Dedication

Perseverance

“The whole purpose of education is to turn mirrors into windows.”

~Sydney J. Harris
Congratulations! You made it through your ninth grade year. It is one of the most difficult grades to navigate. This booklet will help equip you with the tools you need to build your plans for a successful sophomore year.

While you still have 6 semesters left of school before you take on the world, you have only 4, **YES, only 4** semesters left before you start applying to college, technical school, or junior college. That means your GPA and school involvement at the end of your Junior year will be the grades and activities your colleges look at for an admission decision.

Now is the time to take challenging courses, study hard, develop study groups, and become involved in a club, organization, or volunteer role in your community. Start looking at which careers interest you the most and make plans to research colleges that have those programs.

*Set goals, set dreams........go after them*

*Good Luck!*
**Stay on top of your grades:** Throughout high school, nothing matters more than your academic record. The better your grades, the better chance you have to succeed in college. Learn self discipline and develop a good work ethic in the classroom. It will benefit you down the road.

**Make a difference in your extracurricular activities:** By the time you have applied for colleges, hopefully you will have developed some leadership skills. Know your strengths and use them to your advantage. Join a club or organization and don’t give up or quit when you know you are important to an organization.
Try the PSAT: As a tenth grader, it is not necessary to take the PSAT. However, if your school offers it, it would be a tremendous advantage to take it. The PSAT gives a strong insight to the SAT which will be a matter of great importance in your junior and senior year. If you can get a head start and get comfortable with the test, you will feel more comfortable with the material before your junior and senior year.

Become familiar with the common application: Be sure to know what applications for jobs, scholarships, and colleges look like. Try to fill out information as you go so you can discover what information you are lacking or would like to have. Keeping track of this now is easier rather than hitting your senior year and realizing that you have huge holes in your college application.

Keep Your Resume Updated: Keeping a working resume is vital to your success in high school, college, and in the professional world. Employers, scholarship donors, and colleges will ask for a resume. Plus, having a resume helps you keep track of community service hours, honors and awards, and experience. If your resume is neat and professional you will very easily wow your future employers and colleges.
**Before Class**

- Read the material that will be covered in the upcoming lecture, including chapters in a book that will be discussed during class.
- Read over your notes from the previous class.
- Meet with your teacher to clarify concepts from the last lecture.
- Get the notes from any class you’ve missed.

**Effective Classroom Participation**

**During Class**

- Date and title each set of notes.
- Keep notes from different classes separate.
- Sit where you can hear and see clearly without disruptions.
- Write legibly. If you are unable to read the notes you take during class, studying becomes a very difficult task.
- Don’t crowd your notes. Leave blanks to fill in missed items. Your notes will be more organized and easier to read.
- Put emphasis on key points and definitions covered during lecture (underline, use capital letters, or star).
- Stay involved in the class and ask questions. Volunteer for demonstrations. Join in class discussions.
- Focus on what point the teacher is on, rather than scrambling to write down the whole overhead without listening to what the teacher is saying.
- Write down notes in your own words when possible, with the exception of definitions. This allows you to understand your notes when reviewing.
- Use abbreviations and symbols to save time; this way you won’t get behind when taking notes. However, be sure you understand your abbreviations!
- Add examples your teacher provides that aren’t already listed.
- Don’t be a clock-watcher.
- Use class time wisely. Learn as much as you possibly can in order to successfully complete outside homework.
**Effective Listening**

- Sit near the front of the room.
- Find a reason to listen to the speaker. Why is this important?
- Listen for more than just facts. Try to understand the big picture.
- Pay attention.
- Avoid outside distractions, internal noise, and daydreaming.
- Prepare for lectures beforehand. Have all the proper materials ready to go as soon as class begins.
- Listen first, then write.
- Formulate questions to look up later, or ask the teacher after class.
- Put aside personal bias and listen to the content of the speaker’s message.

**Write it down if your teacher...**

- Repeats an item.
- Writes an item on the board or overhead.
- Points or gestures.
- Changes tone or volume of voice to add emphasis to the material.
- Makes a direct reference to the book.
- Asks if everyone understands the concept just discussed.
- Gives an example.
- Slows down.

**After Class**

- Review notes within 24 hours of class, or else you will be relearning.
- Use margin space to fill in abbreviations, add omitted points, correct errors, and write key words.
- As you read over your notes, pay extra attention to words and phrases you have emphasized.
- Try to connect the concepts you have learned in class to see their overall meaning in the larger picture.
- Practice reciting the information using only key words.
- Talk with other students about the lecture, especially when there is information you don’t fully understand.
Let's Improve Our Memory

Organize

- Be selective – What is important? Previews, summaries, and review questions, etc.
- Make it meaningful – Get the big picture. What is the main idea?
- Create associations – Associate new facts and ideas with something that you already know.

Use Your Brain

- Engage your emotions
- Over-learn
- Escape the short-term memory trap – Review the material within hours of your study session.
- Study during times of peak energy
- Distribute study sessions
- Be aware of attitudes – Look for connections to your interests.
- Combine techniques

Recall

- Remember something else – Recall related facts and examples, brainstorm.
- Notice when you do remember – What technique did you use?
- Use it before you lose it – Read it, write it, speak it, listen to it, apply it.
What is Math Anxiety?
Math anxiety is an emotional feeling that people have regarding their ability to understand and work out math problems. Since it interferes with an individual's ability to learn math, it results in an intellectual problem.

Math Myths
- Men are better at math than women.
- There is only one way to do a math problem.
- Some people are gifted with a math mind, and others are not.
- Those who are good at math quickly solve the problems in their head.
Steps to success in math...

Review and Learn Basic Principles
Since math is an accumulative subject, a solid foundation of basic methods must be laid in order for you to succeed in higher level math.

Seek Help!
Don’t be afraid to attend tutoring sessions. Learn anxiety management skills and develop effective coping strategies. Find which studying method works for you.

Be a Front Row Student
By sitting near the front of the classroom, you are less likely to experience distractions and will be more engaged in the lecture. Also, front row students are more likely to ask questions during class.

Use It Before You Lose It
After class, review the material covered again. If you come across any questions, ask your teacher the following day. Math builds on itself. Therefore, not remembering a previous method could limit your ability to perform the next set of material.

Practice, Practice, Practice
Do the math problems. Math skills come from practice and repetition. Working the problems should become second nature.
Preparing For Exams

• **Start Early**
  o Study for your courses throughout the semester. Read your notes and textbook chapters out loud!
  o Plan your study times: studies show that cramming leads to higher stress and lower test scores

• **Gather Material**
  o Make lists of chapters, class notes, and any material that will be covered on your exam
    ▪ Group the materials by topic

• **Make a Plan**
  o Develop a realistic study schedule based on clear and specific goals
  o Decide the days and times you will use studying
  o Decide what you actually plan to work on and what concepts you will cover
  o Know your weakness
    ▪ Target your studying
    ▪ Don’t just say you know the material, ask yourself if you’ve mastered it
  o Study the oldest material first
    ▪ Understanding the older material is essential for understanding the new material

• **If the test is for a math or science class**
  o Work through previous assignments
  o Practice problems
  o Look for similarities in the problems and common techniques to solve them
  o Don’t look at the answer key until you’ve really tried on your own

• **If you study with someone else**
  o Explain the material to someone
  o If you can explain it, you know it

• **Other Hints**
  o Ask teachers for help on concepts you still don’t understand
    ▪ Go to tutoring
  o Get a good night’s sleep the night before your exam
  o Eat a good breakfast the day of your exam
The Seven Habits of Successful High School Students

Be Organized
- Keep a planner
- Date papers, notes, and assignments

Ask Questions
- Clarify assignments
- Difficult concepts
- How material is applicable in everyday life

Have Support
- Someone you can go to for help
- Someone you can talk to about life or stress

Focus on Learning, NOT Grades
- Make sure you understand material
- Homework is for studying don’t focus on the grade

Have Fun in School
- Get involved in extracurricular activities
  - Sports
  - Clubs
  - Community service

Be Well-Mannered
- Polite people get things done and win allies
- Recommendations
- Help on homework

Read Independently
- Read on your own 30 minutes a day
- Read anything: Novels, articles, magazines, or online news
School Club Listing
Pick a club and become involved on your campus! There are many to pick from.

- B.E.S.T.
- Band
- Baseball
- Boys & Girls Basketball
- Bowling Club
- Boys & Girls Tennis
- Cheerleading
- Crime Stoppers
- Cross Country
- Debate
- F.L.O.W. Fellowship of Christian Athletes
- Future Farmers of America
- Football
- Golf
- Boys & Girls Gymnastics
- Journalism
- Key Club
- MSAA
- National Honor Society
- Newspaper
- One Act Play
- Drill Team
- Boys & Girls Soccer
- Softball
- Student Council
- Track
- UIL Team Competition
- Volleyball
- Yearbook
Register on NCAA website during your junior year in order to be considered by a college or university for a sports program.

Please see your academic advisor to make sure you are taking the appropriate classes in high school that qualify you to play sports at the college level. Your academic advisor can also assist you with registering or visit [www.ncaa.org](http://www.ncaa.org) for more information.
Create a Resume

Reasons to Start Now

- The sooner you start keeping track of your activities, the easier it will be to have your full resume ready for jobs, college, and scholarships
  - It’s easier to build upon something than to start new
  - Keeping track of your activities now means less to remember later
- Scholarship and College applications require resumes, and the more activities you have on there, the more competitive you are

List ALL activities and awards you have received since the start of high school.

Update your resume every semester!

Keep it professional and plain
- No Graphics
- No Colors
- No Weird Font

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Sample Expanded Resume
Freshman Admissions and Honors Program Applications

Bevo Loughnorn
123 University Station
Austin, Texas 78713
Longhorn4Life@email.com
UT EID: HOOKEM

EDUCATION
8/23/06-5/30/09
Longhorn Central High School
Austin, Texas

WORK EXPERIENCE
2001/07-5/15/08
McBevo’s (Austin, Texas)
Carver
• Took customer orders and prepared food bags for drive-thru
• Managed day-shift head and prepared weekly schedules

6/11/08-9/01/09
Angus, Holstein and Angus, L.L.P. (Dallas, Texas)
Junior
• Assisted with preparation of civil rights motions related to the banning of cattle branding and sheep shearing practices

ACTIVITIES
10th-12th
- Longhorn Central High School Student Council
  Member 10th-11th Lead Horn 12th—Elected
  • Organized special movement of Longhorns to tutor horses, goats and sheep
  • Represented the elder cattle in a “Eat More Chicken” leadership consortium

9th-10th
- Longhorn Football Team
  Water Bear (9th-11th), Senior Water Bear (12th—Elected)
  • Provided crystal clear water for fellow steer
  • 10 weeks/year

10th-12th
- Save Our Shines Foundation
  Member
  • Organized an anti-smuggling rally involving 250 cows
  • Provided a local leather manufacturer for 24 hours
  • 1 week/year

HONORS & AWARDS
9th
- Texas’ Shiniest Horns Award
  • Selected from more than 350 longhorns in Central Texas

10th
- All-District Horse Shoe Pitching Team

12th
- Eagle Scout

SKILLS, TALENTS & ACHIEVEMENTS
Languages
• Fluent in mooing, butting and stomping

Musical Instruments
• Played various horns since 5th grade

Communication Skills
• Extensive experience mooing to large herds
References:

http://sat.collegeboard.org  College Board/SAT website

http://www.act.org/  ACT website


National Association for college admissions counseling  http://www.nacacnet.org

Department of Mathematics and Computer Science, SAINT LOUIS UNIVERSITY. Math Anxiety Worksheet

About College.Com  http://collegeapps.about.com/od/collegelifeqa/tp/High-School-vs-College.htm

http://collegeapps.about.com/od/admissionstimeline/u/College-Preparation.htm

College for all Texans  http://www.collegeforalltexans.com/

University of Texas at Austin  http://bealonghorn.utexas.edu/docs/sample.resume.freshman.pdf


Eagle [Bryan ] "Your First Resume- Dos and Don'ts." 09 10 2013, B5. Print.)


nacacnet.org/research/PublicationsResources/Marketplace/student/Pages/GuidingEducation.aspx>
Equip yourself with the tools you need to have a successful Junior year!

“Life is traveling to the edge of knowledge, then a leap taken.”

~DH Lawrence

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