



Computer Fun:

Learning Resources

What do the jocks get besides attitudes and sprained ankles?

The jocks seem to have it all: the grades, popularity and special treatment. None of this comes easy, but you can have it too!

Teamwork

The jocks focus on working together to win. In sports, one person can make a difference in the outcome, but he or she can't do it alone. You can build a support system to win at school and in life. When you have trouble understanding in class, chances are very good that others feel the same. Start a study group. You'll help each other learn, make new friends and have some fun along the way. Teamwork isn't just for sports anymore!

Strategy

The jocks often win a game because they know where they're going and how to get there. That's simple strategy – a detailed plan for success. Let's say you need to get a B in geometry. Your strategy might include studying geometry an hour a day, meeting with the teacher once a week and even getting a tutor. Approach school and life with a plan. You might not hear a cheering crowd, but self-satisfaction makes you a real winner.

Rules

Rules keep sports and the game of life fair for everyone. So many times, rules seem like restrictive outlines of what you can't do. Rules can also be a positive force! Doing what's right and good for you actually works. Rules keep you focused – don't waste time finding out the consequences of breaking them. You've seen what happens to classmates who break the rules. Take a lesson from the jocks and let the rules guide you.

Coaching

A coach wins the hearts and minds of a team with clear directions and encouragement. A coach sets expectations for the jocks in the same way the adults in your life expect certain results from you. Parents may encourage you to get good grades by promising a reward like a trip to your favorite restaurant or a new video game. While you're motivated by the prize, you're also leaning, which is a reward you'll appreciate more when you're trying to get into college or applying for a job.

Shared goals

While every jock acts differently as an individual, he works toward the shared goal of winning as part of a team. It's nice to share the work of reaching a big goal, and you don't have to be part of a team to get there. When you set a goal for yourself, share that goal with your friends and family. You might be surprised at who will step up and offer to help. Accept that help and remember to step up and help others reach their goals.

Quick review

When jocks walk around all cocky and confident, it has a lot to do with the support they get from their team. Build your own support system, follow the rules to stay focused and accept encouragement wherever you find it. You'll score with strong goals!