

## Surviving High School Academically

**Be respectful to your teachers.** You won't love all of your teachers but it greatly benefits you to be polite to them, show up to their classes on time and at least act interested in course material. When you apply to college, you'll need several teacher recommendations, so it's better to start building your relationships early.

**Have a study plan.** If you want to succeed in your first year of high school, then you have to know which habits do and don't work well for you when it comes time to study for the big exam. Do you study best during your free periods, right after school, or at night, before you go to bed? Do you like listening to music or snacking while you study, or do you prefer nothing more than silence? Find a routine that works for you early on and stick to it.

- **Do your homework.** This should be obvious, but it isn't. Don't do your homework on the bus on the morning of school, or in homeroom, either. Take the time to diligently do your homework right after school, in study hall, or when you get home after extra-curricular activities. Make sure that you really get it done instead of just doing the bare minimum and forgetting key information. This practice will help you to study for the test. Also, if you're struggling with your homework, don't be embarrassed to get extra help.
- **Try to review a little each day.** It's hard to get yourself to review for half an hour two or three weeks before a test...but imagine cramming that many hours the night before. Plus, you'll retain the information much better.

**Start thinking about college and life after high school -- but not too much.** You shouldn't feel pressured to make a list of your top ten dream colleges during your freshman year, but you should have an idea of what kind of college you'll be applying to, or at least a sense of how competitive it is. And if you don't plan to go to college, what type of job do you want? Are you going to join the military?

\*To apply to a four-year college, you'll need to have a record of academic success (which means pass all your courses, the higher the grade the better chance of you getting into the school you want, all of your courses matter and you need them to graduate). You will need

a foreign language credit (for many schools 3 years of a language), 2-3 teacher recommendations, a personal essay, and participation in outside activities, from team sports to volunteer organizations.

- If you start joining clubs and sports during your freshman year, you'll have time to develop your skills and find a leadership position by your junior or senior year.
- If you haven't done anything outside of school until your junior year, and you're suddenly joining a bunch of clubs, colleges will be suspicious.
- You can think about college, but don't obsess over it.
- If there IS a college you know you want to go to, research for their course requirements to get a brief idea of what credits you need. Better to get those out of the way rather than cramming them all in one year.

**Don't be too cool to be smart. Seriously. This is something you will regret. Though your social life is important, don't forget that your academic life is just as important -- and maybe even more so, since it can set the tone for the rest of your life. Your high school grades will follow you, each class counts and is needed towards graduation.**

**Remember: You only get to make one first impression**

**Be bold. Make friends. Try new things.**

**Do your work.**

**Have fun.**

\*Choose your friends wisely; they will have considerable influence on how well you do in high school\*

\*If you ever become a target for a bully, don't be afraid to stick up for yourself and/or report to a counselor or principal\*