

Academic Support for Freshmen

As we prepare our students for college and careers, the high school curriculum is designed to be more rigorous than what they are used to. It is a common part of the freshman transition for students to be surprised, and sometimes overwhelmed, by the amount of work now necessary to achieve the grades they have been accustomed to getting. In order to assist your child in adjusting to these increased expectations, you might want to suggest and support them doing some of the following:

- Break large assignments into manageable parts.
- Take complete and well organized notes.
- Create flashcards for study and review.
- Reduce distractions when working, as much as possible.
- If getting work done at home is difficult, stay after school and do assignments and studying in the Library. Supervision is provided until 5:00 every day. Late buses are provided at 3:30 and 5:30 every day.
- Ask class teacher for extra help before or after school or during unit lunch.
- Access peer tutors who are available in the media center EVERY day during unit lunch for help in all academic areas.
- Form a study group of conscientious classmates. Meet during lunch or after school.
- Consult a knowledgeable upperclassman for help with material or study skills.
- Ask your teacher for a content specific website for help or try one of the following:
 - Khanacademy.com
 - Hippocampus.org
 - Youtube.com

Please feel free to call me for additional support ideas and strategies. 9738753101 ext 1224.

Lisa Frisbie, Freshman Guidance Counselor