

ACADEMIC MAP

Our mission is not to “remain eligible” or to simply “pass classes”. Our mission is to reach our potential as students, as people, and as players. Here is the road map for reaching your destination: meeting your potential as a student at Central Dauphin High School.

1. Complete Your Assignments

So much of your grade AND reputation as a student is affected by this. Not only does it mathematically help your grade when you turn in all your assignments, but your teacher will see you in a more positive light. It is an important way for a teacher to measure your commitment level to his/her class. If you consistently don't turn in assignments, you will hurt your grade, you will be seen in a negative light by your teacher, and you will be hurting the overall reputation and image of our football program. Much of the underachieving that exists at Central Dauphin High School is due to not completing assignments.

2. Keep Track of Your Progress

The Home Access Center now provides a fantastic opportunity for students at Central Dauphin to know how they are doing in their classes at all times. Take advantage of it! If you see that you are missing assignments, find out if you may still turn them in and receive credit. By simply asking your teachers this question it shows them that you care about your grade in their class. Also, you may notice that a teacher incorrectly entered one of your scores. Once again, by communicating with your teacher it shows them a higher degree of commitment.

3. Be a Leader in Class

Always make sure to follow all the expectations of your teachers in a way that provides a good example to your classmates. You should be a good role model for those expectations. This is important for a few reasons. First, any student who models the teachers' expectations is more likely to perform at a higher level in that class than someone who behaves poorly. Second, it shows the teacher that you are respectful and that you are serious about the class. The teacher will be then more likely to see you in a positive light. Lastly, it will reflect on the entire team in a positive way, something that helps all of us.

4. Manage Your Free Time Properly and Get Your Sleep

It's the “free time” that counts! What you do with your free time is crucial to your success. It really determines how serious you are about our Mission. Make sure to create an environment where you are more likely to do school work when you are supposed to be doing school work. If there are things that keep you from doing the things you know are right, eliminate those things. (Social media, video games, music, watching TV) It's

that simple. Set yourself up for success in those periods of free time. And get your sleep! Since much of your day is accounted for with school and sports it is tempting to just stay up extra late so you can enjoy other things. Avoid that temptation. You may think it doesn't affect you or that you can handle it. But it will catch up to you in your grades. You won't reach your potential if you consistently don't get the appropriate amount of sleep.

5. Be Motivated

You must have a source of motivation. Find what motivates you and always remind yourself of it. If it's a quote or a saying, hang it up in your room. Without motivation, you will definitely fall well short of your potential in school and in anything you do in life. Self-motivation can be extremely important when you aren't particularly excited about a class. If you must, view it as an obstacle you must overcome. Then, set your mind to it and do it -- no excuses. Success is up to you!

And if you are having a really hard time finding motivation to reach your potential in school, remember this: We want players on the field who are serious about our Mission. We evaluate players not only by their ability level but by their commitment to our Mission as well. If a player proves to us that he is not striving to reach his potential as a student, he may see less playing time in games or even be suspended from playing altogether. The suspension may even occur in the first game if the player falls well short of his potential in the previous school year. So if you have trouble finding motivation from within yourself, keep this in mind!

6. Be Organized

Don't underestimate how important this is to being successful in school. Keeping yourself organized will save you valuable time and allow you to do everything you need to do. Remember: "A place for everything and everything in its place." Keep all your study materials (calculator, planner, books, notebooks, etc.) in one convenient location.

7. Be Focused in Class

Being focused for the forty-one minutes that you spend in a given class is critical for a few reasons. First, you get a better education and learn more!! And that's what it's all about. Second, it will be less difficult preparing for tests and quizzes. Third, you probably won't need to spend as much time or effort on homework. And lastly, your teacher will see you in a more positive light.

8. Communicate With Your Teachers

It goes a long way with most teachers when you make an attempt to speak with them, whether it's during class, after class, or outside of class altogether. This shows them that you are interested in succeeding in their class. In almost every case, teachers will

respond to that kind of interest in a very positive way. And they are more likely to see you and your team in a positive light.

For some, talking with teachers may cause anxiety. Remember, teachers appreciate when students show an interest in the class or in their grade. And always be sincere and respectful and don't ever waste their time.

9. Take Good Notes

Teachers often will provide notes in class. If a teacher feels that it's important for you to write, it will most likely be something on which you will be tested or quizzed. So make sure you always write it down! If you ever have trouble seeing or hearing notes, you have to let the teacher know. They want everyone to be able to take the notes so don't be afraid to ask. If you ever miss notes because of absence or lack of focus, make sure to get the notes you missed, either from a classmate or the teacher. It is a good idea to check with a classmate to see if you have all the notes. And always make sure to take the notes in a way that you can understand them when it's time to review them.

10. Review Your Notes Daily

Don't wait until the night before the test to review your notes. Go over your notes each day while the information is still fresh in your mind. Add any missing pieces. You could even rewrite your notes as a way of reviewing them. You can compare your notes with a classmate's or teammate's notes. This isn't cheating -- it may even be something that benefits both of you. By doing this, you will get a better education because you will learn more!! And your grade will improve because you will be more prepared for tests and quizzes.

“Studying” is not just about preparing the day before or even the period before a test. “Studying” is about paying attention in class, taking good notes, reviewing your notes, reading your text book or other related material and talking to other people about that class or topic. The more you see something, hear it, and write it, the better chance you have of learning it.