

Transitioning from High School to College Academics

Navigating the beginning of your college journey

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Different Schedule- K-12 vs Higher Education

High School Schedule	
Period	Time
Period 0	7:17-8:20
Break	8:20-8:30
Period 1	8:30-9:25
Break	9:25-9:34
Period 2	9:34-10:29
Break	10:29-10:43
Period 3	10:43-11:38
Break	11:38-11:47
Period 4	11:47-12:42
Lunch	12:42-1:21
Period 5	1:21-2:16
Break	2:16-2:25
Period 6	2:25-3:20

College Schedule						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00 AM						
8:00 AM						
9:00 AM		Work		Work		
10:00 AM	Class A		Work Class A		Class A	
11:00 AM						
12:00 PM						
1:00 PM						
2:00 PM	Class B	Class C		Class C		
3:00 PM		Olass C	Class B	Class C	Class B	
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM	1st Gen Club	Class D	Intramurals	Class D		
8:00 PM	13t Gell Glub	Class D				
9:00 PM					·	
10:00 PM						
11:00 PM						

(San Clemente High School Bell Calendar, 2022)



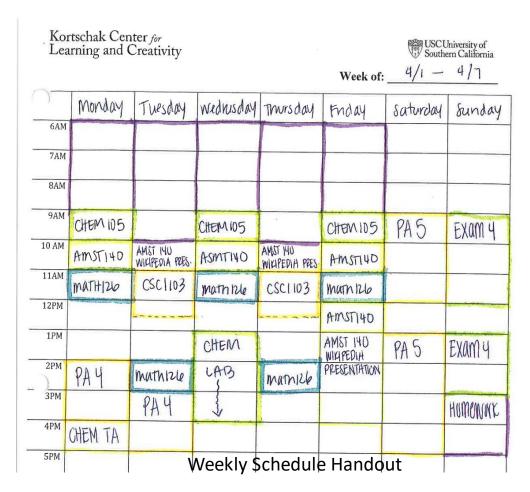
Figuring out your schedule

- Independent learning in college (Gibney et al., 2010).
- Use Unstructured time to:
 - Study
 - Complete assignments
 - Prepare for upcoming lectures
 - Prepare for exams



Tips for creating an organized schedule

- 1. Use a planner
- 2. Plan for tomorrow
- 3. Put your daily schedule in your phone calendar





How to Study

High school

receive a study guide & more hands-on support.

College

 may not get a study guide; emphasis on students' studying independently.

Techniques:

- Prepare in advance.
- Attend office hours.
- Create a study guide.
- Schedule study segments (Seli, 2023).





Campus Involvement

- Be intentional with your social life
 - Explore clubs & other social gatherings
 - Focus on one or two clubs to start
 - Take advantage of your time in college
 - Explore interests
 - Connect with professors





Fear of Missing Out (FOMO)

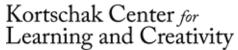
- FOMO has caused college freshman to lose sleep (Adams et al., 2016).
 - Engage in time management skills (Adams et al., 2016).
 - To avoid sleep debt, get 7-9 hrs. of sleep/night (Hirshkowitz et al., 2015).
- Positive self-talk
 - O You can only do so much.
 - Say to yourself: "I'm doing as much as I can handle and that's enough".



Managing Seasons of Change

- Normalize stress, anxiety, and homesickness.
- Make sure you are taking care of yourself (Thurber & Walton, 2012).
- Give yourself grace and space during seasons of change.







Things to remember about this transition

- It's normal to feel overwhelmed & homesick (Thurber & Walton, 2012).
- You don't need to have everything figured out.
- There is no "perfect" way to do college.
- You are not alone.





References

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 Learning and Creativity