

# High School to College Transition Tips, Slide 1 of 3

## Sharpen Your Study Skills

- In college, you're going to study a lot.
- Get your toolbox ready for it in high school. When making the transition to college, do the following consistently:
  - Take good notes.
  - Review lecture materials and readings.
  - Attend class consistently.
  - Don't skip assignments.
- Many freshmen students let those things slide when getting used to campus. When they do, grades quickly fall.

## Develop Good Time Management Skills

- In college, no one forces you to attend class.
- The responsibility to do well is all on you. Make sure to attend class on time.
- Do your work and show up for exams; that's critical.
- College professors are not required to make you attend class.
- Lay out your class schedule, assignments, tests, and other responsibilities and create a workable schedule.
- You won't be able to cram for tests the night before like in high school.
- Plan to spend at least 2-3 hours of study time for each hour of regular class.
- Know that tests in college cover much more ground; to do well on them, you need to put in the time to know everything thoroughly.

## Work on Reading Skills

- College reading assignments are often dense; you need to know how to extract information from them.
- If you come across new or difficult words, have a dictionary on hand for quick reference. Learn to break down an author's argument and how it's presented.
- Understand the context information is presented in, especially if asked questions where you need to access information from surrounding paragraphs for help.

## Be Ready to Write A Lot

- Essays and papers will be your life in college; get ready for them in high school.
- Work on how to organize an argument from top to bottom. You should be able to develop a thesis and support it with evidence. If you present an argument over multiple pages, then it's imperative to have its structure thought out and supported.
- Your goal should be to logically develop an idea with ample evidence, without being too stiff to read.

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## Take Care of Yourself

- Develop healthy eating and rest habits.
- College is the time to explore and express yourself in a new environment.
- Partying and long hours often result. However, if you choose to ignore sleep, diet, and exercise, your academic performance will undoubtedly drop. Stress also builds up from poor self-care.
- Do the best you can to establish a workout routine you enjoy, even if it's something as simple as walking.
- Maintain a consistent diet.

## Be Assertive

- If you're an overly shy person, you'll need to work on developing assertiveness with others.
- Almost all freshmen live with roommates. Living with strangers requires frequent negotiation about space and social boundaries. You will need to establish what you are comfortable with tolerating from this new person.
- However, if there are moments of tension that arise, use the word "I" instead of "you" because it addresses your concerns without sounding hostile.

## Don't Allow Procrastination

- College work is overwhelming at times. Don't let putting it off become the habit.
- Remember that you are in college to learn and grow. Putting off the hard work that comes along only wastes your time and guarantees bad grades. Instead, look at the many large projects you'll tackle and break them down into manageable tasks.
- It's easier to write a semester-ending term paper when you've spent the previous weeks working on notes and an outline.
- Preparation guarantees results in college.

## Learn to Laugh at Yourself

- School is stressful, but don't let stress overwhelm who you are.
- Learn to take a moment or two every day and laugh. It can be about something that you saw that day or about the absurdity you'll face from professors and classmates. The point is to accept that you don't need to feel bothered by your quirks and insecurities.
- You're in an environment with people working hard to better themselves; that fact alone means that none of them are perfect. You don't have to force yourself to be perfect either.

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## Learn How to Budget

- More than likely, you will live on your own and need to manage a budget.
- College is the first time many high school students actively manage their personal finances. It is a whole new world; you have to determine what you need, how much things cost, and what you have left over.
- Figure out where your income is coming from.

## Don' Be Afraid of Help

- Adjusting to a new environment is a struggle for many people. It's especially difficult for students who choose to do it all by themselves.
- Whether it's out of fear or pride, many freshmen carry unrealistic burdens on themselves mentally and emotionally.
- Don't fall into that trap. Instead, check on campus for student resources designed to help.
- Most schools have student services catering to academic tutoring, mental health, personal counseling, etc. that are there to help. If you want to get more out of your campus experience, many clubs and organizations exist to accept you. The point is that you're not alone in college unless you choose to be.
- Enjoy the social experience you'll receive there.

