



# Freshman Academy

## 12 Steps to High School Success

### 1. SET UP A STUDY PLACE.

- You can't learn when you are being distracted by people and noise.
- Find a room at home or a "boring" spot in the library where there's nothing much to do except study.

### 2. GET INTO A "STUDY FRAME OF MIND"

- Study with the attitude of "I'm really going to get this done."
- Don't doodle on your notebook or fantasize.
- Determine to hit the books earlier so that you move on to other things later, which lead to stress reduction.

### 3. GIVE YOURSELF REWARDS

- Psyche yourself up beforehand with the idea that you'll reward yourself afterwards

### 4. "SKIM" THE TEXTBOOK FIRST

- Look at the title, the subtitles, the chapter headings or anything set in **bold print**, the pictures and the first and last paragraphs of the sections you are to read.
- Ask: What do the main topics or main points in each chapter appear to be? (jot these down)
- Discover the value and the benefit of "skimming" your assignments and reading material first, BEFORE you step in!

### 5. TAKE NOTES *AFTER* CLASS

- Go back over the notes you took in class and fill in abbreviations/incomplete areas.
- Jot down key words and phrases into your notebook from your text.
- Emphasize definitions, examples, lists, and main ideas from notes and texts.
- In other words, get a grip on BIG IDEAS/IMPORTANT CONCEPTS

### 6. REVIEW AFTER READING AND TAKING NOTES

- Talking out loud to yourself may work!
- Tell yourself about the important parts of the chapter.

**A TIP:** If you can't talk about what you've just read, that's a sure sign you don't really know it.

### 7. GIVE UP?

- Try to study in block times of at least 45 minutes to an hour.
- Ten minutes here and there can be helpful, but it may take some time to find where you were last.
- If your head starts to pound or your eyes turn red, stop for awhile.
- Rest for a bit with a short nap, listen to some music, go back to the books within a reasonable time later.

## 8. GET HELP IF YOU NEED IT

- Find a study buddy or form a study group.
- Check with your teacher before or after school.
- Check with Davenport Public Library's free on-line tutoring at [http://www.davenportlibrary.com/Page/Homework\\_Help.aspx?nt=121](http://www.davenportlibrary.com/Page/Homework_Help.aspx?nt=121) and go to Tutor.com from 4:00 pm to 10:00 pm daily for free homework help from qualified online tutors. You will need to enter your library card number.
- Check with your teacher or guidance counselor for possible tutors.
- Check at local colleges or universities for possible tutors. All have bulletin boards for messages.

## 9. PREPARE A WEEKLY CALENDAR

- Use your Central High School Planner every class, every day.
- Give yourself an overview of the unit by marking down the due dates for papers/projects as your teacher gives them to you.
- Circle or put a sticker on test days or "project due" days.
- NEVER let something sneak up on you unexpectedly!

## 10. MAKE UP A STUDY SCHEDULE

- Make up a sheet listing the days and hours you have something going on during the week.
- Fill in your class and extracurricular activities first, then try to block out study times.
- Schedule study hours for your hardest classes for the times you feel the most energetic.
- Estimate approximately one hour of study time per academic class for homework assignments.
- Schedule in blocks of free time as well.

## 11. USE "TO DO" LISTS

- For each new day, write out a list of everything you need to accomplish.
- "Everything" could mean from "work on English paper" to "buy pizza for lunch!" It's up to you.
- After you finish something, cross it off your list.
- Remember: Don't take on more than you can handle (prioritize with academics being #1).
- Get the most important things done first, secondary things can be moved to the next list.

## 12. DON'T ACT LIKE A ZOMBIE

- Show up for your classes, but more importantly... Do something while you're there!
- Really listen (open ears/close mouth) take notes, ask questions and participate in discussions (speak when appropriate).
- Act maturely --- take your high school career seriously.
- If Math or English bores you, determine to make the best of it and realize that you must make it through a less-than-favorite class in order to graduate and achieve what you want.
- Fulfill the requirements and be done with it once and for all, rather than fail and have to sit through it all over again.
- Finally, look upon this time in your life as an exciting time. Enjoy learning new things and see for yourself that the world is truly a unique and interesting place!

