

TIPS FOR STUDENTS

1. **MINDSET SHIFT: YOU ARE A HIGH SCHOOL STUDENT IN A COLLEGE SETTING**

- ★ Expectations are higher—your professors may not always give you reminders or even allow late work.
- ★ The class syllabus is your best friend—read it early and keep it handy.
- ★ Grading is different in college—work ahead, stay ahead.

2. **TIME MANAGEMENT: JUGGLING MULTIPLE SCHOOL SYSTEMS & EXTRACURRICULARS**

- ★ Procrastination is your #1 worst enemy.
- ★ Use school time wisely—study hours, library time, and Fridays off are all great times to be working ahead in your classes.
- ★ Use a physical calendar (at least for the first couple of weeks). Get a giant monthly calendar and write down all your due dates, class times, practice times, etc.

3. **COMMUNICATION IS KEY: TALK TO THE ADULTS IN YOUR LIFE LIKE A PRO**

- ★ Your professors are there to help you. Ask questions, attend office hours, and reach out.
- ★ Email is the main form of communication in college. Install the app on your phone and get in the habit of checking your email at least 1-2 times per week.
- ★ Talk to your college advisor—they are your advocate for all things college.
- ★ Learn to ask for help! This will help you the most as you grow as a student.

4. **SAVE TIME & MONEY: KEEP TRACK OF YOUR CREDIT AND PLAN FOR THE FUTURE**

- ★ If you haven't met with a CEI academic advisor yet, make an appointment ASAP. They can help you plan your classes in advance and ensure you find the right balance between high school & college.
- ★ Start a note on your phone with all the credit you have taken, including which college it was through. This will be helpful when it's time to transfer your credits.

5. **DEALING WITH PRESSURE: UNDERSTANDING THE PROCESS & LEARNING FROM THE STRESS**

- ★ It's never easy taking college classes—especially as a high school student. Give yourself grace and allow yourself to be uncomfortable in the learning process.
- ★ Take breaks and do what you love. Your mental health is important.
- ★ One class doesn't define your future. Talk to your advisor, learn from it, and then move on.