

Ten Commandments for Social Butterflies

- 1 Are you addicted to texting? Set a limit and make a vow to keep it. Give yourself strong consequences.
- 2 Are you addicted to texting? Shut off your phone during class.
- 3 R U addicted 2 texting? Get tough with yourself. Do not text in the evening until after your homework is done—no matter what!
- 4 Add some friends to your circle who actually do schoolwork.
- 5 Sit next to the students who seem to be focused on the class, not on their friends. Ask them how they do it. Learn from their actions and words.
- 6 Set two or more hours after school for uninterrupted schoolwork—no peer contact at all.
- 7 Compare and contrast your social time and the time you spend doing academic work. Record the difference. Close the gap by putting more time toward schoolwork and less time toward socializing. You won't jeopardize your friendships, but you may just save your grades.
- 8 If you must spend time with friends after school, finish your schoolwork while you're at it. You will still have fun and spend time together.
- 9 Don't care too much about what other people think. Of what profit is this concern in the long run?
- 10 Remember that a real friend would want you to succeed in school.