TURN AROUND SCHOOL FAILURE



Guidelines for educational improvement

MOTIVATION

Focus on what you like and give yourself permission to fail. Failing is part of the learning process.

SLEEP HABITS

Get a minimum of 8 hours' sleep every night so you can be at your best in class.

STUDY HABITS

Set a study schedule that you can stick to so you can apply it daily.

WHAT IS DROPPING BEHIND AT SCHOOL?

Difficulty in reaching the targets set by the education system and completing secondary education.

And how can we avoid it?

HEALTHY HABITS

Watch your diet, exercise, and use technology in moderation

LEARNING

Don't throw in the towel and ask any questions you may have.

SELF-ESTEEM

Positively value what you do well and the efforts you're making to improve. Accept that everybody has things they are good at and things at which they are less good.

MANAGING YOUR EMOTIONS

If you're not feeling well, share your discomfort with people you trust and think about whether these negative feelings may be influencing your behaviour.















