

# HIGH SCHOOL FRESHMAN SURVIVAL TIPS

- **High School Freshman Survival Tip #1**

**Do:** Practice walking from class to class before the school year begins.

**Don't:** Wait until the first day to step foot in the school building.

During freshman orientation, you will become familiar with your new school building. You will learn school rules, your schedule of classes, locker location and combination, and you'll get a tour of the school. Pay attention during freshman orientation. It'll pay off.

Stop in at the office, get a visitor's pass, and practice walking from classroom to classroom. Notice if any of your routes take you by your locker — that may be the only time during the day you'll have to stop there. Time your routes, and be sure you can make it from class to class during the passing period (give yourself about 2 minutes of wiggle room to account for traffic and socializing). You don't want to be late to class, but you don't want to be the kid running through the hall either!

- **High School Freshman Survival Tip #2**

**Do:** Join clubs, participate in activities, and volunteer.

**Don't:** Be antisocial.

Clubs and activities are great ways to meet new people with similar interests. Fall sports usually start practice before the school year starts, so you can start making friends before your first classes. Don't be afraid to try new activities. You never know when you'll find something you absolutely love.

Clubs and activities aren't all about meeting people, though. Your volunteer hours and participation in extracurricular activities will help you stand out on your future college applications. College feels far away when you're a freshman, but it'll be here before you know it.

- **High School Freshman Survival Tip #3**

**Do:** Be respectful of your teachers.

**Don't:** Be late, unprepared, or rude in class.

Your first week of classes sets the tone for the rest of your year, and possibly the next three, too. Teachers are just meeting you, and first impressions count. When you are on-time to their class with all of your classroom materials (paper, pencil, calculator, homework, etc.), teachers notice. More than that, though, they notice when you don't.

Teachers are rooting for you to be successful in their classrooms, but that doesn't mean they'll let you get away with disrespectful behavior. That means putting your cell phone away during class, paying attention, and doing your best work.

- **High School Freshman Survival Tip #4**

**Do:** Find a support system

**Don't:** Go it alone

Big life changes, like starting high school, can be confusing and scary. If you surround yourself with good friends and advisors, you'll be better equipped to make good choices and set yourself up for future success. Teachers and academic counselors can help you pick the best classes and make sure you graduate on time. Friends will be there when you need an emotional pick me up, especially when you're a good friend in return. Parents are great support no matter what you're going through. (Even if you aren't comfortable asking your parents for advice, at least keep them in the loop with your academic and activity load. Parents need to know how and what you're doing so they don't accidentally over schedule or double book you!)

- **High School Freshman Survival Tip #5**

**Do:** Be organized.

**Don't:** Procrastinate

Easier said than done, organization is essential to success in high school. Keep your notes and assignments organized by class. Keep an up-to-date planner and homework to-do list. Color coded folders and three ring binders with dividers are both great ways to keep your papers organized.

Also easier said than done: don't procrastinate. Instead of putting off less-than-pleasant activities and homework assignments, do the worst ones first. Getting the hard assignments out of the way will feel great, and you'll be able to fly through the other ones.

To keep yourself on track while you're working on homework, you can use productivity apps and plugins like Finish (iPhone), StayFocusd (Google Chrome), or SelfControl (Safari). With time management programs, you can block time-wasting programs, websites, or even the whole internet from your computer.

### **High School Freshman Survival Tip #6**

**Do:** Challenge yourself

**Don't:** Coast academically

Get ready for big changes, Freshmen! You're going to have new experiences, both good and bad, next year, so be ready to roll with the punches. With a little preparation and ongoing organization, you'll be ready for anything freshman year throws at you!