

# **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

(San Clemente High School Bell Calendar, 2022)

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

# 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

Kortschak Center for Learning and Creativity

USC University of Southern California

Week of: 4/1 - 4/7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM							
7AM							
8AM							
9AM	CHEM 105		CHEM 105		CHEM 105	PA 5	EXAM 4
10 AM	AMST 140	AMST 140 WIKIPEDIA PRESENTATION	AMST 140	AMST 140 WIKIPEDIA PRESENTATION	AMST 140		
11AM	MATH 126	CSC 1103	MATH 126	CSC 1103	MATH 126		
12PM					AMST 140		
1PM			CHEM		AMST 140 WIKIPEDIA PRESENTATION	PA 5	EXAM 4
2PM	PA 4	MATH 126	LAB	MATH 126			
3PM		PA 4	↓				HOMEWORK
4PM	CHEM TA						
5PM							

Weekly Schedule Handout

# 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
  - 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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