

ADVICE FOR ANY STUDENT TO KEEP FROM GETTING TOO FRUSTRATED

From Steve Becker

- Don't watch TV while attempting to do math homework.
- Do listen to music that isn't too distracting (Classical works for me).
- Don't give up until you've really tried your hardest and then tried again.
 - Do call another student in the class for help.
- The best way to study for math tests is to go back and rework at least one of each type of problem in the sections being tested.
 - Sometimes you have to memorize a few things – get over it.
- It's better to drop a difficult course when you've tried your best and failed **three times** than to stick with a course that will kill all the joy in your life.
 - Don't fool yourself. Tell yourself the truth.
 - You are not stupid.
 - There are good choices and bad choices. You will make some of each this year.
 - Take responsibility for your choices. Blaming others is a waste of energy.
 - Don't beat yourself up...that's the teacher's job.
 - Do be reliable. Let yes-mean yes.
 - Do review your mistakes and make a note of them so that you'll be less likely to repeat them.
 - Do try to show up for school, if only to find out who is messing up today.
 - You are **NOT** stupid.
 - Do make realistic goals. Then try to reach them.
 - When you realize that you are going the wrong way, swallow your pride and turn around.
 - If something isn't working, let it go.
 - Your best will never be good enough for many people, but your worst isn't good enough for you.
 - Don't let your pride keep you from coming and asking for help when you don't understand.
 - Don't think your teacher won't notice when you try to get one past on him, he's been there and done that.
 - Never choose form over substance, but form does make the substance look better.
 - Do try to write legibly. It prevents a multitude of misunderstandings between you, your pencil and the teacher.
 - Don't worry so much about your grades and your class rank. It really won't impress your grandchildren.
 - Be proud of your integrity, not your grades.
 - Do help others to learn. It's the best way to learn yourself.
 - Do forgive your teachers and fellow students if they wrong you. They probably have you confused with someone else.
 - **YOU ARE NOT STUPID!**