

MIDDLE SCHOOL

Survival Checklist



Before School

- ☐ Put computer in backpack
- ☐ Pack supplies- including HW & CW
- ☐ Bring my HW planner
- ☐ Bring lunch & water bottle
- ☐ Leave for school ON TIME



After School

- ☐ Take a short break if you can
- ☐ Check school website for assignments
- ☐ Check planner for assignments
- ☐ Complete HW
- ☐ Work on long-term projects a little
- ☐ Review vocabulary for all classes
- ☐ Put finished work in backpack or sync your computer
- ☐ Shut down and charge your computer

During School



- ☐ Write down all assignments in planner
- ☐ Check school website for important deadlines
- ☐ Check HW board in classrooms
- ☐ Ask questions if I don't understand
- ☐ Keep papers organized in the correct folders
- ☐ Use class time wisely = DO YOUR WORK
- ☐ Stay respectful to teachers and classmates
- ☐ Check that I have everything before leaving each class

Middle School Success Habits

- ☐ Arrive prepared
- ☐ Keep track of my assignments
- ☐ Turn in work on time
- ☐ Study before a test
- ☐ Ask for help when needed
- ☐ Work independently
- ☐ Stay organized
- ☐ Manage my time wisely
- ☐ Be responsible for my success
- ☐ Take accountability if I make a mistake
- ☐ Learn from my mistakes



Before Leaving School



- ☐ Check school website and planner
- ☐ Make sure I know what work is due tomorrow
- ☐ Bring home books and materials I need
- ☐ Put important papers in my folder
- ☐ Ask questions if I am confused
- ☐ Pick up my phone and/or watch

Emergency Survival Checklist

If I feel overwhelmed, I will...

- ☐ Take a deep breath
- ☐ Check my planner
- ☐ Break the task into smaller steps
- ☐ Ask a teacher for help
- ☐ Ask a parent for help
- ☐ Focus on one thing at a time
- ☐ Remember everyone needs help sometimes

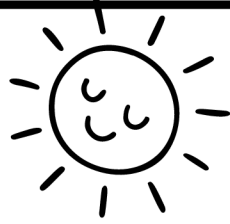


MIDDLE SCHOOL

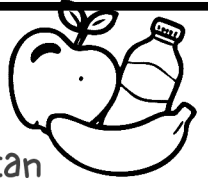
Survival Checklist



Before School



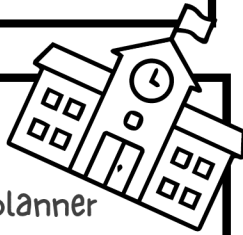
- ☐ Put computer in backpack
- ☐ Pack supplies- including HW & CW
- ☐ Bring my HW planner
- ☐ Bring lunch & water bottle
- ☐ Leave for school ON TIME



After School

- ☐ Take a short break if you can
- ☐ Check school website for assignments
- ☐ Check planner for assignments
- ☐ Complete HW
- ☐ Work on long-term projects a little
- ☐ Review vocabulary for all classes
- ☐ Put finished work in backpack or sync your computer
- ☐ Shut down and charge your computer

During School



- ☐ Write down all assignments in planner
- ☐ Check school website for important deadlines
- ☐ Check HW board in classrooms
- ☐ Ask questions if I don't understand
- ☐ Keep papers organized in the correct folders
- ☐ Use class time wisely = DO YOUR WORK
- ☐ Stay respectful to teachers and classmates
- ☐ Check that I have everything before leaving each class

Middle School Success Habits

- ☐ Arrive prepared
- ☐ Keep track of my assignments
- ☐ Turn in work on time
- ☐ Study before a test
- ☐ Ask for help when needed
- ☐ Work independently
- ☐ Stay organized
- ☐ Manage my time wisely
- ☐ Be responsible for my success
- ☐ Take accountability if I make a mistake
- ☐ Learn from my mistakes



Before Leaving School

- ☐ Check school website and planner
- ☐ Make sure I know what work is due tomorrow
- ☐ Bring home books and materials I need
- ☐ Put important papers in my folder
- ☐ Ask questions if I am confused
- ☐ Pick up my phone and/or watch

Emergency Survival Checklist

If I feel overwhelmed, I will...

- ☐ Take a deep breath
- ☐ Check my planner
- ☐ Break the task into smaller steps
- ☐ Ask a teacher for help
- ☐ Ask a parent for help
- ☐ Focus on one thing at a time
- ☐ Remember everyone needs help sometimes

