You’re Not in High School Anymore

Gearing Up For College Academics

Counseling & Testing Center
What Are Some Differences Between High School and College Academics?

- You spend less time in class
- You spend more time studying outside of class (hopefully)
- You have more reading
- You have fewer tests
- You might not be reminded of due dates and exams
What Are Some Differences Between High School and College Academics?

- There are fewer daily assignments and they may not be checked.
- You might live and study in the same place.
- Classes are bigger.
- Instructors don’t tell you exactly what’s on the test.
What Are Some Differences Between High School and College Academics?

- More team/group assignments with meetings outside of class
- Attendance may not be required
- No extensions on due dates
- Participation affects grades
- Fewer reasons for excused absences
What Are Some Differences Between High School and College Academics?

- You are responsible for your own learning & behavior
- You only have a certain instructor for a few months
- Instructors don’t tell you exactly what notes to take
- You can drop a class
What Are Some Differences Between High School and College Academics?

• Instructors may not be trained in education
• You may have a TA or GA as an instructor
• You may have an international instructor
• Lecture and readings may not overlap 100%
## Class Time & Study Time

<table>
<thead>
<tr>
<th>High School</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes meet about an hour a day for 180 days a year</td>
<td>Classes meet about 3 hours a week for 15 weeks</td>
</tr>
<tr>
<td>In class = 180 hours</td>
<td>In class = 45 hours</td>
</tr>
</tbody>
</table>

*Difference = 135 hours per class in which you are responsible for your own learning!*
Not to mention...

- You may be living on your own for the first time...Dorm life!
- You may have a job
- You may be making new friends
- You may be in a relationship
- You may be in a new setting/city
- You may be involved in lots of extra activities
- You may be managing your own finances for the first time
So, how do I step up my game?

- Make a weekly schedule, use a planner
- Make a master list of all assignments, projects, and exams for the entire semester
- Get to know your personal style and schedule your classes accordingly
So, how do I step up my game?

- Don’t get behind on readings – read the assigned material before class
- Learn how to take good notes; get notes from missed classes from a reliable source
- Go to every class
- Get to class early – review notes & readings
So, how do I step up my game?

• Put concepts in your own words – don’t write down exactly what the instructor said
• Get to know your instructor
• Find out what type of learner you are

• Ask for help!
Next Steps

• Identify your particular challenges
  – Time management
  – Procrastination
  – Reading skills
  – Note-taking skills
  – Test-taking skills
  – Motivation
  – Test anxiety
  – Comprehension issues

• Develop a plan for attacking each area
Campus Resources

- Academic Support & Mentoring
- Counseling & Testing Center
  - Assess for Success
- Office of Services for Students with Disabilities
- Career Services