



High School Vs. College

College is different than high school in many ways. Professors, counselors and parents may serve as guides, mentors, or resources, but many of the responsibilities of academic and daily life fall to the student. Understanding these differences can help you prepare for success!

Read the statements below. Are any of them surprising to you?

You will attend 2-4 classes per day, usually 12-16 hours per week. You may need to study at least 2-3 hours OUT of class for each hour that you are IN class.

LEP Academic Counselor's role: Your AC will help you to read and interpret your syllabi and help you to create a plan for completing your assignments on time. Your AC can help you to identify times in your schedule that you can commit to studying.

Your role: Managing your time: deciding when to eat, sleep, exercise, study, socialize, etc. Following your plan or noting when it isn't working for you so you can adjust it. Attend your LEP meeting each week, and follow the work plan you and your academic counselor create together.

Self-Reflection: I am responsible for managing my time; I can keep my daily schedule on track.
Which statement do you relate to most? _____
I keep myself on track sometimes, but other times I need support. _____
I rely on my parents to manage my time; they make sure I eat, sleep, study and more. _____

Your professors may not remind you of incomplete work and may not step in if they notice you are struggling in class.

LEP Academic Counselor's role: Your LEP counselor can help you identify missing work, can support you as you communicate with professors, and will help you create a work plan to catch up on missing or late work.

Your role: Read syllabus to understand your professors' expectations, communicate with your professor if you need an extension or have missed a deadline, and be responsible for completing the work.

Self-Reflection: When I don't understand something in class, I speak up and ask for help.
Which statement do you relate to most? _____
When I don't understand something in class, my parents will speak with my teacher. _____
When I don't understand something in class, I don't say anything. _____

Professors in different courses usually schedule tests and other large assignments without regard to the demands of other courses or outside activities.

LEP Academic Counselor's role: Your AC can help you to create a weekly to-do list, and to identify academic priorities.

Your role: Complete the plan and utilize strategies and resources to manage stress.

Self-Reflection: I do my homework independently, without being asked.
Which statement do you relate to most? _____
I know where and when to study to get the best results but have difficulty utilizing them. _____
My parents usually have to make me do my homework. _____



Reflection

What difference between High School and University are you most excited about?

What difference are you most concerned about?

Call to Action!

Which of the “Next Steps” are you motivated to put into action?

- For the next month, put upcoming deadlines in your phone and take responsibility for reminding your family. (For example: doctor’s appointments, weekly chores, social events.)

- For the next month, set your own alarm for morning wake up. If you need a backup plan, try out a few! (This could be a second alarm, an alarm across the room, or a call from a friend.)

- For the next month, notice when you are confused about instructions. Practice asking clarifying questions or asking for support.

- Make a list of your strengths and weaknesses; practice the words you would say to communicate to someone the support you are looking for. When you and your parents meet new people this month, take the initiative to do the talking.

- Over the next month, take responsibility for planning your move into your dorm at DU. What will you need to pack? What will you need to purchase? What dates must certain tasks be completed by?

- Write your own next step: