

## **Tips for High School Success**

### **Know the school policies and procedures:**

- Attend school and class on a regular basis
- When absent, make up all missing assignments
- Treat others with respect
- Know the rules of your school and follow them

### **Homework**

- Homework includes written assignments, reading, reviewing class notes, studying for tests, completing projects, and previewing the next lesson
- Plan your time and find balance between homework, extracurricular activities, downtime and most important – SLEEP
- Know each teacher's homework policies, where assignments are posted and due dates
- Make sure assignments are completed and turn it in on time

### **Connecting with Adults**

- Develop a positive relationship with your teachers at the beginning of the year.
- Arrive to class on time
- Be prepared
- Participate in class discussions
- Demonstrate a positive attitude and enthusiasm
- Ask appropriate questions
- Attend Extra Help

### **Learn self-advocacy skills**

- Learn how to talk with a teacher when you have individual questions and concerns
  1. Discussion are best before school, before class, after school, after class or during lunch  
NOT during instructional time
  2. Be respectful
  3. Communicate through Google classroom, notability, email, website for questions
- Ask for extra help when you need it
- Spend time getting to know your counselors, administrators, and other school staff

### **Meeting New People**

- Attend summer orientation programs offered at the high school
- Introduce yourself to people who sit around you in your classes
- Sit with different people at lunch rather than the same crowd every day
- Get involved in clubs, activities, organizations, community service
- Take courses that will also require involvement after school: band, chorus, drama, Newspaper and orchestra
- Community service projects provide a fun way to meet new people
- Take on leadership roles in clubs, student government, etc.

### **Handling Social Pressure**

- Find friends with similar values and beliefs
- Be assertive – tell friends what you want/don't want out of the relationship
- Learn to handle conflict in a positive way
- Talk with a trusted adult about situations that make you uncomfortable (bullying, sexual harassment, dating pressures, substance abuse, etc.)

## Critical Resources

- **Teachers** – Assist with academic issues, give you study tips, and provide extra tutoring if needed.
- **Counselors** – Assist with academic issues, selecting courses each year, college and career planning, social unease, emotional distress, family frustrations, peer pressure, and substance use/abuse concerns.
- **Deans/Administrators** – Assist with lockers, buses, cafeteria issues, theft reports, bullying aimed at you or concerns about peers who may be bullied (online, verbally, social exclusion, and physical), sexual harassment issues, and conflicts with other students, etc.
- **Nurses**-Assist students when are under the weather, have an injury or monitor students health needs.
- **Psychologists/Social Workers**-Assist with all aspects of social and emotional well-being, developing self-confidence, student evaluations and provide valuable resources
- **Learning Center** –Assist with academic support in all subject areas, staffed with certified teachers and are available every period of the day.
- **Library/Technology Specialists** – Computers and iPads are available for all students and can be accessed through the Library. In addition, they are available to assist with iPads, password challenges, resources for research, App support and technology related questions