

TIPS & TRICKS FOR 9TH GRADE

Are you wondering how you're going to survive your freshman year of high school? Read on to find out some tips for starting high school, so you can succeed as you step through the door!

Survival Guide

Do your summer work early



Avoid procrastination. Nothing feels worse when starting a class already behind! Set goals for yourself and make yourself a to-do list to get your schoolwork completed.

Attend Orientation



This is the time to get your schedule, locker, and school id. It's also a great time to meet fellow students and even make new friends.

School Supplies

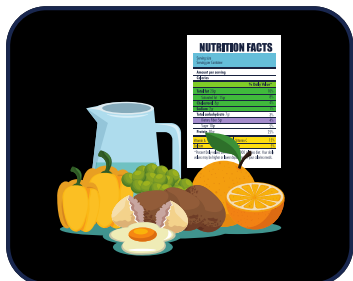


Review the school supply list. Prepare for the school year assuming you will eventually need to replenish supplies later in the year.



SLEEP WELL

Sleeping well improves your mood and outlook on life as well as helps you focus on your schoolwork. Make a routine for yourself. Go to bed early. Challenge yourself to put away your phone an hour before bedtime to improve the quality of sleep by limiting distractions.



EAT HEALTHY & STAY HYDRATED

Our brains and bodies need proper nourishment in order to focus properly during the school day. Prioritize eating well and staying hydrated. The earlier you start forming a good habit, the more helpful it will be.



STAY ORGANIZED

As a freshman, it is particularly important to avoid procrastination and practice staying organized. Writing down all of your assignments is one of the most important tips for freshman in high school. Find a planner the works best for you!



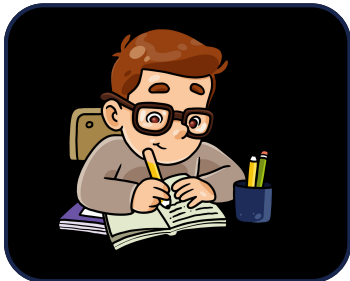
PARTICIPATE IN CLASS

Practice good listening skills by facing forward and looking at your teacher while they're speaking. Take notes and ask questions. Do your best to be engaged. Class participation can even be part of your grade. Class participation is a great way to demonstrate leadership in high school.



ASK LOTS OF QUESTIONS

Get in the habit of asking questions early! It will help boost your confidence during your first year of high school. Come to class with questions already prepared. If you don't understand something, don't be afraid to ask. Chances are at least one other student has the same question.



BE PRODUCTIVE DURING STUDY HALL

Study hall can be especially helpful during freshman year. Take the extra time to organize yourself and get a head start on homework. Study hall is meant to be helpful, so use it! You'll thank yourself at the end of the day when you have more time for sports and to relax.



START SETTING GOALS

Everyone wants to get good grades. It's important to set goals and think about your high school GPA, especially for college applications. Incoming freshmen have a lot to adjust to and become overwhelmed. The most important thing to remember is to not feel discouraged. It's ok to ask for help!

Try your best to enjoy your high school experience. Make new friends, set goals, and start forming good habits. Do your best to speak up in class, ask questions, and take the time to form positive relationships with your teachers and guidance counselors. Remember, your teachers, coaches, and counselors are all there to help you succeed. So don't be afraid to ask for help!

