



How to Build Long-Term Academic Success



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Your university years may seem a long time away, but what you learn and do now will directly affect your long-term academic success. Most students in high school learn to focus on short-term goals—they aim to study and succeed on quizzes and exams, sports, and homework. These involve focusing on the materials taught in class, then reviewing notes, and finally taking a test. However, there is a great need for high school students to learn the importance of long-term academic success and how to achieve it. Students are at a crucial developmental stage where what they learn and act upon will directly influence how they respond to challenges in university. This type of education will prove vital for transitioning to university and doing well after high school.

Implement the following study habits and learn how to set achievable goals. What you do here will carry over to university, and will make your chances of long-term academic success more realistic and feasible! Let me share with you the key strategies for long-term academic success:

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Strategy 1: Set Up a “Road Map” of Goals

In order to know where you want to go and what you want to achieve, you can begin by writing out a “Road Map” of your long-term goals. The key to success is to be as specific as possible. Writing your goals down is the first step towards commitment for long-term academic success.

What are your long-term goals? Set goals based on something that is very important to you. To assist you in writing out a “Road Map,” complete the attached **Build Your Academic Road Map** as a personal plan-of-action focusing on your long-term academic goals. This is a template to help you solidify your academic plans for after high school.

Here is some additional advice for filling out a “Road Map”³ After stating your goals in writing, keep them where you can see them to help remind and motivate you. Discuss your goals with others, including family members, friends, and counsellors because talking about your goals will help you focus on how to achieve them. Focus on your personal performance throughout the “Road Map” rather than strictly outcomes. The “end goal” or outcome can be affected by circumstances that are beyond your control,