

# Don't Be Such a Freshman!!!



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## Intro

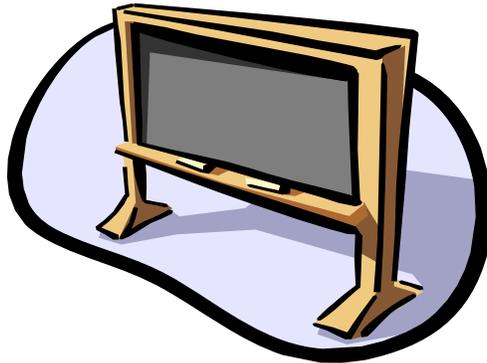
### Take It or Leave It

Who cares? No one needs freshman year. Trust us! As seniors now we have heard that comment numerous times and it's completely FALSE. You're entering a brand new phase of your life; however, it's no reason to get into a *freshman frenzy*. In this book we're going to tell you what to expect your freshman year, why to take it seriously, and how to make it a fun year! We've been there before and know what being a freshman is like, but it's your choice to take our advice or leave it.



### Relate to a Clean Slate

When you begin high school you begin with a clean slate. If you were a troublemaker, poor student, etc. this is the time to turn it around. Your middle school reputation is over. You must approach your freshman year with a positive attitude. If you believe, then you will achieve.



## **Get Involved to Evolve**

Be outgoing. Friends are right in front of you. You're going to have opportunities to make numerous friends and participate in many extracurricular activities. You may be overwhelmed at first, but getting involved in high school activities can certainly ease pressures.



## **Get on Track and Don't Look Back**

Make a good first impression. You certainly want to establish a good track record and earn other's respect. Don't slow down either. Continue to make friends, work hard, and do your best.



## Your School to Rule

You will have your turn to be on top, the so-called rulers of the school. Freshman year is not the time however. This is a year to adjust and establish relationships with the upper classmen, not fight with them. As freshmen, it's pivotal to show respect for elders and in turn, respect will be given to you.

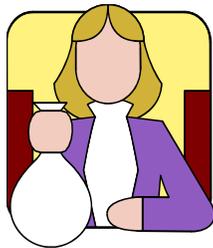


# Motivation

I Think I Can, I Think I Can...I Know I Can!



I have a question. What motivates you? What makes you do what you do? Let me guess...money? Popularity? Well, according to research found in Seventh Edition Psychology by David G. Meyers, that's the wrong kind of motivation.



Let me explain. I'll start with the two major kinds of motivation:  
Intrinsic and Extrinsic.

**Extrinsic motivation** is the kind of motivation that offers a reward. For example, receiving money for good grades.

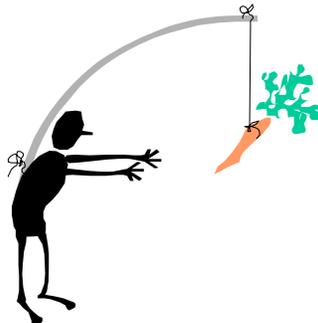
**Intrinsic motivation** is the kind of motivation that makes you feel good about yourself, but offers no material reward. For example, competing in a sport just because you enjoy it.

Studies have shown that **extrinsic motivation** could lead to disaster in a few different ways.

For one, **extrinsic motivation** can lead to the overjustification effect. If you receive a reward for something you already enjoy, then you will become less motivated to perform the same task later when no reward is offered.

Say you already enjoy scoring points in a particular sport. If your parents offer you money for scoring goals, it will become less meaningful to you. Your motivation will turn from **intrinsic** (your enjoyment of the sport because it is fun) to **extrinsic** (you play the sport because a reward is offered) **motivation**.

So, to sum it all up, if you enjoy doing something for the fun of it, keep it that way. If you have to have a reward to do something, then you are motivating yourself in the wrong way.



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In this section we would like to emphasize the importance and difficulty of choosing a life plan. It's hard to tell what the next fifteen years holds in store. It would be a crime to ask you to decide your entire life starting your freshman year in high school. Even if you set a plan for the future, who says it will hold true? Take your time and pick out a goal that interests you and is related to your age and grade. If you overwhelm yourself with something you can't handle, then you might become stressed and less motivated than before.



Possibly start a savings account. Use the money toward something that will help improve your life, such as a higher education. You could also donate it to a charity if you so choose. This would be very **intrinsic**. Your reward is a feeling of doing something good for someone else. Both of these things require motivation.

How about your achievement motivation? How well do you want to do in life? Achievement motivation is the desire to do your best in everything. This includes doing your best in schoolwork, sports, or in trying to understand the people around you. This is the kind of motivation that can drive you to become the person you always wanted to be like an astronaut, scientist, teacher, soldier, mayor, or anything else. When you want to achieve something important to you, you will find an unmatched inner strength. You can do anything you set your mind to.



Find out what interests you, and set dreams and goals like the ones mentioned above. After you set them, then work towards them.

Have a good reason to work towards them. When problems come up while working towards your goal or dream, don't give up. Some of the most popular figures in history, when faced with a problem, have done what is right, not what is easy. So as you sit in the class you hate the most, with the people who annoy you more than your siblings, remember that you are there to graduate, not to slide by doing as little work as possible. **WE ALL HAVE TO DO THINGS WE DON'T LIKE!** Just because it's hard or doesn't interest you, it doesn't mean you have the right to quit. Yes, you can try to choose things that you like all the time, but it won't always work that way. This is something that you will have to get used to the rest of your life, so start now. We're talking about your whole future here! So, no matter if it's hard, or if it's easy, or if you love it, or hate it; you have to try your best.



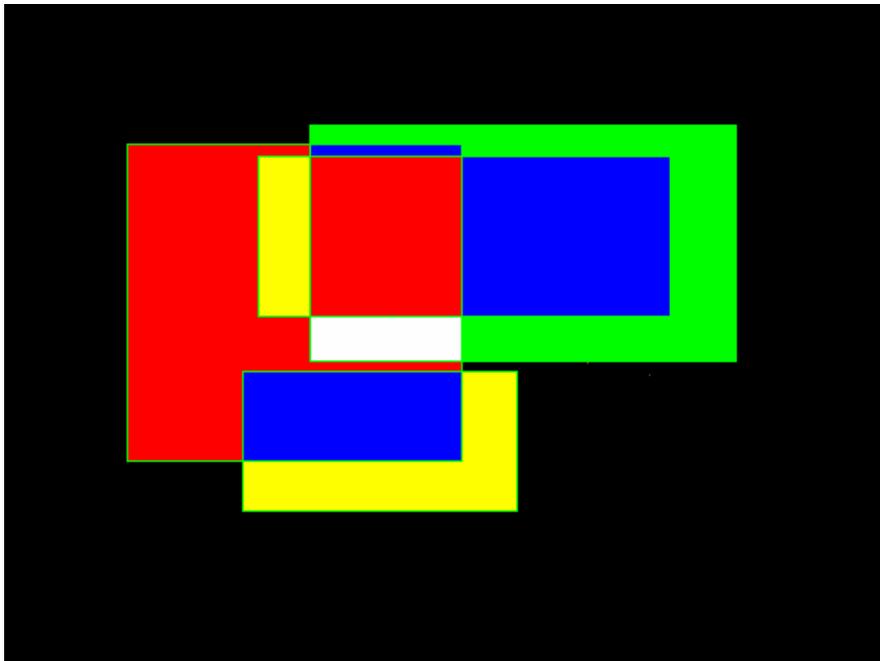
In order to get into college, you must pass basic classes. Even if you aren't college-bound, most good jobs require a high-school diploma. If you don't pass your classes, your dreams and goals could die right before your eyes.

Help yourself out. Start out good, and finish strong. Come to freshman year with the need to succeed. Make your motivation something you can use, and something you will use the rest of your life. Maybe it's setting a goal and working towards it. Maybe it's finding the thing that really interests you. Hopefully it's both. Don't think you can...know you can!

Happiness can be defined, in part at least, as the fruit of the desire and ability to sacrifice what we want *now* for what we want *eventually*. – Steven Covey

"When inspiration does not come to me, I go halfway to meet it." – Sigmund Freud

There are no perfect human beings! My personal judgments are that no perfect human being is possible or even conceivable, but that human beings are far more improvable than most people believe. – Abraham Maslow



(P.S. – Don't forget to have fun along the way! High School only happens once. Make it great!)

# You're Sunk If You **Flunk**

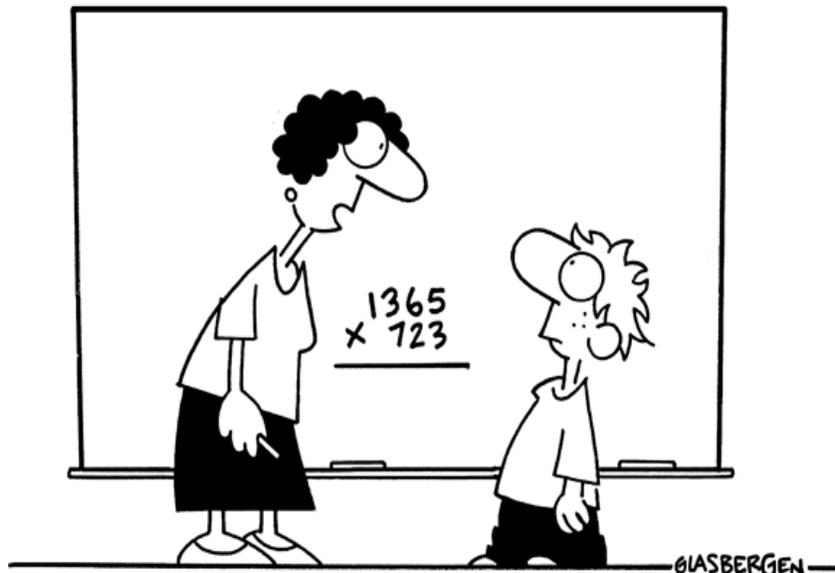
## Schedules

- Class schedules are different in high school; you now have a block schedule
- 90 minute classes
  - The length of classes can be boring, but more can be accomplished
  - Some teachers give students time to do homework
  - Only four classes a day; fewer classes to get homework in

## Advice

- According to a freshman teacher, “freshmen just don’t get it; even when told that they can pass if they just turn in their homework, they still don’t do it.”
- A mature freshman said “I feel bad for the students who are failing and just don’t care; they don’t know how it affects their future, but they get what they deserve.”
  - Just listen in class
  - Stop talking when the teacher is giving notes
  - Do your homework

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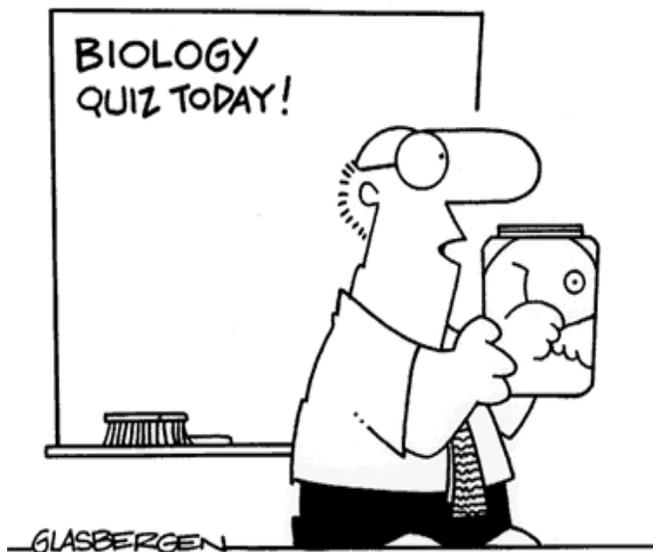
**“Pretend you’re starring in a reality show about a kid who can make his dreams come true if he works hard and gets good grades.”**

## Classes: Get Your Credits

Failing a class in high school isn't the same as failing in middle school:

- You must retake a required class if you fail it
- Just because you have been in high school for 2 years doesn't mean you are a sophomore; you have to earn the credits
- Who wants to be a "second year" senior?
- Imagine how embarrassing it would be to be a senior retaking a freshman or sophomore class
- Who wants to take summer school after senior year to graduate?

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**"Class, who can tell me what I have preserved in this jar?  
No, it's not a pig or a baby cow...it's the last student  
who got caught cheating on one of my tests!"**

**DON'T MESS UP...  
START OFF RIGHT FROM THE START**

## ISTEPs/GQE

GQE: Graduation Qualifying Exam

- You have to pass ISTEPs to graduate!
- If you don't pass your sophomore year, you have to retake the exam, even if your friends don't have to

Take Advantage of:

- The Practice ISTEP Booklets that are done at the beginning of class near test time
- Study sessions that are offered after school



**“I used a \$3,000 computer, a \$1200 laser printer and a \$300 word-processing program—and I still got a D on my term paper!”**

## Digging A Hole

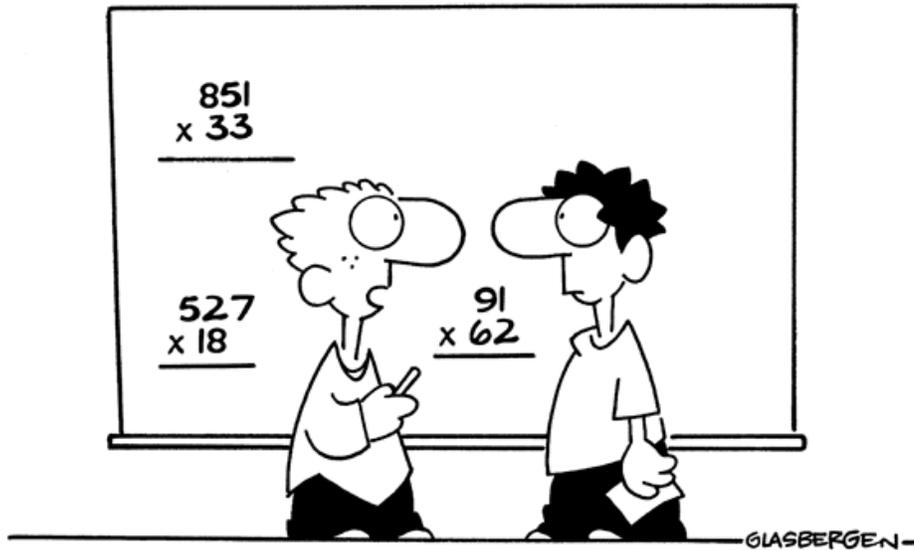
- It takes an A just to average one F to a C when considering GPAs.
- It's difficult, but not impossible, to climb out of the hole; just don't wait until your senior year.
- Colleges may see that you were a slow starter, but award your efforts
- It takes time to get out of the hole, but don't give up

## Dropping Out

### What Indiana Dropouts Think

- “The real world is a lot harder than you think it is.”
- “Just do it, get through it.”
- “You gotta have some kind of education”
- “Can’t just drop out of high school and coast through the rest of life.”

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**“My lawyer says I can sue the school because they’re violating my right to be stupid.”**

<http://www.borg.com/~rjgtoons/edu.html>

The Education Trust: EdWatch Online 2004, State Summary Reports,  
[www.edtrust.org](http://www.edtrust.org)

# Mnemonic Devices



- What are they?
  - Tricks used to help memory
- Peg-Word System
  - Memorize the following list of words and then associate each word with an item you want to remember.
    - 1 is a bun
    - 2 is a shoe
    - 3 is a tree
    - 4 is a door
    - 5 is a hive
    - 6 is sticks
    - 7 is heaven
    - 8 is a gate
    - 9 is a line
    - 10 is a hen
  - This has personally helped me remember events on timelines and words on a vocabulary list
  - For example, if you want to remember a grocery list with butter, milk, and eggs, you can think of buttering a bun, pouring milk in a shoe, and bird eggs in a tree.
  - **Now, try it yourself.** Use the peg-word system to memorize the following list of words: eyeball, cucumber, cheese, newspaper, toothpaste, spoon, soap, basketball, prison, and cherry.
- Acronym
  - A word formed from the 1<sup>st</sup> letters in a name or phrase
  - For example, to remember the Great Lakes, you can take the first letter of each lake to make the word **HOMES**:
    - H**uron
    - O**ntario
    - M**ichigan
    - E**rie
    - S**uperior



- Rhymes

- Rhymes are easy to remember phrases that can also help learn bits of information.
- “In fourteen hundred and ninety-two  
Columbus sailed the ocean blue.”



- Method of Loci

- Visually associate a familiar place with a list of things to be remembered.
- With the grocery list from the peg-word system, you can picture yourself in your yard with a swimming pool full of milk, butter melting in the hot sun, and a bird nest with eggs nearby.
- Now, try memorizing: pizza, ice cream, turkey, hot-dog, yogurt, and bagels.



- Making a story

- Another helpful way to memorize things is to create a story from the list of things to be remembered.
- For example, imagine you had to memorize the following list of words: car, prison, tree, mouse, and watch. You can create a story, like this:
  - Joe got in his car to visit his mouse in prison. On his way, he looked down to see what time his watch said, when he swerved and accidentally hit a tree.

For further tips on improving memory, refer to Nicole and Aaron’s awesome section on the serial position effect.

## Serial Position Effect



People remember the last and first items in a list better than they do those in the middle.

### **SO WHAT?**

When you are given a list of vocab words to memorize, you'll probably be able to remember the first and last words on the list easiest, so you should concentrate hardest on learning words in the middle.

Meyers, David G., Psychology: Seventh Ed. In Modules, P. 346

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## Rehearsal



To learn those vocab words, you need to rehearse. Rehearsing is basically just repeating the stuff, out loud or to yourself. Writing it down works pretty well, too. Try repeating the words and their definitions over and over again. Even after you learn it, keep repeating it every couple days and you won't even have to study for the final!

### **SO WHAT?**

You might think of math as a bunch of meaningless facts and figures, and rehearsal is perfect for memorizing that kind of stuff. Just repeat equations over and over again and you'll be okay.

Practice: Memorize this list of words. Remember to concentrate on the words in the middle!

Tomato	Eggplant
Potato	Asparagus
Corn	Green Beans
Cucumber	Carrot
Convertible	Artichoke

Now cover over the list & see how many words you can remember!

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Did you remember the words in the middle?  
Did you remember words that weren't there?  
Did you remember Convertible?

Keep repeating this stuff over and over and you'll get the idea. If you need more help, go to Wayne's section to learn about Mnemonic Devices, a very helpful memory trick.

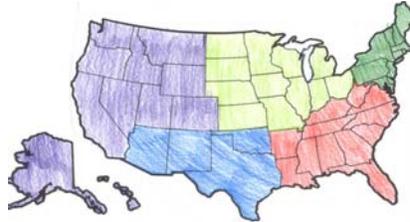
Meyers, David G., Psychology: Seventh Ed. In Modules, P. 345

## Make It Meaningful

An average person can only hold five to nine items in short-term memory at a time. Making information meaningful helps you to store these things in long-term memory and also retrieve it.



- Chunking is a technique used to organize several units into more meaningful and smaller units. For example, instead of having twenty-five separate items, you could organize the information into five groups of five items. If you are trying to remember the fifty states and their location, you can break them down into different regions such as New England, Midwest, Southwest, Pacific Northwest, Great Plains, and South.



- Mnemonic devices are ways to organize data into groups that are easily remembered. Acronyms are a type of mnemonic device in which you make information meaningful by using the first letter of several words to make one word. For example, HOMES would be an acronym for the Great Lakes: Huron, Ontario, Michigan, Eerie, and Superior.



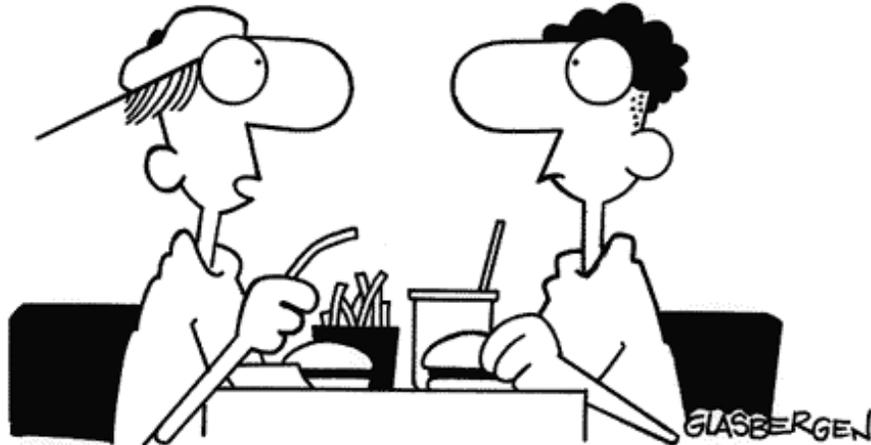
- Semantic encoding is learning information by knowing the meaning of what you're studying. Instead of recognizing a word by just the sound or sight of it, learning the meaning of the word would help you recall it more easily. If you are learning the word "acceptance," you could learn that it means "to agree to" and picture yourself giving an "acceptance" speech for taking the position of class secretary
- Self-reference is another trick to improve your memory. Make information meaningful to you personally. For example, in remembering a list of words, apply each word to you. How does the meaning of the word describe you or how does the word relate to aspects of your life. To remember what the word pacific means, you can say that you are in fact a peaceful person, and this will help you remember that pacific means peaceful.



\*Information used is from Psychology in Modules Seventh Edition by David G. Myers. The book was published in 2004.

# Distributed Practice

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**“I forgot to make a back-up copy of my brain, so everything I learned last semester was lost.”**

Geoffrey Keppel, a noted psychologist, once did an experiment in which students had to memorize nonsense words. One group studied them all at once, the other studied with breaks in between. The first group did great on the test, but horrible on the final. The second group did great on the test AND the final.

I know how most of us got away with just cramming for tests the night before, but that definitely changes in high school. It took me until my junior year to realize that I actually have to study more than one time to keep getting A's and B's. “Distributed practice,” or spacing out your studying, allows time for information to be stored.

- Take 15 minute breaks after each hour of study and review what you just learned before you begin again.
- Have a scheduled time to study each subject.
- Make use of daylight hours and time that you normally waste.
- Use flash cards
- Mark each paragraph of your textbook with a question or label.
- Don't read challenging books for more than 30 minutes at a time (This is to prevent those times when you're reading a paragraph over and over and it never sinks in)

New information takes time to soak in. Most people agree that normal people can remember anywhere from five to nine pieces of information at one time. We must give ourselves time to learn and soak in this material, otherwise we will forget it. Here are a few ways to help soak in the material.

- Taking notes in class
- Asking questions in class
- Reviewing Notes
- Stopping after each paragraph you read and writing a question in the margin which identifies what the paragraph is about
- Visualizing
- Reciting
- Making flash cards
- Do practice tests



Sources: [www.mtsu.edu/~studskl/mem.html](http://www.mtsu.edu/~studskl/mem.html)  
[www.aft.org/pubs-reports/american\\_educator/summer2002/askcognitivescientist.html](http://www.aft.org/pubs-reports/american_educator/summer2002/askcognitivescientist.html)

## Recall and Recognition

Are you one of those people who can't remember anything? Well, don't worry! It's not because you are stupid or are "just forgetful". All of your answers are right here!



There are two types of remembering:

**Recall** – which requires you to reproduce information on your own with out any hints. These kinds of tests include fill-in-the-blank and short answer.

What is the capital of Indiana? \_\_\_\_\_

**Recognition** – which requires you to selection an option from a set of possible answers. These tests include matching and multiple choice.

The capital of Indiana is \_\_\_\_\_?

- A. Indianapolis
- B. Hobart
- C. Merrillville
- D. Evansville

- ◆ It is easier to remember something from recognition than from recall.
- ◆ In a recognition test, some answers can usually be eliminated.
- ◆ The difficulty of recognition tests can vary depending on the similarity and likeliness of the choices for answers.

Retrieval cues and the context effect are also very helpful in remembering things.

**Retrieval Cues** – things that help us remember such as sight, smell, and taste. Some come from associations made when you first encoded the memory.

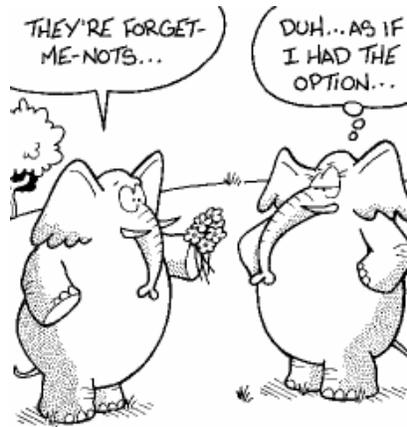
**Context Effect** – you will remember something better if you are in the same place as when you encoded\* it.

**example:** Godden and Baddeley researched the differences in the memory of a list of words on land and underwater. They discovered that the subjects recalled the list better when they were in the same setting as when they first learned it.



\* encoding – putting information into your memory.

There are many great ways to help you improve your memory! Here are some simple tips to help you remember things.



**P** – preview

briefly look over the material before you begin

**R** – read

read through all of the material

**T** – think critically

sit down and really think about what you read

**R** – review

go back and look over the material and quiz yourself

1. Study frequently
2. Think critically about the material
3. Make it meaningful to you (more associations = more cues)
4. Use mnemonic devices
5. Refresh your memory by using the context effect
6. Recall and review events A.S.A.P. to keep them fresh in your mind
7. Study right before you sleep
8. Avoid studying similar materials right after one another.
9. Use recall to test yourself

## It Depends on Your Mood!

Do you have trouble remembering things such as where you put your wallet or information for tests? Well, there is a way to improve your memory!

State-Dependant/Mood Congruent Memory- What you learn in one state/mood is often easier to recall when in that same state/mood

- For Example- If you are sad and you lose your keys, it may be easier for you to find your keys when you are again sad

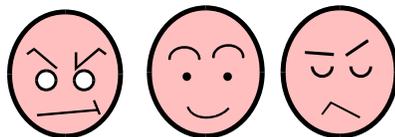
State dependency/mood congruency CAN help you

- When studying for a test, keep track of what type of a mood you are in. then when you take the test, try and go back to that mood. This will help you recall information better



Your mood/state also determines how you interpret the actions of others.

- If you are in a bad mood and you notice someone looking at you, then you may interpret his or her friendly and harmless glance as a rude stare
- This could not only influence your opinions of others, but it may turn around and influence their opinion of you





## Knockout Stress



- Stress is your response to stressful events i.e. divorce, death, sports, school
- Stress is perfectly natural and everyone faces some stress.
- Stress can be good or bad depending on your opinion of it and how it affects you
- Good stress can pump you up, give you energy, and make you work harder
- Bad stress can break you down and be very harmful to your health
- Remember that stress is what you make it out to be

### **If stress registers mainly in your body try...**

- **Aerobics**
- **Swimming**
- **Biking**
- **Walking**
- **Running**

### **If stress registers mainly in your mind try...**

- **Meditation**
- **Reading**
- **TV, Movies**
- **Vigorous Exercise**

### **If stress affects both mind and body try...**

- **Competitive Sports**
- **Any combo of mind and body lists**

# Time Management

Jennifer Trcka



Managing your time can make you a happier, healthier individual. This section will show you how to get things done! You'll learn how to spend your time by:

- Prioritizing
- Tackling the right tasks first
- Making a To-Do List
- Making the most of the time you have.

We usually procrastinate because we choose to do something we find to be more fun. When you procrastinate, you *usually* don't work up to your potential.

If you decide your personal goals in your school career (it's **NOT** too early!!) you will have less regrets walking on to that field for graduation. Follow these steps to figure out your priorities:



1. Figure out the “Big Picture” of what you want to do with your life, and what long-term goals you want to achieve.
2. Break this “Big Picture” into “Smaller Pictures” (short-term goals) so you do not become discouraged.
3. Once you have your plan, start working to achieve it!

## Goals:

A useful way of making goals more powerful is to use the SMART mnemonic device. SMART stands for:

- **S** Specific
- **M** Measurable
- **A** Attainable
- **R** Relevant
- **T** Time-bound

Back to actual time management...the best possible way you can actually stay on task is to plan ahead. Use this example of a daily planner to get started on making your own. An important thing to know is, if you plan ahead you are less likely to make impulse decisions that could put you off track of your goals.

## EXAMPLE OF A DAILY PLANNING CHART

6:00- Get up for school. Make breakfast. Take dog for walk.  
7:00- Leave for school.  
7:30- School day begins  
8:00- Class.  
9:00- Class.  
10:00- Class.  
11:00- Class.  
11:25- Lunch at school.  
12:00- Return to class.  
1:00- Class.  
2:00- Class  
2:30- Leave school. Take dog for walk.  
3:00- Watch Television.  
4:00- Do homework.  
5:30- Eat dinner.  
6:00- Finish up homework.  
7:00- Take a shower and prepare for the next school day.  
8:00- Relax!  
9:00- Go to sleep.

Here's your own chart! Make as many copies as you want, or you could make up your own.

DATE: \_\_\_\_\_

### DAILY PLANNING CHART

6:00-

7:00-

8:00-

9:00-

10:00-

11:00-

12:00-

1:00-

2:00-

3:00-

4:00-

5:00-

6:00-

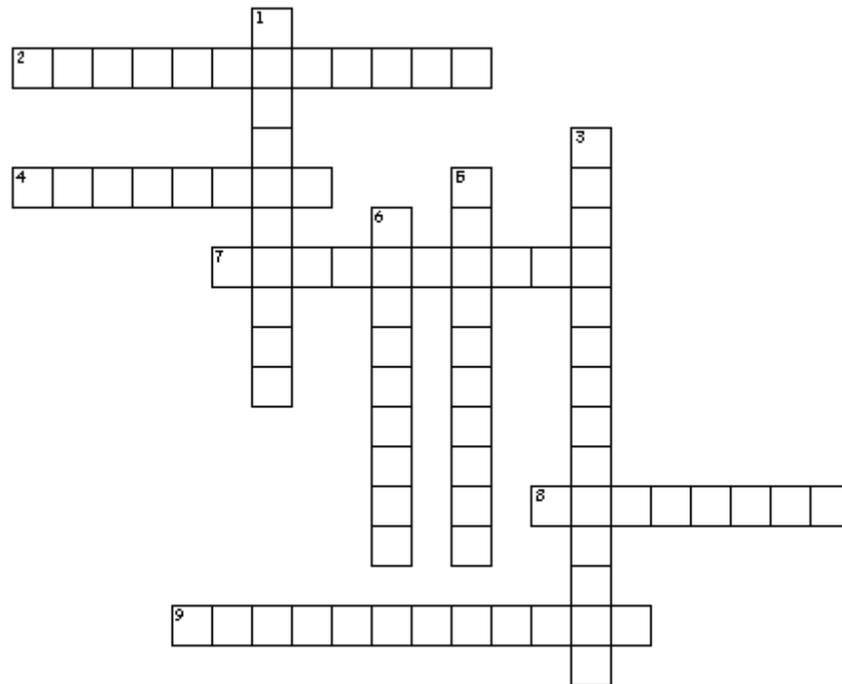
7:00-

8:00-

9:00-



# Time Management Review



## Across

- 2. SHORT TERM GOAL
- 4. S IN THE SMART
- 7. A IN THE SMART
- 8. R IN THE SMART
- 9. DECIDING WHAT IS IMPORTANT

## Down

- 1. LONG-TERM GOAL
- 3. MANAGING THE TIME YOU HAVE
- 5. M IN THE SMART
- 6. T IN THE SMART

## Works Cited:

[www.mindtools.com/pages/main/newMN\\_HTE.htm](http://www.mindtools.com/pages/main/newMN_HTE.htm) - 106k  
[www.puzzlemaker.com](http://www.puzzlemaker.com)

# Sleep Deprivation- Kevin Frank



**Sleep deprivation-** not getting enough sleep to function. What is enough sleep though?

Sleep deprivation can really mess you up. Take it from me. I have experienced extreme sleep deprivation. I worked at a job where I would work from 4 pm to 1 am or later everyday. (I was only getting 5 hours of sleep a night) Then I would come to school at 7am and try to function because I thought I could handle it. I was wrong. I am a good student. That all that changed when I became sleep deprived because:

- I started falling asleep during class. I was missing information they were teaching.
- I would not do my homework because I was so tired.
- I couldn't focus when we were given tests and I was failing them.
- I was getting irritated by the smallest things, like if someone said something I thought was stupid I would start yelling at them and insulting them and even worse I was blowing up on my friends for no reason.

It was all because I thought I could handle it. I eventually quit my job and I started getting sleep again and

- I took 4 tests within one week
- I got 3 B's and an A+ on my tests.
- I have to really work hard to bring my grades back up.

This could have been deadly!!!!!!

When I was driving in the morning I would be falling asleep at the wheel and I would be almost getting in accidents or I would be at a red light and fall asleep and then I would get honked at because I wasn't moving.

Recent research has also revealed an association between sleep deprivation and poor grades. In a 1998 survey of more than 3,000 high-school students, they found that students who reported that they were getting C's, D's and F's in school obtained about 25 minutes less sleep and went to bed about 40 minutes later than students who reported they were getting A's and B's.

Everybody goes through some sleep deprivation it is normal, but when you start experiencing these symptoms then you know you are in trouble and need to get some help.

- Aching muscles
- ADHD-like symptoms
- Blurred vision
- Clinical depression



- Colorblindness
  - It will make you stupid!!!!
  - Easier for you to get sick
  - Dizziness
  - Dark circles under the eyes
  - Fainting
  - General confusion
  - Hallucinations
  - Hand tremors
- 
- Headache
  - Impatience
  - Irritability
  - Memory loss
  - Nausea
  - Pale skin tone (looking pasty)
  - Slowed reaction time
  - Slurred speech
  - Weight loss / Anorexia
  - Weight gain



If you think you are experiencing these symptoms to an extreme it is wise to consult a doctor or teacher and find out how you can get more sleep. My suggestion is if you are thinking about getting a job make sure it is one that is flexible with your schedule and allows you to get enough sleep during the night.

If you think you might be sleep deprived you can try this website <http://www.sleepnet.com/sleeptest.html> or you can take psych 1 as a junior and you learn about all of this.

## **“DON'T LET YOUR PEERS STEER!”**

*You Control Your Actions, So Be Your Own Person!*

Peer Pressure is changing how you think, believe and act to fit in with a certain group of people

- Let's take smoking for an example.. If you hang out with a group of people who smoke, most likely you will be curious to know why they do it and why they think it is so cool. So you begin to smoke to see what's the big deal.

~DID YOU KNOW~

1. Smoking makes you look older at an early age (it gives you wrinkles!)
2. Your clothes and everything else smells.
3. It's VERY dangerous to your health.
4. It shortens your life expectancy  
(Psychology 7<sup>th</sup> Edition, Myers).



- Alcohol is another good example. Picture yourself being at a big party where there's alcohol. Let's face it no one wants to be the only one at the party NOT drinking.

**MYTH:** If you drink then people will think you're cool.

**TRUTH:** People will respect you more if you stand strong for what you believe in.



## **\*STATISTICS\***

- Alcohol use damages your brain (Psychology 7<sup>th</sup> Edition, Myers).
- Use of alcohol is associated with the leading causes of death and injury among teenagers and young adults.
- Alcohol use at an early age is an indicator of future drug and alcohol problems
- 31.9 percent of youth under 18 years old in long-term, state-operated juvenile institutions in 1987 were under the influence of alcohol at the time of arrest.
- Alcohol use is implicated in almost two thirds of the sexual assault and date rape cases among teens and college students.
- Among sexually active teens, those who average 5 or more drinks daily were nearly 3 times less likely to use condoms, thus placing them at greater risk of HIV infection. Among all teens who drink, 16 percent use condoms less often after drinking.
- Students with grade point averages of D or F drink 3 times as much as those who earn A's.
- Rapid ingestion of alcohol can cause breathing difficulties and death.

<http://www.mudpc.org/stats.html>

- According to research by the [National Institute on Alcohol Abuse and Alcoholism](#), adolescents who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.
- The three leading causes of death for 15- to 24-year-olds are automobile crashes, [homicides](#) and [suicides](#) -- alcohol is a leading factor in all three.

<http://www.focusas.com/Alcohol.html>

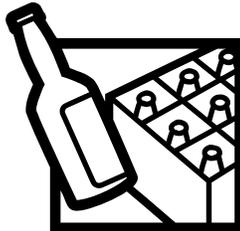
## ~SOMETHING TO KNOW~

Drinking effects your activity in sports also. If you're an athlete and you drink you won't perform as well, and if you get caught drinking, then it can REALLY effect your playing season.

### ~A Student Athlete's Story~

"The first time I got caught drinking, my friends pressured me into throwing a party, so I did it because at the time I thought it was a good idea. Then my dad busted the party and informed the school about it. However, out of the 50 people that were there, I was the only one who got in trouble because it was my house. Consequently, I couldn't participate in 20% of my track season.

The next time I got caught drinking was when I went to Germany with the school's foreign exchange program. The World Cup was going on while we were going to stay at a hotel in the Alps. My friends and I thought it would be cool to bring a bottle of "*Crazy European Alcohol*". After the soccer game was over, our teacher busted us for drinking in a hotel room. Even though we were old enough to drink in Germany, we still got in trouble with the school. The morning after we got in trouble, I couldn't even have fun. It was the most scared I have ever been. I knew when I got back to America I'd be in a lot of trouble. Luckily, when I got back I didn't get expelled from school. However, I was out of sports for 360 days. I let my family, friends, and teammates down. **Even though at the time drinking may sound cool, it definitely is not worth it.** I had to sit and watch my team play while I was sitting in the stands."



- Another example would be classroom behaviors. If you become friends with people who are considered "class clowns," chances are you will start acting like them in class. The saying "YOU GIVE RESPECT TO GET RESPECT" comes to mind when I think of "class clowns." If you show inappropriate behavior and "goof off" in class, you are giving yourself a bad name for years to come! Teachers remember EVERYTHING you do and how you treat them!

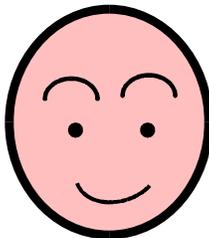


~THINGS TO REMEMBER~

1. First impressions are lasting impressions, so make good ones!
  - Research has shown that a person makes a judgment within 15 seconds of meeting someone. (Bernieri, 2000)
2. Being a “class clown” is not a good thing, because that’s what people remember you for.
3. ***“The students are laughing at you not with you.”***
4. The students around you are getting their work done while you are acting like an idiot.... Who’s going to learn and get the better grade?



**Note: If you have friends that do not accept you for being yourself and doing the right things, then these are NOT your real friends and you need to find NEW ones!**



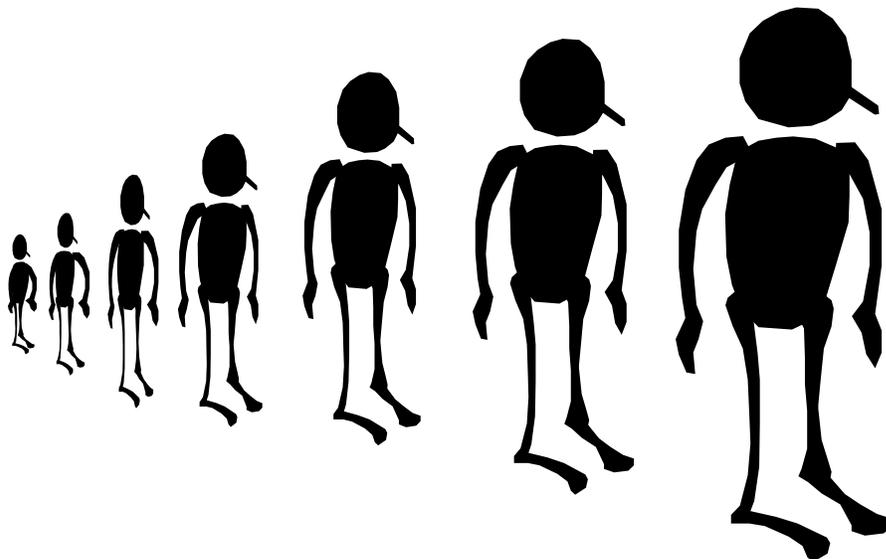
**Not all peer pressure is bad. For example if you associate with a focused, well behaved group who accept you for who you are, then THESE ARE REAL FRIENDS!**

## What Clique Will You Pick?



Conformity is defined as the process by which people's beliefs or behaviors are influenced by others. In other words, trying to fit in to a certain group by changing thinking and behavior to be accepted.

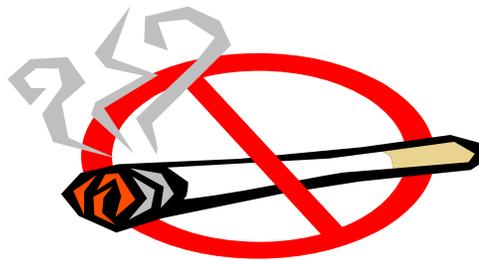
- No matter what "group" you choose to hang with in high school, you will most likely try to fit in
- Think about the jocks, hippies, goths, etc. Doesn't each group have their own way of dressing? Chances are they listen to the same music, hang out at the same places, and feed off of each other to find what is "cool"
- Take the "emo" kid for example. He says, "I'm an individual." How much of an individual is he when you can't tell him apart from all of the other "emo" kids?



There are two kinds of social influences that almost every teen will come across in their lives, and one problem that we all face.

- Normative- doing things especially to be accepted by the group
- Informative- doing things that you have learned from the group
- Cognitive Dissonance- doing something to fit in even when you think it's a bad idea (for example, smoking to look cool even when you hate cigarette smoke)

This ties in almost exactly with peer pressure. Most people want to be accepted, it's just normal. But doing things just to be cool...really isn't cool.



Just like any freshman coming into the high school, I did not know what to expect. How should I dress? Do my hair? Who should I walk to class with? Or sit at lunch with? All of these questions and many more overwhelmed me. After 4 years of being part of tons of different cliques and going through countless friends, I have learned how to beat this high school system. Here are some of my helpful tips:

- Try something different. Don't just wear name brands that you see everyone else wearing because you want that group to like you. You can show confidence in being different.

- Self-expression is the best way to go. Wear what you like, what's comfortable, and in a way that you can make it your own. You'll feel good about yourself!
- Stick to your morals, and if you don't have many, make some for yourself. Don't let people sway you to do things that you stand against, speak up for what you believe in.
- Choose your friends wisely. You will find true friends who you know like you for your *personality*, and there's nothing better than finding real people.

When asked the question, "What clique will you pick," the answer that upcoming freshman should think of is "none of them." The answer is simple and that is to **BE YOURSELF** and your high school experience should be a great one!



## Social Survival



It's not because "no one understands you"... it's because you're a belligerent<sup>1</sup> teenager. You are an adolescent and are in no way, contrary to belief, invincible<sup>2</sup>. The world does not in fact bow down to you and you know nothing close to what you believe you do. As unfathomable<sup>3</sup> as it may seem to you now, there is life after high school, and what you do in these next four years will stay with you in your future.

### Hallway

- I know how terribly important your conversations are regarding the newest break-up or how "you are so not friends with her anymore" but please refrain from having these conversations in the dead center of the hallway. It's an inconvenience trying to tackle through what seems like a mosh pit of senseless gossip; take it to the sidelines.
- As much as it may seem that you're current significant other is the love of your life, break up is in fact imminent. And as important as it may be to you and your friends (who hated your significant other anyway) it is not something that needs to be made into a spectacle that requires ticket admission. You should probably be more concerned with your education.

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1 Belligerent meaning being a confrontational, loud- mouthed teenager

2 Invincible meaning undefeatable, which you're not, don't argue.

3 Unfathomable meaning unable to comprehend ( i.e.- freshman acting human)

- If you haven't quite made it to the break-up stage yet, it is also important to remember that it is not necessary to physically convey your affections in the middle of the hallways. Keep your hands to yourself; no one wants to see it.
- When you happen to run into someone with significant force, say "excuse me" its bad enough that you have no depth perception, but you don't have to be rude as well.

### **Cafeteria**

- As freshmen, you do not have the right to stare at a senior directly, yet alone cut in front of them in line.
- When you are done eating your food, clean up your mess. There's no need for sarcasm here, that's just disgusting. Period.
- Acting civilized is always a positive. Whatever drama exists between you and your peers does not need to be solved physically in the commons. Both of you are wimps anyways.

### **Bathroom**

- Flush the toilet, that's beyond disgusting
- Do not write on the stalls. It makes you seem more immature, and you more than likely can't afford that.

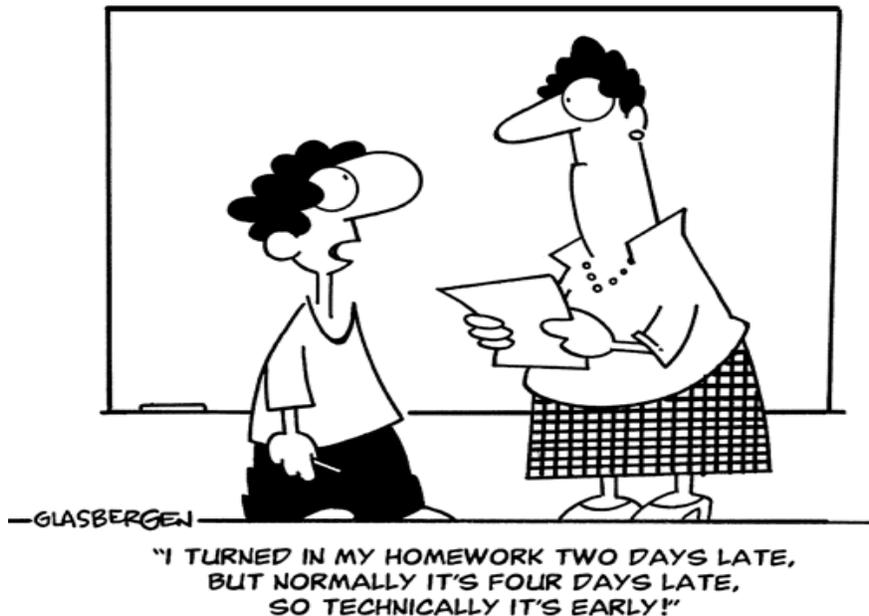


## Social Skills

Okay, let's all admit it: None of us want to be the person that always gets made fun of for having horrible social skills. Here are a couple of hints to help get you through the day, without looking stupid. We'll start off with the advice that Mrs. Heidi Krouse, a freshman teacher, gave to help out all freshmen.

- ✓ Don't talk during class. It's rude, disrespectful, and makes you look stupid; NOT COOL!
- ✓ Take responsibility for yourself. Don't depend on others to do your work for you, or make up excuses for not having your homework; they NEVER work!
- ✓ Get organized. Remember your work and don't be late for class. If you have to leave to go to the bathroom, you better have your passbook.
- ✓ Stay motivated. We all get bummed out at the end of the year and just want to quit; DON'T. The end of the year matters just as much as the beginning, especially for seniors.
- ✓ Don't bank on taking summer school. They only have it for certain classes, not ALL of them

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We also came up with some other guidelines that will help you be more "normal" than you were in middle school.

## Personal Problems

- If you're having boyfriend/girlfriend troubles, leave it with them; don't bring it into the classroom. There's nothing worse than sitting by someone who's whining, crying, or complaining the whole class period.
- If you are in class with your boyfriend or girlfriend, please don't make-out with them the whole time. It grosses everyone out.
- Don't describe your bodily functions to the whole class. That's just something you want to keep to yourself.
- If you have to blow your nose, do it discreetly. When you do it, don't pick your nose or draw any more attention to yourself than you already are.
- If you have to use the bathroom, use your own planner. The teachers will not let you go unless you do.

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**"IF I DO MY HOMEWORK, I'LL GET GOOD GRADES.  
IF I GET GOOD GRADES, YOU'LL SEND ME TO COLLEGE.  
IF I GO TO COLLEGE, I'LL GRADUATE AND GET A JOB.  
IF I GET A JOB, I MIGHT GET FIRED. IF I GET FIRED,  
I COULD GO BANKRUPT AND LOSE EVERYTHING.  
THAT'S WHY I DIDN'T DO MY HOMEWORK!"**

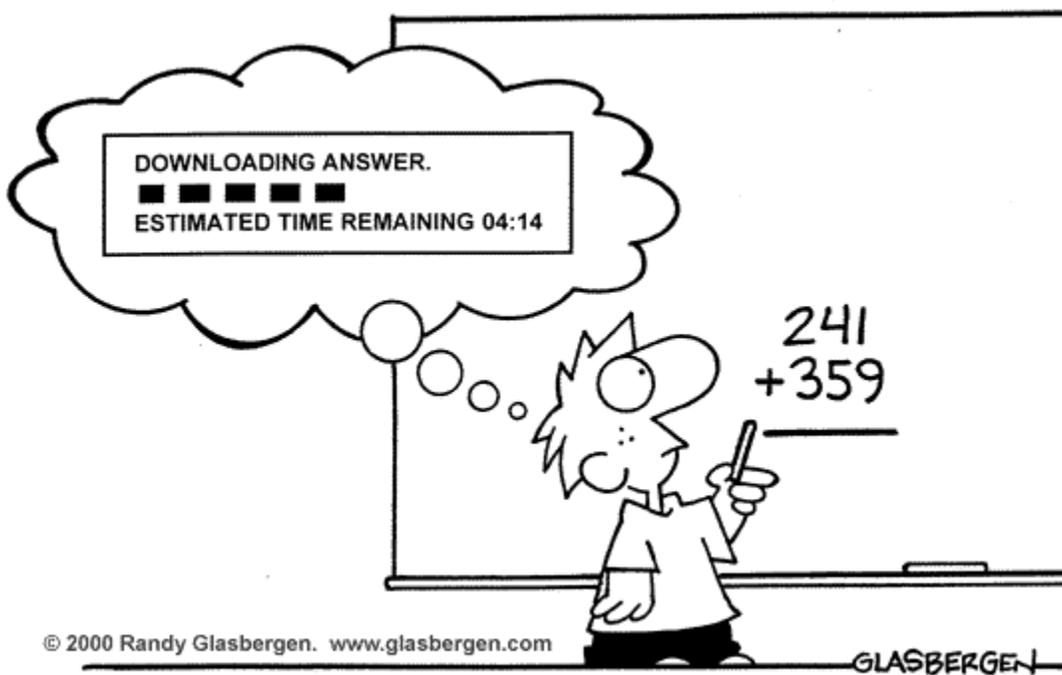
## Classroom Problems

- Don't pass notes, you'll get caught and the teacher will read it out loud in front of EVERYONE.

- Don't take your cell phone to class and have it ring out loud. It will be taken away and your parent will have to come and claim it.
- Don't do your makeup during class. It so annoying to have someone continuously ask if it looks okay or if they missed anything.
- If you have to sharpen your pencil or something like that, don't make a huge ordeal out of it. Nobody thinks it cute or funny, you just look like an idiot.

## Studying Problems

- Bring your stuff to class. If you forget something, the teacher will not let you go and get it.
- Take notes, even if it gets tiresome. You'll love having them when you review for tests.
- Ask questions, but not too many. It's okay to ask a few questions everyday, but don't overdo it. If you don't understand the material, talk to your teacher after class, they're always willing to help.



## Let's Go Clubbing!

### Foreign Language Clubs:

- **French Club**- Bonjour! French club promotes interest in the language, culture, and peoples of the French-speaking world. French Club activities include: the homecoming parade, trip to Chicago, dinner at a French restaurant, and much more!
- **German Club**- Guten Tag! German Club provides enjoyable and fun activities for the students to experience German culture. German club participates in many exciting activities and field trips as well! New members are always welcomed!
- **Spanish Club**- Hola estudiantes! Spanish Club offers students an opportunity to meet and have fun with fellow students who are interested in the Spanish language. Various activities include parties, movies, and a trip to Chicago!



### Academic Clubs:

- **Academic Super Bowl-Fine Arts**- Bravo! This academic team studies a set area/time period of information in relation to Fine Arts. The team studies both visual arts and music. You do not have to be able to do art or music. However, you must have knowledge of them or be eager to learn!
- **Academic Super Bowl-Science**-Eureka! HHS has a club for you! If you are interested in expanding your knowledge of science, this would be a great club to join! Science bowl practices once a week starting in the spring and has two competitions per year. The club also plays many games like Jeopardy and has a pizza party as well!
- **Academic Super Bowl Social Studies**- We know our stuff!! This team competes against area high schools in various topics. This team practice two nights per week. In 2007-08 the topic will be The Civil War.
- **Spell Bowl**- This club is a-w-e-s-o-m-e... awesome! Spell bowl is a competitive spelling team that practice once a week, and competes in two competitions in the fall. This is a very fun team to be on that loves to have a good time while expanding their vocabulary.
- **Quiz Bowl**- Are you a *Millionaire* in the making? Quiz bowl is a competitive team that is quizzed over many subjects such as: geography, history, literature, spelling, math, science, and current events. This club begins in January and finishes in spring. Competitions are once a week at various schools.



Academic Super Bowl  
Social Studies Team

## Performing Arts Clubs

- **Ball Room Dance Group**- Want to dance with the stars? If you join this group you can have the opportunity to dance with Hobart's finest! The Ball Room Dance Group is a fun and exciting opportunity to improve on your coordination, social and motor skills, where you also learn a couple of dance moves as well! This group meets every Wednesday after school and is open to everyone!
- **Band**- Toot your horn to Hobart High School Band! It consists of the marching band, concert band, and jazz band. They are directed by Mr. Brian Grenier, who directs them in numerous competitions, games, and events annually. HHS band even performed at the Indy 500 this year!



Hobart High School's Band performing at a football game

- **Choir**- Hobart High School offers two choir classes. (Intermediate and Advanced) which meet daily and present four concerts each year. These classes are taught by Mr. Wolff
- **Mystique/Wolff Gang**- Are select vocal music groups that perform throughout Indiana and Chicagoland at community events, company functions, auto shows, athletic events, ISSMA, contests and school concerts.



Wolff Gang singing at Hobart's Talent Show

- **Genesius**- Lights... Camera... Action! The Genesius players participate in three productions throughout the year that include: the fall play, the spring musical, and the children's play. The players meet after school throughout the year. You can help with the productions behind the scenes or by acting on stage! Everyone one is welcomed. No experience is required!

## Service Learning Clubs

- **Key Club**- No, you do not need a set of keys to join this club, Key club is an international student-led organization which provides opportunities for it's members to provide service, build character, and develop leadership skills.
- **Psychology Club**- Get *psyched*... join this club! Psychology club invites guest speakers throughout the year and shows movies with psychological themes. Psych club also participates in the “Footin’ for a Cure” in the fall, Rebuilding Together in the spring, and much more all year round!



Psychology Club visiting Brentwood During ISTEP Testing.

## Leadership Clubs:

- **FCA** (Fellowship of Christian Athletes)- Meetings are generally held every other Sunday evening at 7:00 pm in different student's homes. ALL students are welcome whether or not they are athletes or embrace any particular spiritual beliefs. Activities include: discussions, retreats, bowling, skits, a variety of competitive activities, and great speakers
- **JROTC**- ATTENTION! JROTC is designed to teach high school students the value of citizenship, leadership, service to the community, personal responsibility, and a sense of accomplishment, while instilling in them self-esteem, teamwork, and self-discipline.



JROTC at the Awards Banquet

**National Honor Society**- Is a prestigious club that honors those seniors at the top of their class, and nurtures academics & philanthropy. To qualify you must have at least a 3.6 by your junior year.

**Others:**

- **Booster Club**- Give me a H-H-S! Booster Club is a pep club that promotes school spirit, making good decisions and are willing to volunteer when needed. Activities include planning pep rallies, homecoming events and dances.



Homecoming Activity Sponsored by Booster Club

- **DECA**- Enhances the co-curricular education of students in marketing, management, and entrepreneurship. The DECA experiences include: scholarships, leadership training, social opportunities, networking, and real world learning.
- **Student Council**- Meets every other Monday after school. Student council coordinates football and basketball homecomings, has an annual winter spaghetti dinner, and participates in various service projects.



HHS Football and Basketball Homecomings are sponsored by Student Council.

# Difference Between Middle School and High School Sports:

## Challenges

- Much more demanding
- A lot of hard work
- A lot of time
- Practices every single day, some may have two practices a day during the summer before school starts
- Some sports may have a game every other day
- May not get home until 9:30 from a game



## Advantages

- Helps with time management
- Meet many people and friendships are built (even outside of sports, many sport teams will hang out with each other)
- As a team, some teams have pasta parties, have car washes, and etc.
- Fun and competitive
- Promotes a healthy lifestyle and helps reduce stress



Note: I would strongly encourage you to get involved in your high school. Sports are an excellent way to meet people and get involved. If being involved in sports is not for you, I would encourage you to join a club or something else that interest you.



# Athletic Directory

## *Fall Sports*

- Football
- Cheerleading
- Boys Soccer
- Girls Soccer
- Cross Country- boys and girls
- Volleyball
- Girls Golf
- Boys Tennis

## *Winter Sports*

- Basketball- boys and girls
- Cheerleading
- Swimming and Diving- boys and girls
- Wrestling
- Gymnastics

## *Spring Sports*

- Baseball
- Softball
- Track- boys and girls
- Boys Golf
- Girls Tennis



# Intelligence

**Determine your types of intelligence  
and use them to your advantage!**

## Different Categories of Intelligence (Gardner)

- Linguistic (Word smart)
  - Ability to use words easily
  - People such as writers, poets, and speakers are high in this type of intelligence
- Logical (Math smart)
  - The capacity to analyze problems logically
  - Associated with intelligence in math and science
- Spatial (Picture smart)
  - People who excel at art, some math, or just being able to find your car in the parking lot
- Kinesthetic (Body smart)
  - People who are natural athletes
  - Examples include, dancers, gymnasts, or football players
- Musical (Music smart)
  - Involves skill in the composition, performance and appreciation of music
  - The high school offers choir, band and beginning guitar classes, among others.
- Interpersonal (People smart)
  - Includes the ability to understand and work effectively with others
  - Educators, counselors and political leaders are often high in this
- Intrapersonal (Self smart)
  - Requires the capacity to understand oneself





## How to use your intelligences successfully

### Word Smart?

- Take notes in class to help remember facts and study with ease
- Career options: Public speakers, journalists

### Math Smart?

- Participate in experiments
- Ask a lot of questions and logically work your way through problems
- Career options: Mathematicians, scientists

### Picture Smart?

- Utilize maps and charts
- Use pictures to visualize and remember information
- Career options: Architects, painters

### Body Smart?

- Make models: dramatize events
- Interact with the space around you to remember and process information
- Career options: Athletes, surgeons

### Music Smart?

- Listen to music while studying- research has proven this effective in enhancing recall (Eich)
- Career options: Musicians, movie producers

### People Smart?

- Participate in group discussions
- Career options: Teachers, social workers

### Self Smart?

- Believe that you can succeed in the classroom and elsewhere; it will help
- Career options: Psychologists, philosophers

## Get Ready for... Your Future!

What's your choice for post-secondary training? Going to college or going directly into the working world? Let's investigate the options!

### College



Why a college degree is important:

- You can gain more knowledge of many subjects
- The more education you have, the more money you can make

\*Salary over a one-year period:

[\$] Without high school diploma- \$21,300

[\$] With high school diploma- \$28,645

[\$] With bachelor's degree- \$51,554

[\$] With a higher, advanced degree- \$78,093



Does college really fit you?

- 74% of HHS students go to high school for a 4-year period 9% go to college for a 2-year period
- Short on money? No problem

\*Colleges offer many types of financial aid

[\$] Student loans- loans that you don't have to pay off until you graduate

[\$] Financial aid- either government or college funded aid to help those who need extra money for college. Make sure you fill out your FAFSA your senior year!

[\$] Scholarships- monetary awards for a variety of achievements



How can you prepare?

- Take Advanced Placement (AP) classes

\*You can get college credit for Psychology, Chemistry, English, History, or Calculus by passing the exam at the end of

the class. Although you cannot take them until your junior or senior year, you should definitely keep them in mind.

- Take Enriched or Honors classes
  - \*These are advanced classes that you must qualify for. They are more challenging and will give you a head start in preparing for college.
- The SAT
  - \*Your SAT score is a major part on college applications. We recommend that you take it more than once, but you can take it as many times as you would like. Don't wait till the last minute. Take it before your senior year!

## The Working World



-  Advantages of starting your career after high school:
  - Earn wages right away
  - Have no debts from college
  - College may not be for you, many people have an intelligence other than “book-smarts”

-  Possible Career Options
  - Mechanic, military, carpentry, plumbing, electrician, police officer, firefighter, welding, construction, machine operators, drivers, electricians, entrepreneur, manual labor, cosmetology and many other options
  - The military is a common alternative to college. There are a variety jobs a person can do in any of the five branches of the military. With the military, one can receive many benefits, including a college education and health care.

-  Preparing for your career
  - Getting started at the high school
    - \*Grades are still important
      - [+] Your high school transcript will follow you for the rest of your life. Your transcript includes all the grades you received at high school, attendance records and discipline records. It is something that your employer will look at. If you

have excessive absences and bad grades, it will not be likely that you will be employed.

\*Take vocational classes

[+] Several high school students choose to study at the Porter Country Career Center. The program helps students get an early start to their career. They can even become certified before they graduate.

\*Take hands-on classes

[+] The JROTC, business, CISCO, auto shop and engineering classes are offered here.

\*Passing the GQE is still required

- Training beyond high school may be required

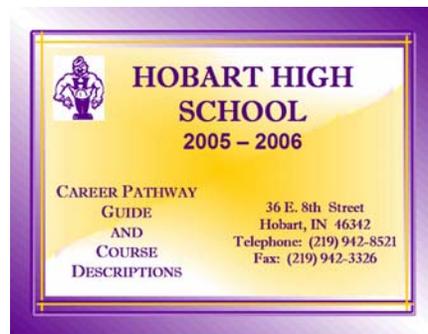
\*Apprenticeship, academies, or internships are different types of training that you may have to complete for your career.



No matter what, always keep an open mind because you may change it somewhere along the line. If you do, and are not on the right track, you will not be able to go back.



If you have questions on any of these topics, see a school guidance counselor. Information about any of these classes and more on this topic can be found in your *Career Pathway Guide and Course Description* booklet. There are many more classes offered that can help you prepare for your career, whether it needs a college diploma or not.



Sources used:

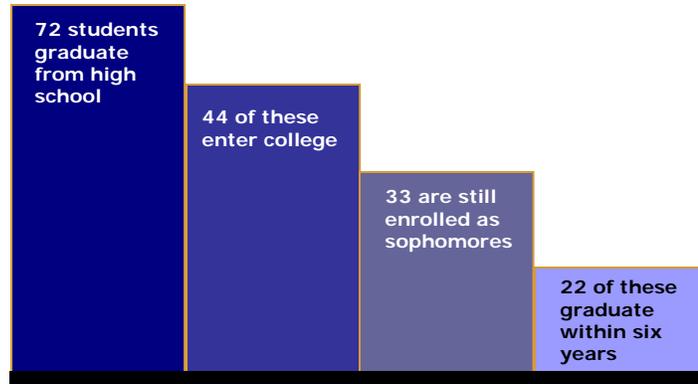
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-[www.bls.gov/news.release/gsgsec.nr0.htm](http://www.bls.gov/news.release/gsgsec.nr0.htm)

-[www.wcco.com/mnonlinefeatures/local\\_story\\_317160655.html](http://www.wcco.com/mnonlinefeatures/local_story_317160655.html)

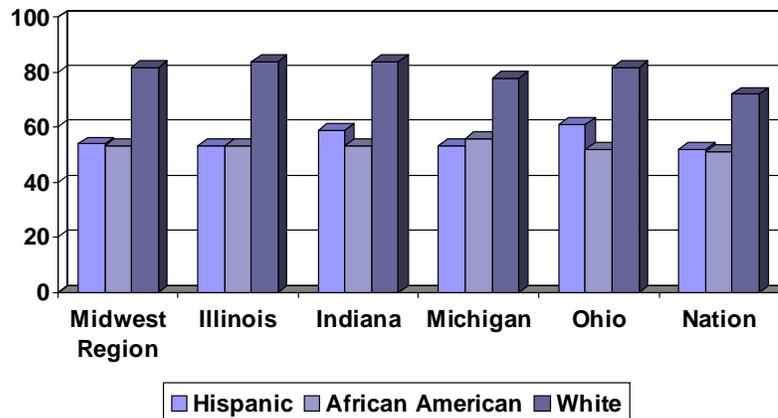
# Fast Facts

Of every 100 Indiana 9th graders, only...



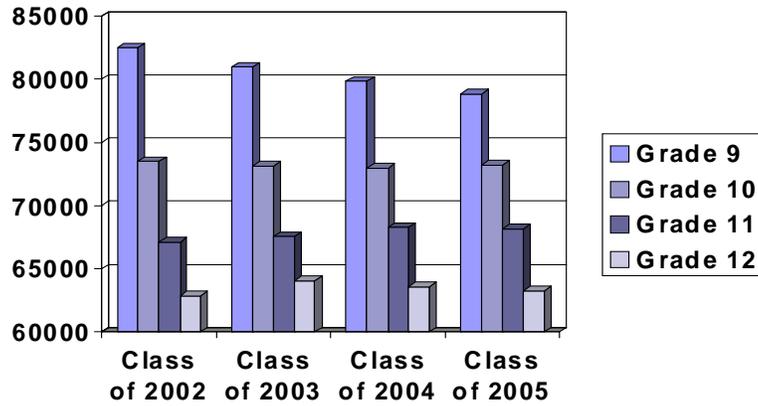
Source: National Center for Public Policy and Higher Education, April 2004 and the Manhattan Institute for Policy Research

## High School Graduation Comparison Rate by State and Race



Source: Manhattan Institute for Policy Research

## Indiana Public High School Enrollment



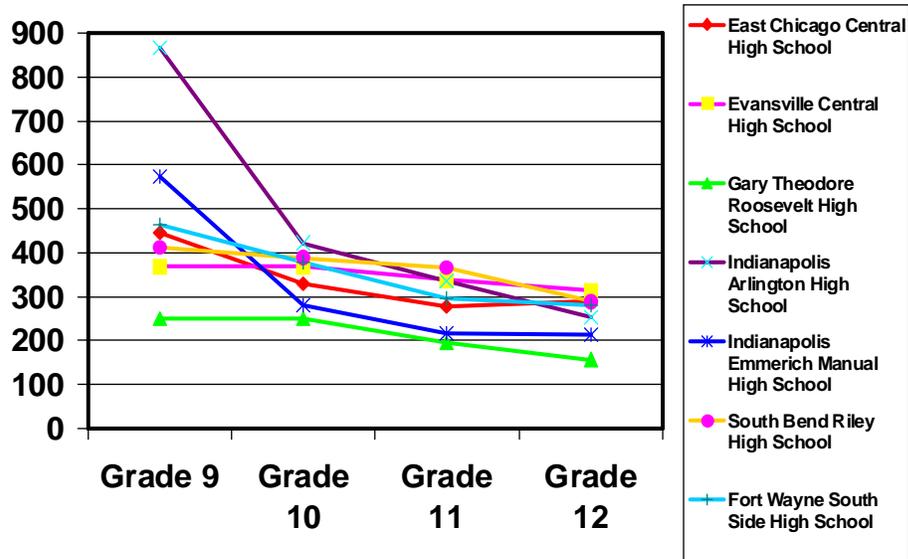
Source: Indiana Department of Education, 2005

## Who makes it through high school?

	Graduation Rate:
■ African American:	53%
■ Latino:	59%
■ White:	78%
■ Asian:	84%
■ Total:	74%

## Snapshot: Enrollment Trends

Graduating Class of 2004



Indiana Department of Education, 2005

## GED vs. HS Diploma

- GED officials say that one in seven HS graduates earn their diploma through GED programs.
  - 41% of them are 19 and under and 37% are between 20-29 yrs. of age
- The military stopped equating the GED with a HS Diploma
  - GED students score lower on the Armed Forces Qualifying Test
  - They also drop out of the military at higher rates
- Wages over a 40-year period:
  - Without a HS Diploma= \$852,000
  - With a HS Diploma= \$1,221,000
- Nobel Prize-winning economist James Heckman and Stephen Cameron found in their study that:
  - GED holders are “statistically indistinguishable” from high school dropouts.

1., Gehring, John, The GED: New Tests, New Challenges. Education Week, Jan. 23, 2002, pg1  
 2. Et al. pg. 3

## I Wish I Would Have....

- Known how much an effect an F has on GPA's – Neil McClaran
- Known not to blow off freshman year because it's hard to bring up your GPA later on –Nicole Bangs
- Known not to make a bad impression with teachers because it will ruin your year with them. – Aaron O'Brien
- Known how to distribute my time. – Gen Taylor
- Gotten involved in more clubs early on in school. – Lindsay Marimen
- Balanced my time between homework and extracurricular activities better. – Re'Nesha Weston
- Spent less time caring what people were thinking about me, and more time being happy with myself. – Jenny Duda
- Taken more responsibility for my class schedules and not left it to the counselors. – Stefanie Edwards
- Known more about the classes I was taking. – Kevin Frank
- Known how big of a difference it is from an A to a B+. – Alicia Porras
- Taken the SAT at the end of freshman year instead of constantly putting it off. – Josh Miracle
- Played more sports. – Rob Smallman
- Met more new friends instead of sticking to the same old group. – Shaun Martinez & Robin Mitrisin
- Known to have your parking pass & park in your lot because they give tickets! – Nicole Bangs

- Been more organized and focused. – Jacob Novak
- Had better study habits my freshman year. – Kim Titak
- Been more influenced by my parents in their belief that I can be successful in everything I do. – Jennifer Trcka
- Known not to be involved in everything at once. – Katie Berg
- Known to be myself and not be someone I'm not. – Annie Weidner
- Realized how much more I was capable of achieving. Life is full of amazing possibilities; it's just a matter of taking them. – Monica Torres
- Been more informed about available extracurricular activities. – Wayne Larson
- Stopped procrastinating. – Cassie Meingasner