

How to Be a Freshman

Totally tight insight to help you succeed in high school and prepare for college!

or how NOT to go...

Crazy

Is it lunch time yet?



Let's face it - no one said high school was going to be easy. It's about new challenges, new priorities, new teachers, perhaps a new building, new coaches and teammates - and maybe some new friends to get to know.

Of course, along with high expectations and more responsibility comes the sweet taste of freedom - the satisfaction of finally hitting the big time, the top of the heap (yep, even if you're only a freshman). High school is a time to explore who you really are as a person. You'll get the hang of it.

But one of the biggest differences between high school and middle school is your schedule - you'll have more homework, more friends, more projects, more games - and less free time. Note to self: "Free time is not necessarily available time!" That means that, since you have much more to do in high school, you have to set some carefully chosen priorities. Here is some advice that will help keep you on track during your freshman year.

Priorities - Priorities - Priorities

What the heck are those, you ask? Priorities are things that are important to you. The higher the priority the more time and effort you are willing to put in to make it a success.

List 3 of your priorities as a high school freshman:

- 1.
- 2.
- 3.

Hopefully you mentioned grades in your list of priorities. If you did, you're already on track - because in high school, every grade in every class counts. Every grade counts because every grade

will contribute to your overall grade point average. Yep, it's true. So it's important you do your best from the start. After all, you're headed to college, so it'll take good grades to get there - and good grades to get those important college scholarships.



There are many things that can help contribute to your success in high school, to prepare yourself for college, and help you balance your new life in the big time. Of course, you can probably think of a few of the simple things to help yourself, like getting enough sleep and eating well - it's true - your body (and your huge freshman brain) won't function well without enough quality food or a good night's sleep. But perhaps the most important thing you can do for yourself is to stay organized. It's good practice for success in high school and helps prepare you for college. How do you do that? Do you have no priorities? Most likely you do. So, to keep track, it's a good idea to write them down. One great way to do that is to keep a planner, even an assignment book. You likely had to maintain some sort of an assignment book in middle school, right? If so, you've got a bit of a head start already. If you write down your plans for the week, you'll need to consider your priorities - that's the easy part. Take a look at the example on the following page, and then come back to answer the following questions:

1. How much time, each day, do you set aside to complete your homework and study?
2. What activities do you plan to participate in this year?
3. In the past, has it been difficult for you to keep up with homework in your classes?



If you answered YES to the last question on the first page, you might find that setting priorities and planning your week can help you keep up with the boatload of homework you'll get in high school. Knowing what activities you'll participate in each week is important, too, because they all take time (but they might not all be priorities!). Again, note to self: "Free time is not necessarily available time."

Take a look at the example below. This student is a soccer player who has practice and games all week. You can see that the student has listed all projects due for the week and has scheduled time to study each school night. It's important to schedule study time every day to keep up with homework and important projects. If you can do this well, your freshman year will be a sweet success!

After you review the example, see if you can complete your own schedule in the blank sample on page 3.

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30am	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
8:00am							
9:00am	Math test		Soc Studies	English Quiz	Science		
10:00am			Presentation		Project Due		
11:00am							
NOON							
1:00pm							
2:00pm							
3:00pm		Game vs. OHS		Game Home vs. OHS			
4:00pm	Practice		Practice		Practice		
5:00pm							
6:00pm							
7:00pm	Study	Study	Study	Study	HS Dance		
8:00pm			Study	Study			Movies
9:00pm	Computer	Computer	Computer	Computer			
10:00pm							
11:00pm							

sample

Set aside time every day to study. Depending on how difficult your classes are, it might be one or two hours, maybe even more if an important test is coming up or a project is due. Once you get into a routine, you'll find it easier to plan your schedule. Be sure to work ahead, study in advance of tests and quizzes – since you know what is coming up next week, you won't get behind. A good plan means less stress and more time to enjoy yourself. Yep, it might be difficult to set aside time to study every day if you have a lot of activities – but keep in mind that all of your hard work will help make your college dream a reality. Ah yes, the sweet smell of success! Or is that hot lunch?



Week of _____

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30am							
8:00am							
9:00am							
10:00am							
11:00am							
NOON							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							

sample

Notes: