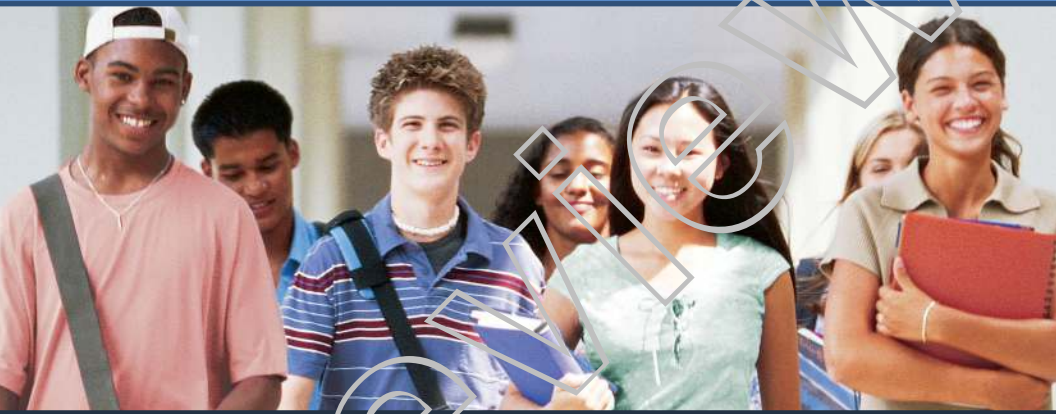


**Next
Step**

HIGH SCHOOL



**The Best Advice Ever
for New High School Students**



WOODBURN PRESS
A STUDENT SUCCESS COMPANY



Dear Student,

Welcome to high school! These next years will be some of the most memorable years of your life. You'll study new subjects, make new friends, and develop new skills. You will also have a lot of fun!

Starting high school, however, can be a bit overwhelming...new students, new teachers, more challenging classes, and greater responsibilities.

But not to worry. This booklet is packed with information to help you make the transition to high school. It will also give you the best advice ever, so that you can get your high school years off to a great start.

Enjoy this special time in your life!

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What to Expect

Most students feel excited, and a little nervous, when they start high school. But, if you know what to expect, you're more likely to feel confident and relaxed.

Here are some things you can expect to find in high school—and some advice to help you feel more on top of things those first few weeks.

New teachers and new classmates

Dealing with so many new people may seem overwhelming at first, but remember, everyone in your grade is in the same boat. In a few days, things won't seem so new, and you'll be on your way to knowing all your teachers—and your new classmates.



A new schedule

Your schedule probably contains classes you've never taken before. *Check your schedule carefully to make sure it's correct.*

If you think there's a mistake, or that you're in a wrong class, see your counselor right away.



More challenging classes with more homework

Your high school courses are likely to be more difficult, but know that you can handle them. It is, however, important for you to work hard—right from day one.

More extracurricular opportunities

Getting involved in school activities is a great way to meet new people and have fun. Be aware that some activities may have sign-ups just days or weeks after school starts.

Find out what activities your school offers, and learn how you can get involved!



A lot more to keep up with

High school students have more activities, more homework, and more responsibilities than they've ever had before. To keep up with everything, you need to be organized and have good time management skills.

We have some great advice on organization and time management—but we'll get to that later.

Everything Counts Now

Here's a very important fact: Once you get to high school, everything counts.



Your courses now earn credits

All of your courses earn credits that go toward fulfilling your high school's graduation requirements. Many schools also have specific requirements that students must meet in order to advance to the next grade. For example, freshmen who fail classes may not have enough credits to become sophomores.

Freshman grades are part of your high school GPA

Your freshman grades will be used to calculate your high school grade point average (GPA). Your GPA is important because colleges and employers will use it in their admissions and hiring decisions.

Your permanent record starts now

Starting in ninth grade, the courses you take, the grades and credits you earn, and your test scores all become part of your permanent record. If you apply to college, a copy of your permanent record—called a transcript—will be sent to the college, along with your application. *This transcript will have all of your freshman courses and grades on it.*

You want to make sure that your high school transcript is one you'll be proud of.

Things You Need to Know

Your high school has rules and regulations that they expect you to know and follow. These are most likely explained in your school's student handbook or on your school's website. If you have questions, go to the office or see your counselor.

Be informed and learn what you need to know.

- **I'm late. What do I do?**

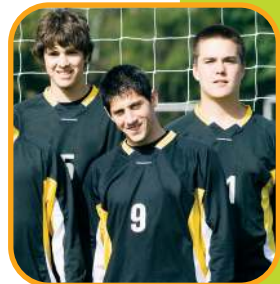
Know your school's attendance and tardy policies and procedures. Does a parent need to call if you're not going to be in school? Are there consequences for being absent or tardy a certain number of times?

- **We're not allowed to do that?**

Most school rules are common sense (e.g., no bullying, weapons, or alcohol); but some things are specific to your school, such as the dress code and cell phone policy. Know what's acceptable, and what's out of bounds.

- **I want to play a sport. Am I eligible?**

High schools have eligibility requirements for students who want to play a sport, and often for students involved in other activities as well. If you have a concern or question about eligibility, see your coach, counselor, or athletic director.



Get Organized - 5 Great Tips

Being organized makes your day run smoother and it saves you time. It also helps you feel like you're in control and on top of things.



Get your year off to a great start by using these tips to get organized—and to stay organized.

1

Have the right tools

Just as a carpenter can't build a cabinet without a hammer and nails, you need the right tools to be a successful student. You need paper, pencils, pens, a calculator, and a planner. You also need to have notebooks and folders for your notes and papers.

2

Organize your papers

Unless your school has gone paperless, you will have lots of papers—homework, returned tests, class notes, and handouts. There is a saying: *A place for everything and everything in its place.* This should be true for every paper you have.



Josh, who is very organized, has the following:

- ▶ a 3-ring notebook for notes (with a tab for each class)
- ▶ a different colored pocket folder for each class
- ▶ a file at home for returned tests and the papers he wants to keep

3

Use a student planner

Many students have planners, but they don't use them like they should. Using a planner is a great way to keep yourself organized and on track! Here are a few tips.

Planner Tips

- ▶ Write each assignment under the date it's assigned. Also write in the date it's due.
- ▶ Check off assignments when they are completed.
- ▶ Write in all quiz and test dates.
- ▶ Break large assignments and projects down into smaller parts. Write these "smaller assignments" in your planner also.
- ▶ Write in special events, practices, appointments, social activities, and anything else you want to remember.

Subject	Monday, September 16
English	✓ Read pages 5-10 - Due Tues
Math	✓ Do all problems on p. 25 - Due Wed
History	* Quiz on Chapter 3
Science	✓ Do Review Questions - Due Wed
Spanish	✓ Vocabulary - page 10 - Due Tues
	Dentist 4:00
	John's birthday

4

Have routines

Have a morning routine that gets your day off to a good start, and a nighttime routine that gets you to bed on time.

- ▶ Your morning routine should include getting up early enough to eat a good breakfast and not be rushed.
- ▶ Your nighttime routine should include getting everything organized and in your backpack for the next day. If there's something you need to remember to do in the morning, write yourself a note.

5

Keep it clean

Keeping your locker and backpack neat, clean, and organized makes it much easier to locate materials.

Manage Your Time

We all have the same amount of time: 24 hours a day / 168 hours a week. How we use our time is called time management.

Consider this:

In each 24 hour day, you spend about 8 hours sleeping (or at least you should) and 8 hours in school.

That leaves 8 hours for everything else.



Eating
Homework / Studying
Sports / Exercise
Entertainment

Everything Else

Work / Chores
Friends & Family
Hobbies
Relaxing

Make the most of the time you have each day!

Use class time wisely

Use any extra time in class to start on your homework—and if you have a study hall, use it. Doing these things will reduce the amount of time you need to spend on homework at night.

Make To Do lists

Each day make a list of all the things you need to do, and then cross things off as they get done. At the end of each day, add the tasks that didn't get done to the next day's list.

Limit time wasters

Social media, TV, and video games are fun—but they can easily take up too much of your time. Schedule small chunks of time for these activities, and stick to your schedule.

Class Success

Start the year off by promising yourself that you'll make the most of the time you spend in class. If you do, your classes will go faster, you'll have less to do outside of class, and you'll get better grades.

Here's some advice to help make this happen.



Participate in class

Participating in class makes the class more interesting, and it helps keep your mind focused. Ask and answer questions, and participate in discussions. You'll learn more, and your teachers will be impressed.

Know your teachers

Think about what's important to your teachers. Are they strict about rules? Do they give points for participation?

Come to class with your homework done

In many classes, homework is a significant portion of your final grade. (If you haven't read the short story that was assigned in English, you aren't going to get nearly as much out of the class discussion.)

Have a positive attitude



Go to your classes ready to learn and confident in your ability to succeed.

Ask for help

Teachers are usually happy to help you, but you have to ask. If you're struggling in a class, get help early.

Top 10 Study Smart Tips

Students who “study smart” often spend less time studying, and yet they get better grades.

Here’s how you can study smart.



- 10** Study in a place that’s quiet, well lit, and comfortable.
- 9** If you have a lot to do, prioritize your work. Make sure you have enough time for the things that are most important.
- 8** Complete difficult assignments first, while you’re still fresh and alert.
- 7** Alternate different types of homework (read English, then work on math, then read history)
- 6** If you have something to memorize, work on that first. Then go over it again at the end of your study session.
- 5** If you have something that seems overwhelming, break it down into smaller parts.
- 4** Before you begin, make a plan. Decide what you want to get done and the order you’re going to do it.
- 3** Always allow more time than you think you’ll need.
- 2** Set a time to start on your homework—and stick to it.
- 1** Turn off the TV and music, and silence your phone. Focus on the work you need to do.

Read History – pages 8-15
Do math problems – page 10
Read Biology – pages 20-25

More than Classes



Of course your classes and grades are important, but high school is so much more than classes. High school is a time for you to make new friends, develop new skills, and expand your horizons. Make the most of this opportunity to discover who you are and where your talents and strengths lie.

High school is like anything else—the more you put into it, the more you get out of it.

Get Involved

Students who are involved in school activities generally do better academically, and they enjoy school more. Find out what activities are available at your school and become involved in one or two. It's a great way to meet new people!

Make new friends

Go out of your way to talk to other students—the students in your classes, those you see at lunch, and the students who are involved in the same activities as you are. Smile, be friendly, and seek out students who share your interests and values.

If you're shy, start conversations by asking a question such as "Who do you have for English?" or by giving a compliment. "That's a really cool jacket." Remember, everyone in your grade is new to high school, and they are all learning how to navigate this new world, just as you are.

Where to Go for Help

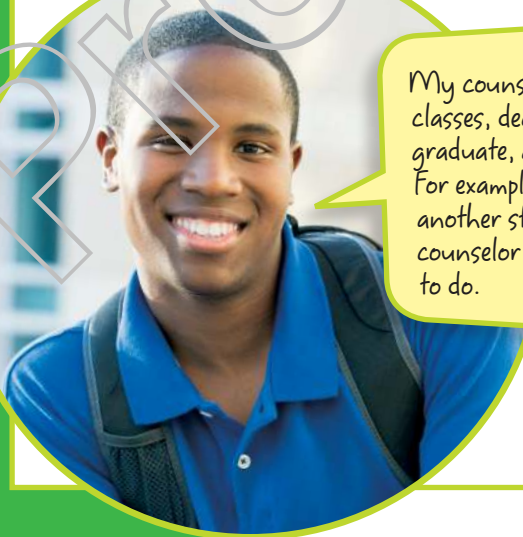
At some point, you're probably going to have a question or problem that you need help with. You can usually get your questions answered and your problems taken care of just by going to the right office, or by talking to the right person. **But you need to take the initiative.** If you have a question or need help, be sure to let someone know.

If you have a problem and don't know who to talk to, see your counselor. Your counselor can help you with any question or problem you may have.

Find out who your counselor is, and how you make an appointment to see him/her.

If you look around your school, you'll find teachers, principals, counselors, librarians, tutors, coaches, and secretaries.

All of these people are there to help you have the best high school experience possible!



My counselor helped me choose my classes, decide what to do after I graduate, and lots of other things. For example, I had a problem with another student once, and my counselor helped me figure out what to do.

Advice from Students

I used to not work very hard at the beginning of the semester.

Then I'd have to work like crazy to bring my grades up.

This semester, I got off to a good start in all of my classes.

My grades are a lot better, and I'm not all stressed out.

Kayla, junior



Don't get caught up in the social scene and don't worry about being part of the "in crowd." Choose friends who have similar interests and who you can be yourself with. Megan, sophomore

Think about the consequences of what you do. I got caught drinking during football season, and I couldn't practice or play for three weeks. **I felt like I let my team down**—and it was so hard to watch the games and not be able to play. John, junior



I didn't like school that much last year. But this year I work in the office and I'm playing soccer. **I know more people now and school's more fun.** Sophia, sophomore

Don't wish your high school years away. **They go really fast.** Enjoy it! Owen, senior



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