

# Student Success Skills

Apex Friendship Student Services

Presentations and Links (updated Jan. 2022)

## Purpose

Through our Student Services Needs Assessment, along with teacher and parent input, Apex Friendship Counselors saw that students had a need for more information in regards to being a successful high school student. We have found that if students review this information and put it into practice, they can make significant improvements in their grades and lessen anxiety in some cases.



## Parent Partnership

Parents play a critical role in the success of their students in school. We recommend checking PowerSchool regularly and consulting with your student about assignments and grades weekly. Parents hold the keys (literally in some instances) to rewarding positive behavior and grades. Many parents have found success in their students earning things like time with friends on the weekends, driving, phone, video games, etc.

## GRADE IMPROVEMENT

AFHS Presentation: [“Ten Steps to Improve Your Grades”](#)

### Grade Improvement Links:

- [The Study Cycle](#)
- [Preparing for an Exam Video](#)
- [Study Strategies that Work](#)
- [Giving Effective Presentations](#)

## TIME MANAGEMENT

AFHS Presentation: [“Time Management Tips”](#)

### Time Management Links:

- [How Do You Manage Your Time Video](#)
- [Why Procrastinate](#)
- [ADHD Time Management Troubles](#)

## TEST ANXIETY

AFHS Presentation: [“How to Reduce Test Anxiety in Ten Steps”](#)

### Test Anxiety Links:

- [Test Anxiety Video](#)
- [Test Anxiety Information from UNC](#)
- [Strategic Test Prep](#)
- [Not All Stress is Bad](#)

## FOCUS

AFHS Presentation: [“Strategies for Staying Focused”](#)

### Focus Links:

- [Focus Handout](#)
- [Tips for Students with ADHD](#)
- [Digital Distractions](#)
- [Distractions](#)

## ORGANIZATION

AFHS Presentation: [“Easy Organization Tips for Success” presentation](#)

### Organization Links:

- [Using Planners and Calendars](#)

## TEST TAKING STRATEGIES

AFHS Presentation: [“Test Taking Strategies for Success”](#)

### Test Taking Strategies Links:

- [Tips for Multiple Choice Tests](#)
- [Open Book Tests Video](#)



