



Tips for Survival

You are going to feel overwhelmed after the first week or two of school. It may feel like everything is happening to you very fast and you just can't think of it all. You may describe it as being "stressed out". This is normal, and you may be surprised to know that it even happens to the band staff and your other teachers too. However, a lot of students have gone through this before, and have done just fine. You will too so don't panic. In a week or two it will feel like things have slowed down. They really haven't, you are just settled into a routine and your brain is able to grasp everything you're doing. Until then, it's completely normal to feel a little frantic. Maybe these tips will help.

- Think ahead – On days when you know you have a band rehearsal or performance, plan in advance when you are going to do your homework.
 - If you are staying after school, come to the band room, find a private place, and do your homework before rehearsal. Students do this all the time. This may also give you a chance to go visit a teacher if you have any questions.
 - If you have projects that are due in several days, plan to work on a non band day. In other words, if you have a project due on a Wednesday, don't wait until Tuesday evening when you already know you have band. Plan to work a little on Monday.
- Get help – We have over 100 band members and there is a chance that someone in band can help you if you don't understand.
- Use the Homework Center and Tutorial wisely – School policy states that if you have a D or F you must attend tutorial for that class, but we do not have band on Wednesdays to allow students to attend tutorial if they need any help. Even if you don't attend Tutorial, come to the band room and finish your homework if you need. There are also selected days when band does not start until first period begins, use these days to your benefit. The homework Center allows you to make up tests that you missed. Instead of missing band at 7:45, ask your teacher to send the test to the Homework Center.
- Have the image of "someone who cares"
 - Don't be afraid to talk to your teachers. Explain that you're in band, and see if you could come by at lunch or after school and work. It's not that you want them to do your work for you, but if you are in their room, they can answer simple questions for you. In fact, a lot of adults will just be glad you care and will sometimes go out of their way to help you. However, **if you remain silent, and don't turn in your homework, or turn it in uncompleted, they probably just think you don't care.**
- Don't make excuses.
 - Don't use Tuesday night band as an excuse. Band doesn't begin until 6pm. This gives you three hours to do homework. Some other activities practice every day after school. If they can do it so can you!
 - Band has never caused anyone to fail or make bad grades. Lack of time management and laziness does that. It may sound harsh, but you have to learn to manage your time. Don't use the Choctaw High School Band as an excuse. Students who are members of musical performance groups for at least four years score an average of 20% higher on the ACT test. It's a fact.
- Persevere.
 - Never give up. It will seem easier down the road so keep trying.
 - Don't quit. You may not get another chance.