



# KALAMAZOO CHRISTIAN SCHOOLS

Undeniably Christian. Academically Excellent.

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## “How To Have a Successful High School Experience”

Adolescence, especially the high-school years, are some of the most formative years in a person’s life. Establishing the right habits can help young people find success & have an outstanding high-school experience. (Establishing good habits during these formative years creates a path for success in the future, as well.) Here are 10 habits for students to develop as they navigate the high-school years.

1. **Being organized.** Organization is one of the most fundamental habits of highly successful students. Detailing daily activities/events (assignments, tests, band/choir concerts, sports competitions, etc.) and designating specific times for sports practices, tutoring, private music lessons, homework time, etc. on a daily calendar or in a planner helps students focus their attention in the right places at the right times. Decluttering backpacks by making sure papers are secured in proper folders and binders helps to establish good, productive organization skills, too!
2. **Setting goals.** Getting in the habit of establishing personal goals gives a student direction, focus, and a purpose. Setting short-term and long-term goals ensures new, positive behaviors and helps to measure and evaluate progress and success. Reaching goals is inspiring and makes students happy!
3. **Studying well.** Studying without distractions (i.e. phones, TV, Netflix, YouTube, etc.) is more effective for learning. Getting in the habit of studying early for tests rather than “cramming” the night before proves to be more effective in the long run. Students can reduce stress by breaking larger academic tasks (i.e. projects, lab reports, writing assignments) into smaller chunks. Doing so usually produces high quality work as well!
4. **Completing homework.** Homework is practice; as the old saying goes, “Practice makes perfect.” Practicing well and practicing completely results in desirable and positive outcomes. When students complete their homework, they obtain more knowledge and skills, usually resulting in higher grades.
5. **Participating in class.** It pays to pay attention! Successful students are in the habit of being part of discussions by asking and answering questions. They also maintain a positive attitude and ask their teachers for help when they need it.
6. **Maintaining a good record of attendance.** Being present and being on time is one of the most important established habits to find success. Not only is this habit important for school, but it is also an important life skill to master—the earlier the better!
7. **Getting involved.** Joining a team/club or participating in an extracurricular activities

- proves to be a great way make new friends, develop new skills, and have fun
8. **Being smart with technology.** Limiting the amount of time spent on social media can prevent the creation of bad habits & even certain kinds/levels of addiction. Never post anything that is mean-spirited, offensive, or embarrassing.
  9. **Taking care of your health.** Creating good health habits will contribute to a successful high-school career and experience. Be sure to get enough sleep–8 -9 hours per night. Eat a healthy diet and get plenty of exercise.
  10. **Having a growth mindset.** It is important to keep in mind that being good at something takes time, effort, and consistent practice. Failing at something or not being able to do something right away is normal and can be viewed as a learning experience. Success often comes by creating habits of hard work and perseverance. *(Source: woodburnpress.com)*

The Kalamazoo Christian High School (KCHS) faculty and staff is excited to welcome the 2022-23 student body back to the building. Our goal at KCHS is to develop our students' knowledge and skills while equipping them with a Biblical vision for life so they may find their place in God's kingdom as flourishing servants and ambassadors for Christ. We seek to nurture the whole child–mind, body, & soul. As we enter the new school year, we ask that you lift up all of the KCHS students, faculty, staff, volunteers, and families in prayer. All of us at KCHS firmly believe your entire family will be deeply blessed by being part of the Kalamazoo Christian School community.

- **Dirk Walhout, High School Principal**

