

How to succeed in Mr. Crino's Regents and Honors Biology:

1. Do all homework, class work and laboratory activities.
2. Hand in all assignments on time.
3. Ask questions in class or after class (make an appointment).
4. Pay attention in class and participate.
5. Keep a neat binder as a notebook. Three hole-punch all handouts and keep them with daily notes.
6. Write personal notes, questions, helpful hints, etc. in the margin of your class notes both during class and while doing homework.
7. Write down key phrases, helpful hints, etc even if they aren't written on the board during class.
8. **Reading your notes is not enough! Actively study:** flash cards, study groups, have someone test you, do practice problems, draw pictures, outline notes, etc.
9. **Do practice problems.** Barron's and other Regents review books are available at most book stores. (Honors classes may want to use SATII books, AP Biology books, Older Regents books from 80's and 90's).
10. Search the internet for test prep sites and use them (ex. www.regentsprep.org).
11. Go over old tests and find out why you got questions wrong.
12. Get enough sleep and eat a proper balanced diet. A student who is asleep in class or who is hyper or crashing from too much sugar can not learn.
13. Set aside a place at home to study and do homework.
14. Tutoring is available in the media center through NHS and the after school program is available through South House office.

Taking Personal Responsibility

Do you take personal responsibility, or do you blame others for your inability to succeed? Do you say, "The test was too hard", "I didn't have time to study", or "I'm just not smart"?

If you didn't get the grade you were hoping for, then ask yourself the following questions: -

1. Did I show up for class every day? Did I show up on time? Did I bring my mind to class as well as my body?
 2. Did I do all of my homework? Did I really read the text? Did I really make a sincere effort to answer all of the questions, or did I rush through it, or copy it from someone else?
 3. Did I hand in all assignments (i.e., lab reports, homework, etc.) on time?
 4. Did I actually perform all lab activities or did I sit around and wait for others to complete the activity, and then just copy their results?
 5. Did I come for extra help?
 6. Did I come prepared to take a test (i.e., pencils, calculators, etc.)?
 7. Did I adequately prepare for the test (saying prayers does not count for preparation)?
 8. Did I take notes in class? When the previous night's homework was being gone over, did I correct and add to my own assignment?
 9. Have I been talking in class and preventing myself and others from hearing, concentrating, and learning?
 10. Have I been an active participant in class discussion or have I just sat back and let others carry the "ball" while I complain that "this class is boring".
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