

Preparedness for Lesson and Learning Environment

- School is not a form of punishment rather an opportunity for you to build a strong foundation for your future.
- Have vision. What you want to be in future and strive towards that vision.
- When you wake up set the day moods for school activities.
- Always display self-confidence.
- Show respect and consideration for others. It helps you build new relationships with others.
- Be a leader not a follower. Make good and right choice.
- Spend more time being with other students who have the same morals and values as you.
- Use a planner to help you stay organized. Planning ahead and being prepared is key to being a successful student.
- When you are organized it will ease a lot of stress and help keep your grades up.
- Sitting posture in class also matters. Sitting upright shows your interest in class and respect to the teacher and other students.
- Lying on the desk is disrespectful to your teacher and students around you.
- It allows you create a positive atmosphere for everyone involve.
- Establish good study habits;
 - Listen attentively in class
 - Participate in class. It helps you understand and learn more about the subject.
 - Always complete your assignments on time.
- Talk to your teacher and ask question even if it is not academic related.
- After classes gather your things, leaving your area clean and neat.
- Reward yourself with what you like doing i.e. in sports, choir, watch an episode, dance, clubs etc.
- It helps you be motivated to stay focused and complete your work.

REM: Stress Less and Smile More!

Thanks.

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