**High School Vs. College**

College is different than high school in many ways. Though your professors may serve as mentors, many of the responsibilities of academic and daily life will fall on you. Understanding these differences can help you prepare for success.

**Read the below example situations and your corresponding responsibilities. Reflect honestly and circle the statement you relate to the most.**

# **Situation 1:**

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.

## Your responsibilities:

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. Attending your classes and meetings.

## Self-reflection:

*Which statement do you relate to the most? Circle, star, or note your selection.*

1. I am responsible for managing my time; I can keep my daily schedule on track.
2. I keep myself on track sometimes, but other times I need support.
3. I rely on my parents to manage my time; they make sure I eat, sleep, study and more.

# **Situation 2:**

## Your professors may not remind you of incomplete work and may not step in if they notice you are struggling in class. Your professors will not know about your accommodations unless you inform them.

## Your responsibilities:

Read your syllabi to understand your professors' expectations. Be responsible for completing work on time. Communicate with your professors to let them know about your accommodations.

## Self-reflection:

*Which statement do you relate to the most? Circle, star, or note your selection.*

1. When I don’t understand something in class, I speak up and ask for help.
2. When I don’t understand something in class, my parents will speak with my teacher.
3. When I don’t understand something in class, I don’t say anything.

# **Situation 3:**

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

## Your responsibilities:

Manage your time wisely, balancing academics with social engagements. Create a work plan and utilize strategies and resources to manage your stress.

## Self-reflection:

*Which statement do you relate to the most? Circle, star, or note your selection.*

1. I do my homework independently, without being asked.
2. I know where and when to study to get the best results but have difficult utilizing them.
3. My parents usually have to make me do my homework.

# Reflection

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

**What difference are you most concerned about?**

# Call to Action!

**What is your action step to approach the difference you are most concerned about?**