## **Attend Your Class Sessions**

Every adult has a million good reasons not to come to any particular session. But the ones who succeed come anyway. They make the time and ignore the excuses. And pretty soon they have developed a "success habit". Because our class sessions are longer than in high school, if you miss even one, you have missed the equivalent of 3 days of high school class time. Even if you borrow notes from a classmate, it won't be the same, because the class session is an experience with learning that the teacher has planned carefully to imbed the material better than just reading it on your own. Yes, you may have a home emergency or some other extreme reason to miss a session or two, but if you commit to attending regularly, this is the best gift for success you can give yourself.