

Turning It Around

Don't panic.
Your brain works best when
you are relaxed.

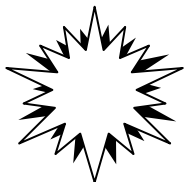
If you or others
are feeling the
pressure to cheat,
ask for more time to review.

Learn to pace yourself.

Examine your use of time.
What time wasters can you
let go of?

Make sure you get all the
sleep and rest you need to
function well.

Talk confidentially to
someone who can help you
find alternatives.



Concerned About Someone?

Give them this brochure with
your highlights.

Offer your help and support.

A lack of self-confidence,
patience or discipline
is at the root of most
cheating. You can turn it
around.



For Confidential Help

Call HopeWorks at
(860) 561-1175
or email us at
hopeworkscentral@snet.net.



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The Karma of Cheating

*"I was thrown out of N.Y.U.
my freshman year ... for
cheating on my metaphysics
final. You know, I looked
within the soul of the boy
sitting next to me."
Woody Allen*



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*Providing hope and help to
young people and their
families through counseling
and education*



How Cheating Starts:

Someone who is not prepared may experience distress and a fear of failure.

Cheating students encourage others by word or example.

Thinking that "everybody does it" leads to a sense of entitlement. You feel ripped off if you are the "only one" who doesn't cheat.

In time cheaters may feel they need to cheat to keep up their grades.

A competitive high school college-prep environment may increase the temptation to cheat.



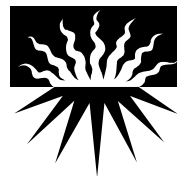
Examples

- ◆ Using notes concealed on scraps of paper or a calculator.
- ◆ Downloading or copying other people's work like term papers.
- ◆ Taking credit for work you didn't do.
- ◆ Using the teacher's answer sheet.

Reasons Not to Cheat?

- ✦ Since you don't learn much, you end up unprepared for your future.
- ✦ Cheating is dishonest.
- ✦ It may make you believe that the only way you can succeed is to cheat.
- ✦ Cheating becomes a way of life, the "easy way" around difficulties.
- ✦ Like smoke in the lungs of a smoker, cheating corrodes your spirit and self-esteem.
- ✦ Schools and workplaces are working to identify and punish cheaters.
- ✦ Hard work loses its value when people cheat.

People who get caught cheating damage their reputations for a long time.



Stop Cheating

- ✦ Set up peer study groups.
- ✦ Ask parents to help by checking papers and quizzing you before tests.
- ✦ Get a tutor.
- ✦ Keep up with the work instead of cramming.
- ✦ Ask the teacher for help.
- ✦ Resist the temptation to cheat. Tell yourself, "I can learn this!", then do the work.
- ✦ Eliminate the need to cheat by training your memory. With practice, everyone can learn memorization skills.
- ✦ When studying, pace yourself. Take time out to stretch your mind and body.