

Be sure you understand how high school credits work and how many you are required to take.

Learn to breathe—really. Deep breaths can help lower your stress. Get to know the name of at least one adult at high school that you can ask for help (ex. SOAR advisor, counselor)

Explore student organizations, athletics, band, choir and other options that exist for you at high school. It will help you form a supportive group of friends

Keep an eye on upcoming events, grading periods, and announcements. Where are they posted at the high school? Are they on the school's website?

Meet teachers, counselors, and the principal BEFORE school starts, if possible. Pay attention when they talk about attendance, grading, and tardy policies.

Ask for help! Teachers can't read minds (most of the time) so ask when needed. Find out what tutoring or extra help is offered for academics.

Remember, your friends are nervous about high school too. Stick together, and you'll find out that high school is not as scary as you once thought. Most everyone is feeling just as insecure and uncertain as you are. Even if you're not feeling confident, you can look confident. Walk with your head high and look straight ahead.

Participate in class: get involved in class discussions.

Don't be too cool to be smart. Seriously, this is something you will regret for the rest of your life. You might end up being cool in high school, but what about when it comes time to apply to college and your GPA isn't high enough??

Avoid drama. This cannot be stressed enough.

Being friendly with the staff really helps. It's not much, but when it's a bad day, a small act of kindness can turn it around.

Be respectful to your teachers. You may think that it's funny to be rude to your teacher, but when your test rolls around and your 69.4 was not rounded to 70, you will wish you would have been respectful. Though you won't love all of your teachers, it benefits you to be polite to them. Sleeping in class is highly unadvised.

Choose courses wisely. Be honest with yourself and know what you can and can't handle. What effort are you going to put forth?

Don't skip 9<sup>th</sup> grade orientation. ( the Thursday before schools starts back in the evening) This will be announced in the summer.