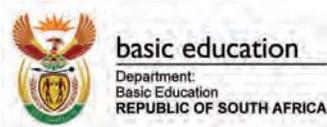




Are you building or blocking your success at school?

Learner Empowerment Programme



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Unions:



Government:



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These materials are currently being evaluated and will be improved on the basis of the evaluation.



Preface

This is the second in the series of modules that the NECT has designed and developed to help you to manage your own learning.

The modules have been designed and written for learners in Grades 7 to 12 and are consistent with the objectives of the life skills curriculum. They aim to provide you with a set of basic skills that will help you to make the best use of your educational opportunities.

As learners, it is important that you know how to learn and how to manage and achieve success in education and in life. This series will help you to build these skills over a period of one year.

The second module provides an overview of a wide range of topics that will be addressed in more detail in other modules. It centres on the idea that you, the learner, are responsible for your future.

Activities have been specially designed to help you to look at your own behaviour and identify things that either “build” or “block” your ability to succeed at school. Subsequent modules will provide you with specific skills for building your success and overcoming any obstacles that are holding you back.

GODWIN KHOSA
CEO
NECT

This book belongs to:

Are you building or blocking your success at school?

A guide for learners

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Introduction

What I did in the last module

1	I learnt that success is a journey. How I complete my journey will depend on the choices I make along the way	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2	I thought about what success means for me	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3	I thought about what I want to do with my life and wrote down some things that will help me to achieve my dreams	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4	I realised that learning happens all the time and everywhere, not just at school	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5	I realised that education is really important	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Now that you know what is important on your journey to success, you can start thinking about what helps you to build your success and what can stand in your way.

You need to:

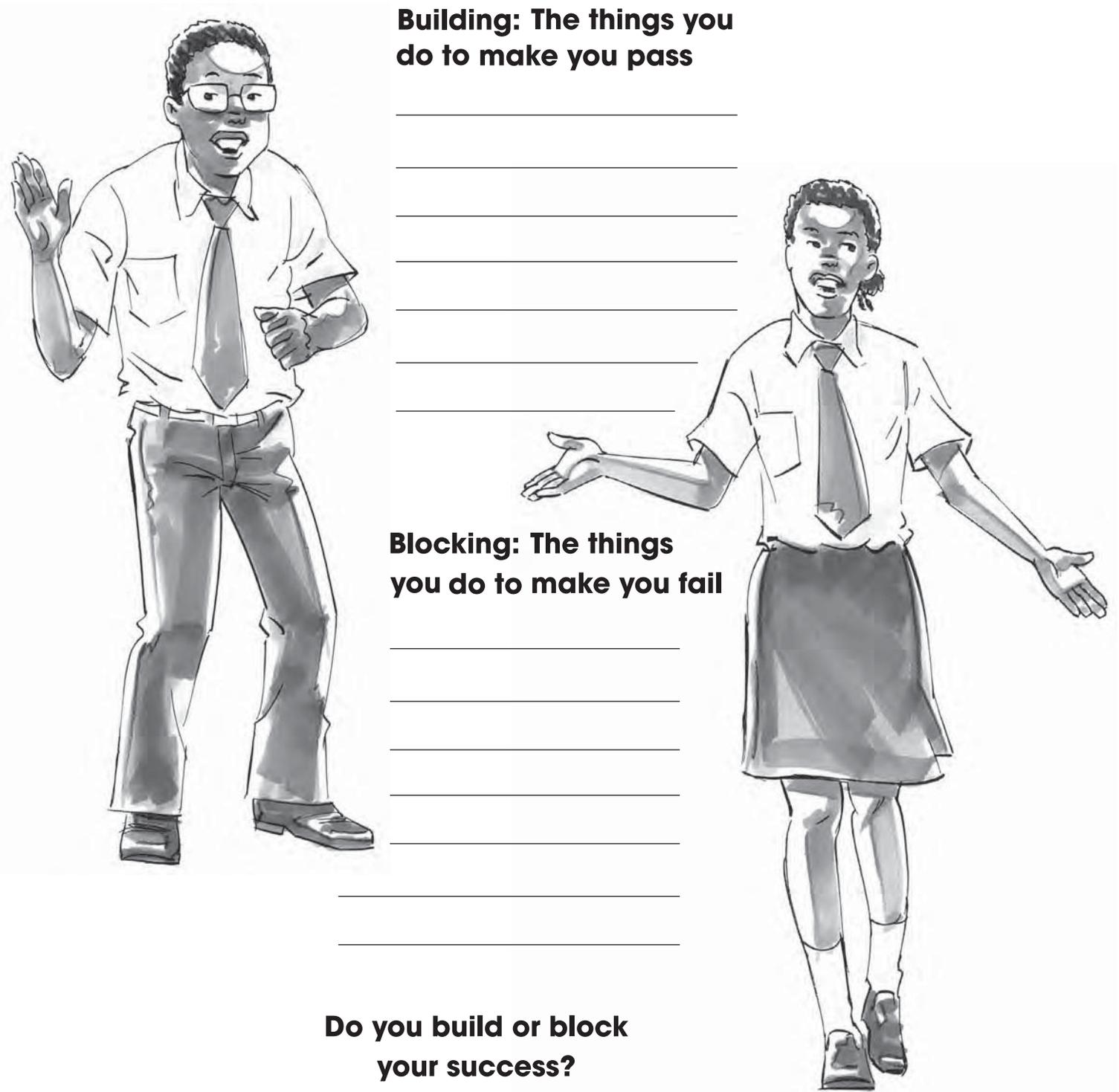
BUILD: do the things that will help you succeed

and not

BLOCK: do things that will prevent your success.

Building or blocking success

Write some of the things that **BUILD** or **BLOCK** success.



Building: The things you do to make you pass

Blocking: The things you do to make you fail

Do you build or block your success?

Who is responsible for my future?



People who influence my future

Many people influence your future and contribute to your success. In the table below rate how much responsibility each has for your future by circling the number that is appropriate.

People who influence my future	Level of responsibility for my success				
	Low	High		
My teachers	1	2	3	4	5
The principal	1	2	3	4	5
The coach	1	2	3	4	5
The school counsellor	1	2	3	4	5
Parents and caregivers	1	2	3	4	5
Myself	1	2	3	4	5
My friends and peers	1	2	3	4	5
People in the community	1	2	3	4	5
My healthcare worker	1	2	3	4	5
My spiritual leader	1	2	3	4	5

Who has the most responsibility for my success?

.....

Discuss your answer with your peers and explain why this person has the most responsibility for your success.

What score did you give yourself?

Score

I am responsible for my future



My school and my teachers have a responsibility to educate me.

And our parents and caregivers have a responsibility to make sure that we attend school but the rest is up to us.



Yes, we are responsible for our own future. We must use the support we get from others to help us succeed.



Choices I make that build or block

The choices, you make will **BUILD** or **BLOCK** your success at school. Do the quiz below. Read each statement. Circle the letter that best describes what you do.

	Circle your answer A or B below	
<p>I have been studying hard for my exam but now I'm tired and can't concentrate ...</p> <p>a. I'm going to take a short break and then try and do a bit more later</p> <p>b. I may as well stop now and watch TV for the rest of the day</p>	A	B
<p>I failed my maths test ...</p> <p>a. I will try and get help with what I find difficult so that I can do better next time</p> <p>b. I'm useless at maths so I may as well not bother</p>	A	B
<p>At the beginning of the term I make a list of goals I want to achieve before the end of term ...</p> <p>a. I refer to my list often to make sure that I am on track with what I want to do</p> <p>b. I refer to my list at the end of the term and find that there are quite a lot of things I haven't done</p>	A	B
<p>My friend is having a birthday party the night before a geography test ...</p> <p>a. I go to the party but do extra studying in the week leading up to the party</p> <p>b. I go to the party and don't bother to study</p>	A	B
<p>I usually start working on my assignments ...</p> <p>a. A week before they are due</p> <p>b. The night before they are due</p>	A	B
<p>At 1am the night before an exam I am usually...</p> <p>a. Fast asleep in my bed</p> <p>b. Reading through my notes</p>	A	B

	Circle your answer A or B below	
<p>I read ...</p> <p>a. Anything and everything as often as I can</p> <p>b. Only when I have a project to do</p>	A	B
<p>If my teacher explains a maths concept that I don't understand ...</p> <p>a. I put up my hand and ask her to explain it again</p> <p>b. I keep quiet as I don't want to look stupid</p>	A	B
<p>I have a lot of chores to do after school ...</p> <p>a. I make a set time every day to do homework and ask my mother to cut down on my chores</p> <p>b. I often don't do my homework. I'm just too tired</p>	A	B
<p>I miss a week of school because I am sick. Now I don't know what's going on in class ...</p> <p>a. I ask my teacher to help me catch up what I have missed</p> <p>b. I do nothing and hope that I will eventually catch up</p>	A	B
<p>I am in Grade 11 and going to a friend's party on Saturday night. My dad says I have to be home at 10pm ...</p> <p>a. I ask him if we can change the time to 11pm because it's the weekend. We agree on the new time</p> <p>b. I agree, but then sneak into the house at 2am and hope he won't notice</p>	A	B
<p>I am invited to be on the school's quiz team. I feel nervous doing it ...</p> <p>a. But I agree and then spend time in the library with the rest of the team working on my general knowledge</p> <p>b. So I say "no" as I am afraid of embarrassing myself in front of the whole school</p>	A	B

	Circle your answer A or B below	
<p>I don't have anywhere quiet to study so I ...</p> <p>a. Set up a study group that meets every day in a quiet place at a friend's house</p> <p>b. Don't study enough</p>	A	B
<p>I talk to my mother ...</p> <p>a. About my friendships and what I am doing at school</p> <p>b. As little as possible</p>	A	B
<p>If it is up to me I choose to eat ...</p> <p>a. Mostly healthy, nutritious food</p> <p>b. Mostly chips, take-aways and fizzy drinks</p>	A	B
<p>During lessons ...</p> <p>a. I try and write down the main points of what the teacher is saying</p> <p>b. I never take notes and just hope I'll remember everything</p>	A	B
<p>I am ...</p> <p>a. Late for school quite often</p> <p>b. Hardly ever late for school</p>	A	B
<p>During the week I see my friends ...</p> <p>a. After school when I have finished studying and doing my homework</p> <p>b. As soon as school is over. I only do my homework if there is time</p>	A	B
<p>I do sports ...</p> <p>a. At least once a week after school and sometimes on weekends</p> <p>b. Never. I hate sports</p>	A	B
<p>You go to a friend's house to study for a test together. When you are there you decide to do something else instead. When you fail the test you ...</p> <p>a. Accept that you are to blame for what happened and try not to let it happen again</p> <p>b. Blame your friend</p>	A	B

	Circle your answer A or B below	
<p>When I have an assignment ...</p> <p>a. I make sure I know what the assessment criteria is before I begin so that I do it right</p> <p>b. I do the work without checking the assessment criteria and hope I get it right</p>	A	B
<p>When I study I like to ...</p> <p>a. Find a quiet place to work so that I won't be distracted</p> <p>b. Work with the TV on so I can watch out for my favourite programmes</p>	A	B
<p>I work hard at my studies ...</p> <p>a. But I also make time to relax and see my friends</p> <p>b. So I am too busy to see my friends</p>	A	B
<p>I don't know what I want to do when I have finished school ...</p> <p>a. I talk to my parents and ask the school's guidance teacher for advice</p> <p>b. I do nothing and hope that something will come up</p>	A	B
<p>When I am studying ...</p> <p>a. I look after my textbooks and keep them clean so that they can be used by others. If I need to, I make notes of important information on paper</p> <p>b. I write notes in my textbooks and scribble in the margins</p>	A	B

Well done! You have completed the quiz!

Count your Score

How many *As* did you score?

How many *Bs* did you score?

If you scored **mainly As** you are a well-rounded person. You take your schoolwork seriously but also make time for exercise, friendships and family.

If you scored **mainly Bs** then some of the things you do are blocking your ability to succeed. You have some work to do regarding your attitude to school and learning.

What is blocking my success at school?

Read the statements below. Tick (✓) the ones that apply to you. It is important to be honest so that you can find out what behaviours are building your success and what behaviours are blocking you and preventing you from being successful.

How I manage my time ...	
1.	I am hardly ever late for school
2.	I allow myself enough time to do my assignments
3.	I am often late for school
4.	I often stay up late the night before tests because I have not studied enough
5.	I often have to rush to finish assignments in time
6.	When I have a test I set aside enough time to study for it
How I behave in the classroom ...	
7.	When I behave badly in class I often blame other learners
8.	I respect my teachers and listen and respond when they are teaching
9.	I sometimes talk to my friends and make a noise in class
10.	When I don't understand something the teacher says I ask for help
11.	I often don't do things that my teachers ask me to do
12.	I feel shy about raising my hand and asking questions in class
13.	I find it hard to concentrate in class. I am easily distracted by my friends
My school attendance ...	
14.	I go to school every day unless I am sick
15.	I sometimes miss school if I don't feel like going
16.	I sometimes miss school because I have responsibilities at home

My attitude to reading and writing ...	
17.	I love to read, I read whenever I can
18.	I hate reading
19.	I sometimes read but prefer to do other things
20.	I don't write well so I don't enjoy projects where I have to write
21.	I like writing and do it in my spare time whenever I can
22.	I'm not so good at writing but I try to get better by writing something every day
My homework ...	
23.	I do my homework everyday
24.	I don't have a quiet place to do my homework
25.	I often don't do my homework
26.	If I don't understand the homework I ask someone for help
27.	I belong to a study group and we do our homework together
28.	I have a lot of chores at home and often feel too tired to do my homework
How I organise and plan my school work ...	
29.	I set goals and refer to them often to make sure I am on track
30.	I find it difficult to plan assignments. I often start things and don't finish them
31.	I set goals but find it hard to stick to them
32.	I always finish projects
How I feel about myself ...	
33.	I change my mind a lot and find it difficult to make decisions
34.	I feel good about myself
35.	I don't feel good about myself. I think this sometimes stops me from doing well
36.	I feel that I get a lot of support from my family and friends
37.	I do sometimes feel that nobody really cares about me
38.	I believe that if I work hard I can achieve my dreams

My values ...	
39.	I learnt my values from my family and they are important to me
40.	I believe that people should respect each other
41.	When I find things difficult I usually give up and do something else
42.	I don't think education is that important
43.	If I find something difficult I will keep working at it until I get it right
44.	I think education is very important
45.	I think it's up to me to do the best I can at school
What I think about discipline ...	
46.	I understand why rules are important
47.	I respect the rules that are set by my parents and the school
48.	I find it easier to respect rules when I am involved in setting them
49.	I don't like rules and I often break them
50.	I often behave badly in the classroom and at home
51.	I get angry when I am disciplined even if I am in the wrong
How I communicate with adults ...	
52.	I talk to my parents and family about my life and my school work
53.	I am shy about talking to my teachers when I have a problem at school
54.	I talk to adults as little as possible even when I have a problem
55.	My parent/caregiver doesn't listen to me
56.	I respect my teachers and talk to them about my school work or if I have other problems
My attitude to school resources ...	
57.	I treat textbooks and other learning resources with respect
58.	I don't always treat textbooks and other learning resources with respect

My health ...	
59.	I have health issues that cause problems for me at school
60.	I try to keep my body healthy and exercise regularly
61.	I say no to drugs and alcohol
62.	I sometimes experiment with drugs or alcohol
63.	I know how to protect myself and my health
64.	I know how to protect myself and my health but I sometimes do things that are risky
65.	I hardly ever play sport or do physical activities



When you have ticked the statements that apply to you, rate yourself on the next page.

Find out what you are doing right and what is blocking your success at school.



Rate yourself

Go back to the list of statements and look at the numbers of the statements you have ticked (✓). Find the numbers in the table below and circle them. When you have placed circles in each row, add the total number of circles for each column at the bottom of the table.

How you behave	Building	Blocking
How I manage my time	1, 2, 6	3, 4, 5
How I behave in the classroom	8, 10	7, 9, 11, 12, 13
My school attendance	14	15, 16
My attitude to reading and writing	17, 21, 22	18, 19, 20
My attitude to my homework	23, 26, 27	24, 25, 28
How I organise and plan for school work	29, 32	30, 31
How I feel about myself	34, 36, 38	33, 35, 37
The values I have	39, 40, 43, 44, 45	41, 42
What I think about discipline	46, 47, 48	49, 50, 51
How I communicate with adults	52, 56	53, 54, 55
My attitude toward school resources	57	58
How I manage my health	60, 61, 63	59, 62, 64, 65
TOTAL		

What is your **BUILDING** score?

What is your **BLOCKING** score?

1. In what areas are you blocking your success?
2. Write down three things that you will try to do better in order to **build** instead of **block** your success.
 1.
 2.
 3.
3. Discuss your score with your peers.
4. Write down three things you will try to do better as a group to **build** and not **block** your success.
 1.
 2.
 3.

Review: Building and blocking behaviours

This is building	This is blocking
How I manage my time	
<ul style="list-style-type: none"> • I am hardly ever late for school • I allow myself enough time to do my assignments • When I have a test I set aside enough time to study for it 	<ul style="list-style-type: none"> • I am often late for school • I often stay up late the night before tests because I haven't studied enough • I often have to rush to finish assignments in time
How I behave in the classroom	
<ul style="list-style-type: none"> • I respect my teachers and listen and respond when they are teaching • When I don't understand something the teacher says I ask for help 	<ul style="list-style-type: none"> • When I behave badly in class I often blame other learners • I sometimes talk to my friends and make a noise in class • I often don't do things that my teachers ask me to do • I feel shy about raising my hand and asking questions in class • I find it hard to concentrate in class. I am easily distracted by my friends
My attitude to reading and writing	
<ul style="list-style-type: none"> • I love to read. I read whenever I can • I'm not so good at writing so I try to get practice by keeping a journal and writing something every day • I like writing and do it in my spare time whenever I can 	<ul style="list-style-type: none"> • I hate reading • I sometimes read but prefer to do other things • I don't write well so I don't enjoy projects where I have to write
My homework	
<ul style="list-style-type: none"> • I do my homework every day • If I don't understand the homework I ask someone for help • I belong to a study group and we do our homework together 	<ul style="list-style-type: none"> • I often don't do my homework • I don't have a quiet place to do homework • I have a lot of chores at home and often feel too tired to do my homework

This is building	This is blocking
My school attendance	
<ul style="list-style-type: none"> • I go to school every day unless I am sick 	<ul style="list-style-type: none"> • I sometimes miss school if I don't feel like going • I sometimes miss school because I have responsibilities at home
How I organise and plan my schoolwork	
<ul style="list-style-type: none"> • I set goals and refer to them often to make sure I am on track • I always finish projects 	<ul style="list-style-type: none"> • I find it difficult to plan assignments. I often start things and don't finish them • I set goals but find it hard to stick to them
How I feel about myself	
<ul style="list-style-type: none"> • I feel good about myself • I feel that I get a lot of support from my family and friends • I believe that if I work hard I can achieve my dreams 	<ul style="list-style-type: none"> • I change my mind a lot and find it difficult to make decisions • I don't feel good about myself. I think this sometimes stops me from doing well • I sometimes feel that nobody really cares about me
My values	
<ul style="list-style-type: none"> • I learnt my values from my family and they are important to me • I believe that people should respect each other • If I find something difficult I will keep working at it until I get it right • I think education is very important • I think it's up to me to do the best I can at school 	<ul style="list-style-type: none"> • When I find things difficult I tend to give up and do something else • I don't think education is that important
What I think about discipline	
<ul style="list-style-type: none"> • I understand why rules are important • I respect the rules that are set by my parents and the school • I find it easier to respect rules when I am involved in setting them 	<ul style="list-style-type: none"> • I don't like rules and I often break them • I often behave badly in the classroom and at home • I get angry when I am disciplined, even if I am in the wrong

This is building	This is blocking
How I communicate with adults	
<ul style="list-style-type: none"> • I talk to my parents and family about my life and my schoolwork • I respect my teachers and talk to them about my schoolwork or if I have other problems 	<ul style="list-style-type: none"> • I am shy about talking to my teachers when I have a problem at school • I talk to adults as little as possible, even when I have a problem • My parent/caregiver doesn't listen to me
My health	
<ul style="list-style-type: none"> • I try to keep my body healthy and exercise regularly • I say no to drugs and alcohol • I know how to protect myself and my health 	<ul style="list-style-type: none"> • I have health issues that cause problems for me at school • I sometimes experiment with drugs or alcohol • I know how to protect myself and my health but I sometimes do things that are risky • I hardly ever play sport or do physical activities
My attitude to school resources	
<ul style="list-style-type: none"> • I treat textbooks and other learning resources with respect 	<ul style="list-style-type: none"> • I do not always treat textbooks and other learning resources with respect

Things to think about

Think about the things you can do that will help you to build your success at school.

During other workshops we will talk more about the ways in which you can do this.

Encourage others to build and not block their success.

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