SITERO FRANCISCO MEMORIAL NATIONAL HIGH SCHOOL

Sta. Monica Subdivision Ugong Valenzuela City

**DEPARTAMENTO NG EDUKASYON SA PAGPAPAKATAO**

**Date: January 5, 2019**

**Key Strategies for Student Success***Insider Information from the   
Academically Dismissed*

**Common Problem Areas**

1. Technology “Addiction”
2. Too Much Socializing
3. Poor Sleep Habits
4. Motivation

**Student Generated Strategies**

1. Use limiters, blockers
2. Use different browser when studying
3. Turn off fb notifications esp on cell
4. Set an alarm when time to stop
5. Leave laptop at home, in case
6. Go to library; go to place with no internet
7. Remove distractions from home screen
8. Remove automatic logins
9. Read a real book
10. Print off assignments
11. Stop posting photos

**Our Strategy**

- Absolutely all technology off and in book bag on floor

- Multitasking reduces processing and memory of primary information

Technology interferes with learning of others

**Motivational Strategies**

1. **Dreamboard**
2. Remember priorities
3. Tell friends I failed and can’t fail again
4. Recall look on parent’s face when told of failure
5. Post good marks, encouraging feedback
6. Compete; hang out with good students
7. Aim higher
8. Dream about my future and the life I want
9. Positive self talk
10. Talk with profs and professionals who can inspire