

Strategies For Success: Self-Smart, People-Smart, School-Smart Training

DATES:

- **St. Xavier High School
Room 1558**
- **Monday -- Wednesday**
- **December 21, 22, 23, 2009**
- **Time: 10:30am--12:00 Noon**
- **Cost: \$95**

Comment from Students in the Study Skills Class:

"At first, I thought I wouldn't need to use the skills that I had received, but after the first couple of weeks, I realized I had to use my skills."

"The Study Skills course really helped my organization."

"Doing 2 – 3 hours of organized homework works."

"I learned how to stay organized with a separate notebook for each class and how to use my planner to its fullest."

"I got help in taking good notes."

"The filing system is very useful especially for exams."

"The foreign language words on flashcards are very helpful."

"Self testing is huge."

"The in-depth reading method I do on tough stuff."

HOW TO REGISTER

Strategies For Success Training is open to **St. Xavier students and female high school students of any year** who are interested in making self-smart, people-smart, and school-smart choices that maximize their potential.

To register --

- ✓ Email Jim Telles at jtelles2@stxavier.org with your name, student's name, school and phone number.
- ✓ Send a check payable to St. Xavier High School in the amount of \$95 to
St. Xavier High School, 600 North Bend Road, Cincinnati, OH 45224, Attn: Jim Telles

⇒ **Space is limited to 75 students on a first-come first-served basis. The recommendation is to enroll early.**

For more information, go to www.stxavier.org and click on the "Strategies for Success" link.

WHAT YOU WILL EXPERIENCE

Students who attend the Strategies For Success Training will be provided with practical strategies for experiencing academic and personal success by a dedicated team of professional educators.

By becoming aware of these easily understood and readily-applicable strategies, the students will be able to make choices that result in a positive change in their lives, relationships and academic experiences.

Instructors John Ravenna, Paul Rieselmann, and Jim Telles, faculty members of St. Xavier High School, have combined for over 50 years of teaching and coaching.

Over 1,000 students have attended a similar Study Skills Training Course at St. Xavier High School taught by the same instructors.

CLASS TOPICS

- **Making Self-Smart and People-Smart choices that maximize potential, including:**
 - Responding more productively when we are not experiencing the success we desire
 - Becoming aware of our thinking and how it governs our experience
 - Reducing negativity and self-limiting beliefs: blame, boredom, procrastination, and "I'm stupid"
 - Developing curiosity, self-discipline, confidence, and motivation
- **Making School-Smart choices focusing on behaviors that lead to academic success, including:**
 - critical reading skills
 - in-class notetaking skills
 - classroom behaviors that encourage listening, focus, and interest
 - notebook organization
 - in-school and home study space organization
 - self-testing techniques for mastering the curriculum
 - an organized, managed Study Plan