

Confidence in Class

-our shared learning-

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We studied how students can be successful in their high school classes. Our research team talked to students who do well, and students who struggle, and teachers to learn about things students need to do to learn, get good grades, and find confidence in themselves. Below are some of the things that education researchers have learned as well as the advice and ideas of Appleton students and teachers.

There are six questions we want you to consider. If you follow the advice that we share under each of these questions, we know you will be successful.

1. How can you make sure you have a good understanding in class?
2. How can you use effort to have good grades?
3. How can you show respect to yourself, others, and follow the school rules?
4. How can you stay in a daily routine?
5. How can you use your time wisely?
6. How can you build confidence in yourself?

How can you make sure you have a good understanding in class?

One thing that was important for us to learn from our study is the idea that if you don't understand something in class you need to ask for clarification. You can do this by asking the teacher during class time or during times when you can ask for help. If you build a connection with the teacher, when you want to ask a question or need help you're not scared to ask.

How can you use effort to have good grades in class?

To have good grades is important because you need to pass all your classes in order to pass the semester and be able to graduate. You have to pay attention in class, make sure you ask questions when you do not understand. Avoid distractions like talking while teachers are talking or being on your phone during class. Put your phone away and listen.

When a teacher gives you homework make sure you do it on time and turn it in. If you are struggling you can ask friends or the teacher. If you have work after school and you don't finish a homework assignment, you can talk to the teacher. It's important to get in the habit of turning homework in on time. When you go to college, you can not do late work. If you turn it in late, you just get a zero. Completing homework is the best way to know if you understand the material in each class and be prepared for the tests.

If you get things wrong on your homework, don't give up. Keep trying. Have persistence and know that you are not alone. You can send an email to your teacher to get help. Homeroom can also be very helpful for getting help from your teacher.

Other resources if you need help include your friends, or other students in your class. Practicing with other students and friends can help you see how much you understand. Your counselor can help you learn skills to help you do well in classes. Good grades are important because it helps you get into college if you have good grades. When you go to college your grades in college can affect your future career options. Having good grades also means that you'll feel more confident.

Example: When you are absent at school, the next day you can ask each teacher about what they did and make time to do the missing work, to keep up that grade

How can you show respect to yourself, others, and follow the school rules?

When you're in class and the bell rings, put away your phone. Your phone is a distraction to you and others around you. Using your phone inside during school hours like in class is not appropriate. The most important part is making sure you respect the teacher and your classmates, especially when the teacher is talking. Always try your best to be a good student and classmate to other students. Don't be on your phone all of the time. Also make sure your notifications on your phone are turned off during class.

How can you stay in a daily routine?

If you want to try your best to stay in a daily routine, you should get caught up in your work almost everyday of the school day. Let's say if you're having a hard time getting caught up on homework you don't understand or missed in class while you were gone or sick, you would have to sign up for either efficiency or during your study hall. If you don't have a study hall you could go during lunch or afterschool, whenever you're free. If you just keep signing up and asking your teacher questions and using your time wisely, you'll be stress free and won't have to worry about being behind.

How can you use your time wisely?

Using your time wisely helps to do well in school. Making a calendar for each week helps organize the homework so you can finish your homework and assignments on time. I like to set reminders on my phone calendar or a calendar at home for tests and homework due dates. When making your calendar make sure you also add your hobbies to have time for yourself too. Then, I can use my calendar to make sure I am doing the assignments and activities I scheduled. I can be happy doing the activities I love and the school work needed to feel successful in school.

How can you build confidence in school?

Building confidence is one of the most important things you should do. You will be or you already are in a big school community. This means you will spend lots of time with different kinds of people. When you have confidence, it doesn't matter as much if you don't know the people around you. It also doesn't matter if you can't speak their language as well as they can. Building confidence is all about YOU! Your confidence affects every part of your life -

academically, socially, in school, and in the community. Start building your confidence now by talking with people around you like your teachers and your friends, especially practicing English.

Find people around you that have common interests. When you talk with people that share your interests, you are more likely to actively participate in conversations. This can build your confidence.

Sometimes you won't know anyone in a class like PE. The teacher might ask you to find a partner to play a game like tennis. Look around to find someone else who might not know anyone. Have a conversation to build a connection and feel closer. Try to get to know them, and be in a group with them more than once.

When you know that a group of people has the same interests you do, you don't have to worry about what the others in your group will think. Instead, you can talk without worrying about others. Talking without worrying is a great way to build confidence.

Always remember, when you have questions don't be afraid of what other students might think about you, and just ask your questions. Make sure you understand what you are studying because asking questions is better than misunderstanding.

Remind yourself how strong you are and how you have made it through life with all of its difficulties. Everyone has a talent, think about the things that you are good at and try to teach people about it. Have a goal in your life. Don't be like some people who don't know who they are and who they are going to be. Having a goal makes you work hard and be an active participant in your life. Talk yourself up, never keep your thoughts to yourself. Try to share them with people around you. If you don't share your thoughts with others, they won't understand how smart and good you are. Always focus on positive things about yourself. No one is perfect, it is ok to make mistakes in life. The important thing is to learn from your mistakes and think about it in a positive way. Try to do something that you enjoy and that makes you feel good. The most important thing about building confidence is acting confident when you don't feel it. Try something new, try to be creative and show people who you are.