

FRESHMEN NEWS

STUDENT TIMELINE - FRESHMAN YEAR

- Take challenging core classes—most colleges require four years of English, at least three years of social studies, three years of math, three years of a lab science, and at least two years of a foreign language.
 - Do your best in school—remember that EVERY grade counts!
 - Continue to develop strong study skills.
 - Start thinking about your career interests. You can meet with one of the school's guidance counselors and take the KUDER assessment.
 - Get involved in school and community activities, and stay involved! Community service and long-term activity involvement look good on college applications.
 - Begin to get to know your guidance counselor.
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How to Study

1. Be sure that you know exactly what to do.
2. Write the assignment in a regular notebook that you keep for that purpose. Do not trust your memory.
3. Reduce to a minimum the distractions for study. Study in a quiet room.
4. Have a well-lighted desk cleared of all unnecessary objects and with the necessary study material at hand.
5. Have a planned program of work. Know that to do and how you are going to do it. Focus your attention on the completion of the assignment and work toward that goal.
6. Try not to have distractions. They make it more difficult to keep your mind on your work.
7. Avoid interruptions. They are a waste of time and energy. (Have your friends call before or after study hours.)
8. Form the habit of studying in one particular place.
9. Keep a daily study schedule. By studying at a regular time each day, you can develop good study habits.
10. Begin your study by working on something fairly easy, and then move on quickly to harder assignments.
11. Keep studying once you start by reminding yourself of what you will gain when you finish. It is all right to take a few minutes out to relieve fatigue, but long periods result in wasted time.

12. Develop the right attitudes. They can help you. Try to find some reason for liking a subject you are required to study.
13. Take a farsighted attitude toward learning. The shortsighted attitude that the only value in learning the subject is to pass the course will prevent you from retaining much from your education for your later life.