

Tips on How to Have an Awesome Time in High School

Fall 2015

Academics:

1. Make academics a priority. It's important to have a strong freshman year so you can build on that in grades 10-12. Also, how you do as a freshman will affect your high school GPA and potentially your college admissions.
2. Use a planner. Note all your homework assignments and test dates, etc.
3. Bring your schedule with you on the first day and keep a copy in your planner.
4. Do your homework regularly. It will help you on the tests infinitely more than a five-hour learn-everything-the-day-before study session. Also getting behind will eventually backfire, even if you can get away with it day to day. Procrastination causes too much stress. Do everything you can to keep yourself from falling into the pattern.
5. Keep your notebook(s) organized. It's a shame to miss turning in a homework assignment because you can't find it in your notebook or backpack.
6. Always have pen, pencil, paper, etc.
7. Come prepared to every class. Always have homework done, supplies ready, etc.
8. Collect contact info from at least one other student in each of your classes so that you can get homework help if needed. Also, don't be afraid to ask someone if they want to form a study group.
9. Don't be afraid to ask questions and go to teachers for help. Even if a teacher is intimidating, or you are embarrassed because it seems like you are the only person not understanding something, *go in for help* because other people are as lost as you may be, and your teacher is much friendlier than he/she may seem.
10. Get help at the first sign of trouble – don't wait.
11. Show your teachers some love and respect: Teachers love students who are regularly on time, and who turn homework in on time, pay attention, offer to help, are a good role model for other students, don't offer weak excuses, etc. Teachers are human, too, so be good to them as teachers and as individuals.
12. Academics are not a competition. It's about doing your best not keeping up with or being better than your friends.
13. Challenge yourself with the hardest classes that are appropriate for you (not your friends).
14. Follow your interests, not your friends'. If you're interested in art, join art!
15. Keep your parents informed about how you're doing.
16. Don't cheat. It's lazy and dishonest. Do your own work and make others do their own.
17. Make it a point to get to class on time! Don't be chronically late. It will annoy your teachers and could affect your grade. (Teachers will explain Lates/Tardies during one of the first classes.)
18. Don't start packing up before the bell. This is disruptive and disrespectful to teachers.
19. Skipping classes is a bad habit and a bad idea.

Social:

1. Find a balance in your life between social and academics.
2. Be friendly and outgoing. Have an approachable attitude.
3. Get to know people that are not in your grade
4. Choose your high school friends wisely. Don't be afraid to let go of old friends and make new friends. This is natural. Relationships change throughout life.
5. The friends you hang out with should elevate you, not bring you down. Move away from the people who hold you back or bring you down.
6. Don't try too hard to impress other people. Have confidence in yourself as yourself.
7. Go to football games, even if you don't like football. They're a blast. This is true for all sports. Also, go to the plays and to concerts and other events. Support your classmates and be impressed by others' talents.
8. Get involved as much as you can. It's worth the time and effort. Sports, music, theatre, media, clubs, etc. Several of our clubs in the plaza when we're done in the classrooms today.

Drugs/Alcohol:

1. Drugs are bad news. Not compatible with academics, health, or relationships.
2. If you need help or think a friend does, tell an adult. Use the anonymous tip line. You will not get in trouble if you come forward needing help. You will get in serious trouble if you are found under the influence or possess drugs or alcohol or paraphernalia on campus.

Cafeteria:

1. Have your ID at lunch so you don't hold up the lunch line.
2. Be nice to the lunch ladies.
3. Watch the loaning and mooching. It's not good to do too much of either.
4. Don't steal. It's not funny and it's not cool. It makes us all look bad.
5. Clean up after yourself!

Dress:

1. Bring a sweatshirt to class. It may be hot outside but it's usually cold in the classrooms.
2. Dress appropriately: We don't want to see your underwear or your bum or other body parts. This is a school, not a night club.
3. School policy prohibits anything offensive, excessively revealing, or that references alcohol, tobacco, or drugs.

Cell Phones/Electronics:

1. Don't let cell phones/texting (or other electronics) be a distraction. Turn them OFF and put them away when in class.
2. Ask before assuming you can use an MP3 player during bell work. You cannot use them during tests.

3. Teachers have the right to take your stuff away and you may not get them back until the next day. Repeat offenses will result in disciplinary referral and parent contact. It's a privilege to have a phone, not a right. Don't abuse it.

Miscellaneous:

1. Always write your name in your notebooks and books so that if you leave it somewhere, the person who finds it can get it back to you.
2. Take care of textbooks. You'll learn which ones you need to take to class.
3. Don't bring valuables to school. If you do, label your ipods, calculators, phones, etc.
4. Bring a water bottle to school. Keep hydrated.
5. Eat breakfast.
6. Bring a snack if you get hungry before lunch. Otherwise, eat during passing period.
7. Get a good night's sleep so you're alert during the day!
8. Students should not be carrying around large sums of money.
9. PE – Take your gym clothes home and wash them at least once a week!
10. Always carry your student ID. You'll need it when you least expect it. If you lose it, go to XXXX to get a new one right away.
11. You cannot leave for lunch or before the end of the day unless your parent signs you out.

General:

1. Establish good habits at the beginning. It's hard to try to catch up or change your reputation later.
2. Try not to stress out too much about the little things. High school is a marathon, not a sprint.