10 Habits of a Successful Freshman

1. Manage Your Time Wisely
Managing your free time is as important as managing your “busy” time. Schedule homework and study time daily to help manage your work load at school. Get used to keeping track of your time in high school, and it will pay off for you in the long run.

2. Organize!
Keep a weekly or a monthly planner or use a journal. If planners aren’t your thing, try making “to do” lists or using your phone calendar to keep track of assignments and important dates and events. Relying on “just remembering” can be difficult when your obligations and assignments start to pile on.

3. Identify How You Learn
Find out what works for you. Are you a flash card girl? Maybe you’re a guy who writes down vocabulary words 20 times each to learn them. Experiment with new things, but stick to the tried-and-true study skills that have worked for you in the past.

4. Is There a Better Way to Study?
A lot of people cram for tests by studying into the wee hours the night. Take an honest look at your study habits. Repeated, short sessions of studying (20 to 30 minutes) are much more effective than a six-hour cram session the night before a final.

5. Catch Some Zzz’s
Don’t stay up until 4 a.m. studying for a test! It won’t work. Sleep has been scientifically documented to be a significant factor in keeping your GPA up as well as how well you perform on other tasks.

6. Attend Class
Missing class could mean missing 2 – 3 sections of material for every class missed. Make appointments when school is not in session. If possible, make contact with your teacher prior to your absence if you are out because of illness or a school-related activity. This can help you keep caught up so that you do not fall behind.

7. Ask Questions
Don’t be afraid to ask your teachers for help! They are a valuable resource and want you to be successful. Students in your class are another great source of information and support. Be sure to exchange contact information with them during your first few weeks of class. They will not only help with schoolwork, but some of them may even turn into great friends.

8. Make Study Groups
Studying with other students and working on assignments together can be helpful. You can clarify points you may not understand and help others by explaining the parts they find hard. Teaching others may even help you grasp a better understanding of the information as well.

9. Know where to get help
Get to know your counselor and other faculty members if you are struggling, they usually have the answers or know where to find them. Librarians do much more than just read books... they are a great resource when projects and major papers come due.

10. Find a good place to study and do homework
Another scientifically proven fact: the brain cannot fully concentrate on more than one task at a time. Find a quiet area in your home where you will not be tempted to play a video game or watch TV. Having your phone on or even on vibrate will pull you away from your studies.