

Sample Lesson #1

Read the selection before completing the items that follow.

How to Succeed in High School

High school is very different from middle school. The high school years come with higher expectations and greater responsibilities. High school students are told to expect at least two hours of homework every day. With five to seven class periods, there are at least that many different teachers, and they can have very diverse teaching styles. Each class has its own syllabus and assignment schedule. Students are expected to adjust to various teachers, their styles, and their class requirements. High school students are responsible for managing their schedules, completing all assignments, and seeking help if they feel they need it. A teen may have a part-time job which adds another layer of responsibility. School subjects tend to be more challenging, as they are intended to prepare students for college and careers. Biology, physics, trigonometry, foreign languages, and British literature are examples of some of the more rigorous topics covered in high school. The area of a high school campus is greater, and class size is usually much larger than in middle school, so there are many unfamiliar places and faces at first.

High school offers numerous new opportunities, and along with them are added responsibilities, and more privileges. An obvious change is that students have the freedom to move between classes without walking in lines. Many teachers encourage and allow teamwork and freedom of movement throughout the room during class time. Students have some choice about the classes they take, and there is a wide variety of extra-curricular activities to choose from. Decision making, time management, and leadership must be developed during the high school years, so students are given many occasions to practice these skills through class government, after-school clubs, athletics, social events, field trips, and volunteerism.

Students should prepare to enjoy the high school years and make the most of the options they provide. Here are some of the ways to prepare for a positive high school experience: attend orientation sessions, set up regular study routines, find out about available tutoring programs, and identify counselors or other adults within the school who can help a student with any adjustment issues. Another important way to prepare for high school and to ease the adjustment is to sign up for extra-curriculars such as foreign language clubs, school government, sports, or any school sponsored activities.

1. In the first paragraph, highlight or underline two expectations that are mentioned.
2. Highlight or underline four specific responsibilities that are listed in paragraph one.
3. In the second paragraph, highlight or underline four examples of privileges or opportunities available to high school students.
4. In the third paragraph, highlight or underline four examples of how to prepare for a positive high school experience.

5 – 8. Complete the outline using information from the selection.

How to Succeed in High School



I. What is Different about High School

A. Expectations

- 1. _____
- 2. _____

B. Responsibilities

- 1. _____
- 2. _____
- 3. _____
- 4. _____

C. Privileges & Opportunities

- 1. _____
- 2. _____
- 3. _____
- 4. _____

II. How to Prepare for a Positive High School Experience

- A. _____
- B. _____
- C. _____
- D. _____

“A healthy attitude is contagious, but don’t wait to catch it from others. Be a carrier.”
~ Anonymous