

MARYMOUNT ACADEMY

HIGH SCHOOL 101

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Introduction

This book will help you out because high school is very different than elementary school. There are many different rules and consequences and just the daily routine is very different. You have more classes and brand new subjects and sometimes it can be nerve racking. Hopefully this book will provide enough information from students who are close to finishing their first year of high school!

During the year it was hard to get used to the new people, new teachers, new subjects and a whole new life style. This book was made to help you through your first year of high school. We used tips that we learned along the year. Hopefully you won't make the same mistakes that we did and you will be able to give better tips than us when your time comes.

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Brand New People, Brand New Opportunities

First off I need to say that the high school portrayed in movies and TV shows is NOT real. There aren't those super mean popular girls who will do everything they can to make your life miserable and there aren't bullies who will beat you up for your lunch money.

Some people seem like that's they are, but find out that their

appearance, really nice. TV it seem like high are all the same as the people in

but the truth is, everyone's experience in high school is different.



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For some of you, coming into high school is going to seem great. You have your friends with you, relatives in the school already, and you're all set. But for others, the thought of high school is very scary. People that are older than you, bullies, and you might know no one at all. Either way, there are always things you can do to make your experience better, and possibly make someone else's experience better too.



- The first thing that you should do is introduce yourself to people and make a good impression. Maybe tell a joke or compliment them. You don't have to be friends with everyone, but you want to make as many as you feel comfortable with.



- You should also try to sit next to different people in every class. If you're always with the same people, you'll never get to know anyone else!

One of the things that can be hard to deal with is that people might not like each other or they may be in a fight. Try your best not to take sides. If you see someone getting called names, you can try your best to stick up for them or make them feel better but remember that sticking up for them doesn't mean hurting the other person's feelings. The best thing you can do is to tell a teacher or a guidance counselor and they can talk it over with the people involved.



Along with the brand new people are brand new teachers. There are all different types of teachers in high school. There are the kinds who are easy going, and cool. There are the kinds who are strict and mean. But most of the time the teachers are in between. Just remember to follow the rules and always try your best and your experience with the brand new teachers should be fine. Teachers all have good intentions and just want you to do your best!



Along with everything, high school is a very scary and rewarding place. All these brand new people might just make your experiences here the best moments of your life.



Organizing Yourself During the School Day

In high school, you'll have different classes during the school day and you'll have only a short period before every class so getting prepared may be a little complicated in the beginning.

During the first weeks of school, you may not know where everything is so in the morning, it's best to take all the things you need in the morning for your different classes until lunch time. This will make your bag a little heavy



but it's the best way to be prepared and not be late for class. After lunch, you can get everything else for the afternoon in your locker. Sometimes your teachers won't let you go out during classes so make sure you try your best to not forget anything important in your locker.

Make sure you have different binders for every subject OR one binder for everything. Having only one binder for all your subjects may be harder to do and it may cause disorganization or it's better to just get binders for every subject!

During the day, you'll need tools:

- ✚ Pencil case
- ✚ Dictionary (Different Languages)
- ✚ Folders



The most important tool you'll need during the day is:

YOUR AGENDA!!!!!!!!!!

This is the most important because you'll need to write your homework and other reminders during the day. Your agenda will help you stay organized during school and after school.



Following these tips will help you stay organized during the school year which is important so that you'll be able to stay focused!

Note-Taking Skills

Go To Class Prepared!

In elementary, teachers are most likely to give you the information you need to study. But in high school, you have to take down notes yourself so that you can study at home.

It is preferable to use a three ring binder then a spiral note-book. It makes it much easier to remove pages for reviewing. Handouts can be inserted into your notes for cross-referencing. You can insert your own notes in the correct order.



- ✚ Always bring highlighters to class. The teachers will frequently make comments like, "This is an important thing to know." Or, "Make sure you know what this means." These are clues that this will more likely be on a test. Highlighting these notes will help remind you later that this is something you need to know.
- ✚ Take notes about material or terms you don't understand. Look up vocabulary words that are unfamiliar to you. You will have a better understanding about what the teacher is talking about and that will allow you to better understand what the teacher is saying.

Improve your listening skills!

- ✚ Going to class thinking, "This is the last place I want to be today" only is going to make it harder for you to listen. Approaching lectures with positive thoughts allows you to be open-minded and enables you to get the most out of the information presented.

- ✚ Make an effort to pay attention. Concentrate on concentrating. Without concentration there is no focus, and without focus there is no learning.

Adapt to whatever direction a class reading takes. When the reading takes an unexpected detour, say a student asks a question you aren't particularly interested in, students have a tendency to "zone out." Before you know it, the reading started 5 minutes ago, and you missed information that should have been noting.



Develop a note-taking method that works for you.

- ✚ Start on a new page every time you take different notes, and date and number each page.
- ✚ Write on one side of the paper only. You can set them out side-by-side for easier reviewing when studying for a test.
- ✚ Leave blank spaces. This allows you to add comments or note questions later.
- ✚ Make your notes as brief as possible. Never use a sentence when you can use a phrase or a phrase when you can use a word.
- ✚ Develop a system of abbreviations and symbols you can use wherever possible.
- ✚ Note all unfamiliar vocabulary or terms you don't understand. This reminds you to look them up later.

Play close attention to content.

- # Pay attention to details, facts, or explanations that expand or explain the main points that are mentioned. Don't forget examples.
- # Definitions, word for word.
- # Enumerations or lists of things that are discussed.

Review and edit your notes.

Academic skills centers and other authorities on effective study skills consider reviewing and editing class notes to be the most important part of note-taking and essential to increasing learning capacity.



- # Edit for words and phrases that don't make sense. Write out abbreviated words that might be unclear later.
- # Edit with a different colored pen to distinguish between what you wrote in class and what you filled in later.
- # Fill in key words and questions in the left-hand column.
- # Note anything you don't understand by underlining or highlighting to remind you to ask the teacher as soon as possible.
- # Compare your notes with the textbook and fill in important details in the blank spaces you left.
- # Consider rewriting or typing up your notes within 48 hours.

Good note taking skills will make the school year easier and improve your marks! Knowing how to take proper notes during class is a little confusing in the beginning but as time flies, it'll be super easy!

Doing Homework

Doing homework in elementary? A total breeze, no sweat. Doing homework in high school? It is no walk in the park.

Doing homework in high school is like one of the main rules. Teachers are super strict about homework so it's not easy to get away with not doing it!

Not only are teachers strict about actually doing homework, it is also important to make sure that you put time and effort into doing it.



Here are some reasons why it's super important to do your homework:

- ✚ If you don't do your homework, it'll be hard to tell if you really understand the work.
- ✚ Doing the homework is like practicing. In order to get better, it's like sports, you need practice!
- ✚ The consequences of not doing homework are bad, some teachers could give you a detention!

It's normal not to understand your new work sometimes. If you don't understand your homework, there are many ways to fix that.

In high school, most of your teachers will be offering tutorials after school for students who need help. This is a great opportunity to get some one-on-one help.

If you can't fit a tutorial in your schedule, ask a friend! Maybe if you asked one of your friends, maybe they could teach you a thing or two! Just be careful because sometimes, not everything our friends tell us is correct.



Another important thing is that you don't procrastinate. Procrastinating means when you do something in the last minute. Do yourself a favor and don't do that. When you do your work in the last minute, you will be stressed out and your final piece of work wouldn't look as good as it would if you did it before last minute.

Here are some ways to avoid procrastinating:

- ✚ Do your work in advance! Do little by little until the work is done!
- ✚ If you have some free time, do pieces of your homework. This is good because later on when you'll end up getting more free time when you realize that you already finished your homework!

Getting homework done is super important because if you don't do your homework, you won't know if you need help on it or not and when it's comes to the tests, you will be really STRESSED. The earlier you know you need help, the faster you can get help! Just remember that:

Homework=Practice
Practice=Better Results
Better Results=Good Results on Exams
Good Results on Exams=An Easy School Year!

Homework is not the easiest or the most fun thing to do, but hang in there! It's all important and it builds up your knowledge which will help you in the future!



Research Report Writing

Writing a research report can be a very hard and frustrating thing to do. One of the biggest problems is that not a lot of kids want to sit down and just write about something they find boring, so if possible choose a topic that interests you.



There are many different ways to write a research report. The most effective, in my opinion, is using the five paragraph system, like an essay.

1. Introduction: this is where you should put your topic sentence and your brief main idea/topic.
2. Supporting paragraph: this is where you go into detail about one part of the main idea/topic.
3. Supporting paragraph: this is where you go into detail about another part of the main idea/topic.
4. Supporting paragraph: this is where you go into detail about the last part of the main idea/topic.
5. Conclusion: this is where you sum everything up and put it all together.

It's not just students that can feel boredom; teachers can too! Something that can be hard to do while writing a research report is to stay interesting. Add in little facts that relate to your topic every once in a while so that it doesn't seem so boring.



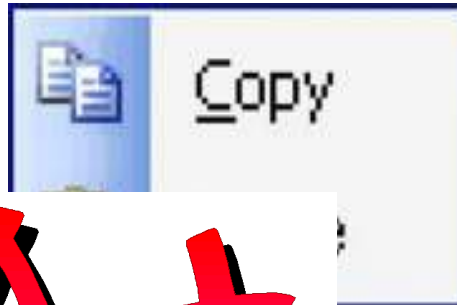
When your teacher tells you to write a research report about something that they talked about in class use your notes so that you can remember to put everything you can manage into it. If you didn't take notes, then talk about it with a friend or classmate to get ideas of what to say.

Something that can be a big problem with research report is the word limit. With some, they write too little, and with others they write too much. If you have too much, talk to your teacher about ways that you can cut it down. If you have too little, then try to add in a new topic or some new facts.



While writing your report, you may be using resources like the internet or a newspaper article. Just remember to use your words and not copy and paste. If you do, then that's plagiarizing and that can cause bad consequences.

The thought of writing a research report can vary from frustrating, to nerve-wracking, to boring. But if you follow your instructions and try your best, you'll get the mark you deserve.



A+

Keeping Track of Your Success

Keeping results in a safe place

- ✚ It gets really useful to keep all your tests. Having a portfolio with 3 sections helps.
- ✚ 1st section for failed test, 2nd section for past test between 60 and 85% and 3rd section for test with marks with above 85%.
- ✚ You can also keep a file on your computer of the test, the subject of the test, the date and the grade you got on it.



Trying to do better on your next test

- ✚ To help you do better on your next test with the same subject you can also go over your test. Try to understand the mistakes that you made and if you don't understand then you can always ask your teacher.
- ✚ Compare your answers with a friend (if the teacher is allowing it). They probably got answers right that you didn't and you'll probably be able to help them with a few answers. But make sure they explain how they got the answer.



Report cards

- ✚ Also keep all your report cards in a safe place. You can put them in a 5 section portfolio (one section/high school year).
- ✚ It can help you to see when you're going down and up and help you do your best on that last year of high school.

**Using it in the future**

- ✚ Keeping your grades and report card can help you when you apply for Cegep or College.
- ✚ If you use these techniques in college then it will help you with university.

Other activities

- ✚ It's also important to keep track of other activities that you. Eg: Science Fair.
- ✚ All these things can be put on your CV.

After School Activities

After school activities provide lots of benefits for students. Here are some of the benefits of after school activities:

- ✚ A club is a great way to find friends and meet others who share your interests.
- ✚ Teamwork is an important skill. Some group activities require teamwork and lots of communication.
- ✚ Respect for coaches, teachers, and leaders can also be developed through group activities.
- ✚ Participating in one or more activities can teach you how to handle school, homework and your after school activities.
- ✚ If you have troubles in school, the chance to excel in the arts of sports for examples, can make a huge difference.
- ✚ Learning social skills, like cooperation, negotiation and conflict resolution, in a fun and relaxed environment will help them interact appropriately with others.
- ✚ Many extracurricular activities teach real-world skills, which can lead to lifelong interests.



Exam Preparation

Getting started

The earlier you start, the more time you will have to prepare for the exam. By starting early and studying on a regular basis, you will have a better opportunity to absorb the information and it will be a lot easier when it's time to put it altogether for the exam.

Creating a plan

As the exam near you will need to create a plan to help you study effectively. To prepare the study plan, list all of the materials that have to be covered and make a schedule by showing what went and how much you willing to study each day. If you have kept up with class work, studying will involve revising all the materials that have already been covered.

Here are some tips to follow in creating your study plan:

- ✚ Budget you time carefully.
- ✚ Divide the study time into several manageable sessions.
- ✚ Divide the course material into small pieces and assign them to the study sessions.
- ✚ Don't make the study sessions too long to prevent boredom.
- ✚ Avoid cramming before exams.
- ✚ Don't forget to include regular breaks.



Making summary notes

Try to study somewhere you can concentrate and not be interrupted. Some study techniques are listed below.

Revising with summary notes

Make a short version of your class notes by creating summary notes. Pinpoint the key information and make sure that you understand them.

The process of making summary notes can help you remember more information. By writing the information thoughtfully instead of just seeing it, you can be more familiar with the materials.



Memorizing with flashcards

Flashcards are a good memorization tool. Reduce your summary note into bullet points, keywords, lists, formulas and diagrams and place them onto a card for each topic.

The items on the flashcards act as memory triggers. By memorizing the flashcards, you can increase your ability to recall larger bits of information because of the triggers. You can carry the flashcards with you and review them even when you have little available time.

Taking care of yourself

Don't forget to take care of yourself during exam preparation. It's very important to be in good mental and physical condition for the exam. The last thing you want to do is sabotage your efforts by ignoring your health.



After you finish studying, take some time off to relax. Don't stay up too late if you can help it and try to get a good night sleep. Eat before the exam to build your energy, but avoid eating heavy foods that can make you sleepy.

Keep a positive attitude about the exams. Go to exams focus and relaxed.

