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Coming back to school after summer break offers a fresh start. Everything has a positive feelnew classes, new clothes, new pencils...there is nothing better than a sharp new pencil. Whenever we start something new, many people make goals to try and improve themselves.

And while this is a busy time for families, there is value in the hustle and bustle. Research clearly indicates that involved students are successful students. Being involved in activities in and after school propels students forward. This can be done in the form of joining a club, student government, a sports team, or FFA. It can even be accomplished by attending and supporting athletic events. When life is busy and students are going here and there, remember it is beneficial. Studies show that students who are more involved outside of class are 20 percent more likely to get better grades, according to the National Center for Education Statistics.

A lot of activities have deadlines and goals. Students get the opportunity to work with others to accomplish the task at hand and do so as efficiently as possible. This shows students the road map to success...and what is great about success is that it is contagious.

Secondly, it pushes students to be great at time management. To be a great student, you have to be able to manage time very well. With so many deadlines and classes and assignments due in each class, the ability to effectively balance and manage those tasks is essential. When students willingly give up some of their free time to be involved in activities, it reduces the amount of time that can be wasted.

The third reason is that when you surround yourself with similar and motivated people, it cultivates a responsible and positive culture. It actually becomes easier to succeed when you are constantly surrounded by successful and hard-working people.

What this whole concept boils down to is that getting good grades is tough. Being busy is tough. It requires discipline, passion and dedication. Although those tools are essential, they may not be natural tendencies. Yes, it takes balance and commitment, but recognizing and learning how to jump from your comfort zone, becoming involved in something bigger than yourself, and being surrounded by motivated and hard-working people is good advice for River Valley students and can even lead to getting better grades.

Mr. Loren G. Glasbrenner District Administrator