

Top Ten Things to Consider In High School

1. ***GPA (and class rank) –***

Colleges and future employers will use this to determine the kind of student or employee that you will be. It helps them decide to admit or hire you.

2. ***High School Transcript-***

This details your achievement and progress grades 9-12. Colleges can look to see your grades for each course as well as how rigorous your course load has been.

3. ***Know your school –***

Review the school calendar and write important dates into your agenda book or calendar. Understand the attendance and tardy policies, code of conduct, and school rules. Know what resources are available to you and use them (even if you are a good student). Find sports, clubs, and/or activities that you would like to get involved in and be committed to.

4. ***Be IN school every day-***

Even though good attendance can't guarantee good grades, poor attendance can pretty much guarantee poor grades. Be in school, be present, and in the moment. Work with your ETS advisor to help develop strategies to help you to focus. If you are absent from school, be sure to find out what you missed and make up the work right away, since you missed the "how to" piece, you may need to stay after to get the much needed instruction.

5. ***Know how to get good grades-*** see the *Top Ten Tips for Getting Good Grades Sheet*

6. ***Set SMART Goals-*** SMART goals answer the following questions

- ✓ ***S***pecific- (who, what, when, where, which, why)
- ✓ ***M***easurable- (how much? How many? When will I know it is accomplished?)
- ✓ ***A***ction-oriented- the ways that you will make your goal(s) happen
- ✓ ***R***ealistic- Can you do this? → goal(s) must represent an objective toward which you are both *willing* and *able* to work.
- ✓ ***T***imed- The goal(s) will be achieved by when? What date/time frame?

At the beginning of each term write 1-3 academic & personal goals. Keep track of your progress and discuss them with someone (like your ETS advisor)

7. ***Get Involved-*** students that are involved in school activities generally do better academically and they enjoy school more. By getting involved in a club or activity within the school you will be able to:

- ✚ Spend time with friends and meet new people
- ✚ Have something to look forward to during the school day
- ✚ Become a leader and gain confidence
- ✚ Relieve stress & have fun
- ✚ Provide a valuable service
- ✚ Develop a variety of skills and talents
- ✚ Try something new
- ✚ Have something to put on college applications



Colleges look for students that are involved in their high schools.

8. ***Know how to handle STRESS-***

- ✚ Take a deep breath, and then slowly release it
- ✚ Starting at the top of your head, flex, and then relax each part of your body
- ✚ Think of a place where you feel very relaxed and calm. Close your eyes and visualize being in that place
- ✚ When under a lot of stress, spend time with people that make you feel good and talk with them. Take care of yourself: eat right, get enough sleep, and be physically active-this can actually reduce stress.
- ✚ Keep a sense of humor and do things that make you feel calm like listen to music, play with a pet, go someplace quiet, take a bath, or go for a walk....

9. ***Use Available Services-***

ETS advisor, teachers, counselors, principals, librarians, tutors, coaches, secretaries, all of these people are there to help you have the best high school experience possible. Seek them out and let them know how to help you make the best of your time in high school.

10. ***Plan for your future-***

Work closely with your ETS advisor to help plan your high school career, find a career/major, explore colleges and choose the right schools to apply to, learn about how to pay for college, and how to be a financially literate adult.

