

MIDDLE SCHOOL

SUCCESS

CHECKLIST



Simple habits that help you stay organized, do your best, and feel more confident at school.

HOW TO USE THIS CHECKLIST



Check off habits you already do.



Pick 2 or 3 new habits to practice this week.



Come back and review your progress often.



YOU DON'T HAVE TO DO EVERYTHING AT ONCE.

Middle school gets easier when you build good habits little by little.



You've got this! 😊



STAY ORGANIZED AND READY

Small routines can save you time, lower stress,
and help you feel ready for the school day.

≡ Daily and Weekly Habits ≡

- ☐ Use a planner or assignment notebook.
- ☐ Keep one folder or binder for each subject.
- ☐ Put papers where they belong right away.
- ☐ Clean out your backpack once a week.
- ☐ Charge your Chromebook, tablet, or other device at night.
- ☐ Pack your backpack before bed.



≡ Quick Tip ≡

Being organized does not mean being perfect. It just means you can find what you need when you need it.





HOMEWORK AND STUDY HABITS

You do not have to study for hours.
A few smart habits can make a big difference.

STUDY SKILLS THAT HELP

- ☐ Write down homework before leaving class.
- ☐ Start homework with the hardest subject or the shortest task.
- ☐ Break big projects into smaller steps.
- ☐ Study in a quiet spot with the supplies you need.
- ☐ Review your notes a little each day.
- ☐ Ask for help when you get stuck.
- ☐ Use flashcards, quiz games, or practice tests.

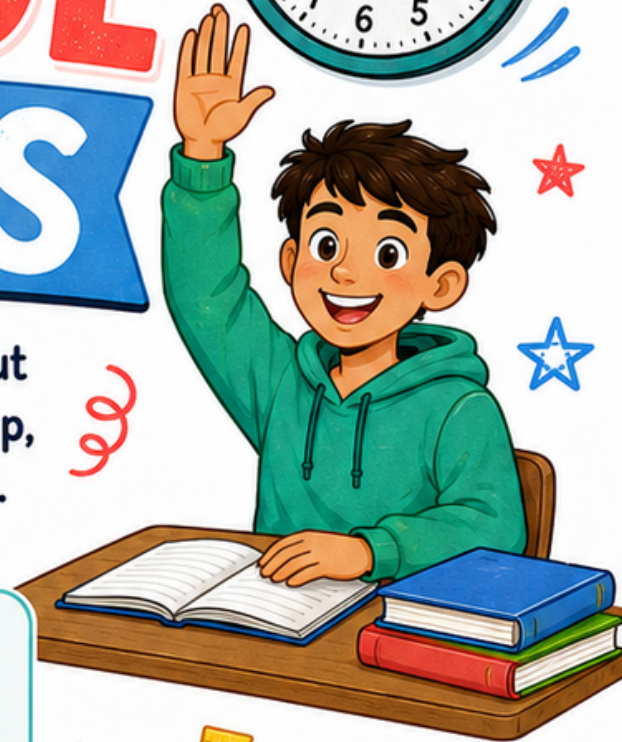


REMEMBER

Cramming the night before a test usually adds stress.
A little studying over time works better.



STRONG SCHOOL HABITS



Doing your best in class is not about being perfect. It is about showing up, staying focused, and trying again.

What Success Can Look Like

- ☐ Get to class on time.
- ☐ Bring the supplies you need.
- ☐ Listen, pay attention, and participate.
- ☐ Turn in your work on time.
- ☐ Set one school goal each week.
- ☐ Check your grades and missing work.
- ☐ Balance school, activities, and rest.
- ☐ Get enough sleep, eat good meals, and move your body.



One Step at a Time

If one area feels hard right now, pick just one habit to work on first.



FRIENDSHIPS, FEELINGS, AND ONLINE CHOICES

Middle school is not only about grades.
How you treat people, care for yourself,
and act online matters too.

HEALTHY HABITS FOR EVERYDAY LIFE

- ☐ Be kind and include others. 
- ☐ Choose friends who respect you. 
- ☐ Talk to an adult if bullying or drama gets serious. 
- ☐ Use kind words online. 
- ☐ Protect your privacy and passwords. 
- ☐ Take breaks from screens. 
- ☐ Make time for hobbies and things you enjoy. 
- ☐ Ask for help if you feel stressed, sad, or overwhelmed. 



MY TOP 3 FOCUS HABITS

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

PROGRESS, NOT PERFECT

You are learning.
Good habits take practice,
and every small step counts.

