>T</i> <i>S</i> <i>T</i>	

Make a conscious effort to stay positive by creating affirmations and reminding yourself of them each day, especially when facing an obstacle.

Module 8: Tools for Survival

Topic 1 Content: High School Survival How To...

Surround Yourself with Positivity

High School Survival How To... Surround Yourself with Positivity

In order to sustain positivity, you must surround yourself with individuals who are positive influences in your life: family, friends, teammates, club members, etc. When you have a supportive network of people who care about you, you can go to them when you are having that bad day. Strive to set up a positive support group that can help keep you in good spirits when things seem impossible, and in return try to offer that same support others.

Re
Po

Stay on Track

Attain Success

The graphic features a grid of stylized 'S' words in a grid. The top row has two 'S' words with blue circles. The middle row has three 'S' words with blue circles. The bottom row has four 'S' words with blue circles. A green circle with a white 'i' is in the bottom right corner.

In order to sustain positivity, you must surround yourself with individuals who are positive influences in your life: family, friends, teammates, club members, etc. When you have a supportive network of people who care about you, you can go to them when you are having that bad day. Strive to set up a positive support group that can help keep you in good spirits when things seem impossible, and in return try to offer that same support others.

Module 8: Tools for Survival
Topic 1 Content: High School Survival How To...

Avoid Negative Influences

High School Survival How To...

Remain Positive

Stay on Track

Attain Success

Avoid Negative Influences
It is so easy to turn to negative influences without even realizing it. You must make a conscious effort to know what or who is a positive influence or a negative influence. It is wise to be aware of the negative influences or potential negative influences that are in your environment so that you know whom and what to stay away from.

It is so easy to turn to negative influences without even realizing it. You must make a conscious effort to know what or who is a positive influence or a negative influence. It is wise to be aware of the negative influences or potential negative influences that are in your environment so that you know whom and what to stay away from.

Module 8: Tools for Survival
Topic 1 Content: High School Survival How To...

Set Goals

The graphic is titled "High School Survival How To..." and is divided into three horizontal sections. Each section has a background of stylized, swirling patterns. The top section is brown and contains the text "Remain Positive" in a white, cursive font. The middle section is orange and contains the text "Stay on Track" in a white, cursive font. The bottom section is yellow and contains the text "Attain Success" in a white, cursive font. A white callout box with a blue circular icon is positioned over the "Stay on Track" section, containing the text "Set Goals" and a paragraph of advice. A small green circular icon with a white letter 'i' is located in the bottom right corner of the graphic.

High School Survival How To...

Remain Positive

Stay on Track

Attain Success

Set Goals
Provide yourself with short-term and long-term goals that you want to accomplish. Always keep your goals in mind and the time frame in which you want to achieve these goals.

Provide yourself with short-term and long-term goals that you want to accomplish. Always keep your goals in mind and the time frame in which you want to achieve these goals.

Module 8: Tools for Survival

Topic 1 Content: High School Survival How To...

Balance

High School Survival How To...

Remain
Po
Sto
Tro
Attain
Success

Balance
Maintain a balanced lifestyle. Although you should have fun and enjoy being a teenager, you must also create that balance between work and play and learn to invest adequate time into your obligations like academics. Doing this will allow you to provide yourself with limitations and will help you with staying focused. If you do not foster a balanced lifestyle, you are more likely to feel stress from the negative consequences, making it harder to enjoy life and be productive.

i

Maintain a balanced lifestyle. Although you should have fun and enjoy being a teenager, you must also create that balance between work and play and learn to invest adequate time into your obligations like academics. Doing this will allow you to provide yourself with limitations and will help you with staying focused. If you do not foster a balanced lifestyle, you are more likely to feel stress from the negative consequences, making it harder to enjoy life and be productive.

Module 8: Tools for Survival

Topic 1 Content: High School Survival How To...

Plan and Organize

High School Survival How To...

Remain Positive

Stay on Track

Attain Success

Plan and Organize
One way to stay on track is to make a conscious effort to plan ahead. When you plan, you are more organized and better prepared. Keep a calendar or an agenda and write down your deadlines. This will help you keep track of important dates and will aid in meeting deadlines. When you plan, you remain focused.

i

One way to stay on track is to make a conscious effort to plan ahead. When you plan, you are more organized and better prepared. Keep a calendar or an agenda and write down your deadlines. This will help you keep track of important dates and will aid in meeting deadlines. When you plan, you remain focused.

Module 8: Tools for Survival
Topic 1 Content: High School Survival How To...

Aim High

High School Survival How To...

Remain Positive

Stay on Track

Attain Success

Aim High
When creating goals, never limit yourself when it comes to your ability and what you are capable of achieving. You may experience moments where you feel defeated, but it is all a part of the process. Reach for the stars and you will flourish.

When creating goals, never limit yourself when it comes to your ability and what you are capable of achieving. You may experience moments where you feel defeated, but it is all a part of the process. Reach for the stars and you will flourish.

Module 8: Tools for Survival

Topic 1 Content: High School Survival How To...

Empower Yourself

High School Survival How To...

Remain Positive

Stay on

Empower Yourself

As you are on your road to attaining success, you will question yourself and at times feel like giving up. These are moments of weakness, and they will happen. However, you must learn how to empower yourself, which will give you a feeling that you are in control of your life and have the power to improve your situation. Say your daily affirmations and tell yourself that you will achieve. Remember, you are in charge of your life. Accepting this is the first step to taking action and moving forward.

As you are on your road to attaining success, you will question yourself and at times feel like giving up. These are moments of weakness, and they will happen. However, you must learn how to empower yourself, which will give you a feeling that you are in control of your life and have the power to improve your situation. Say your daily affirmations and tell yourself that you will achieve. Remember, you are in charge of your life. Accepting this is the first step to taking action and moving forward.

Module 8: Tools for Survival
Topic 1 Content: High School Survival How To...

Work Hard

High School Survival How To...

Remain Positive

Stay on Track

Attain Success

Work Hard
Attaining success requires hard work. Be diligent, stay on top of deadlines, challenge yourself academically, become involved in extracurricular activities, and always produce quality work. Your hard work will prove to be worth it in the end, and once you taste success, you will want to have even more.

Attaining success requires hard work. Be diligent, stay on top of deadlines, challenge yourself academically, become involved in extracurricular activities, and always produce quality work. Your hard work will prove to be worth it in the end, and once you taste success, you will want to have even more.

Module 8: Tools for Survival

Topic 1 Content: High School Survival How To...

Maintain Healthy Relationships

High School Survival How To...

Remain Positive

Stay on Track

Attain Success

Maintain Healthy Relationships

Relationships are extremely important because the people you know inevitably impact your life even on a daily basis. While you have a choice in the people you want to be a part of your support network, you often do not have a choice when it comes to people like teachers, coaches, classmates, co-workers, etc. Regardless of whether you like someone or not, try your best to have a healthy relationship with the people that you interact with regularly. Not getting along with someone only creates problems and stress for yourself. Treat others with respect, integrity, and acceptance and you will likely be treated the same.

Relationships are extremely important because the people you know inevitably impact your life even on a daily basis. While you have a choice in the people you want to be a part of your support network, you often do not have a choice when it comes to people like teachers, coaches, classmates, co-workers, etc. Regardless of whether you like someone or not, try your best to have a healthy relationship with the people that you interact with regularly. Not getting along with someone only creates problems and stress for yourself. Treat others with respect, integrity, and acceptance and you will likely be treated the same.