



Freshman Year Check List for Academic Success

- ✓ Attend all classes daily prepared to perform your best
- ✓ Complete and submit all assignments on time
- ✓ Establish good study habits and schedule study time
- ✓ Identify a distraction-free study area
- ✓ Develop a study/support group of your peers
- ✓ Get organized and take good notes while in class, which will assist you with remembering important details when completing an assignment and/or preparing for an exam
- ✓ Review notes daily in order to keep information fresh in your mind
- ✓ Establish positive rapport with your teachers and counselor
- ✓ Get involved with extracurricular activities
- ✓ Meet with your counselor in order to identify career and or vocational options
- ✓ Converse with your caretaker about career options, goals and academic interests throughout the school year
- ✓ Develop an academic plan with your caretaker and counselor and discuss with case manager
- ✓ Challenge yourself academically
- ✓ Identify academic goals for each quarter
- ✓ Secure and actively utilize a library card in an effort to improve reading skills
- ✓ Study, work hard, and do your best to earn good grades
- ✓ Take care of your health, get proper rest, exercise, and nutrition
- ✓ Avoid using tobacco, alcohol, drugs, and engaging in other risky behavior



Preparation + Planning + Action = Academic Success

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