



## Teacher's Advice

### Most Important Ideas

- Put your best foot forward!
- Stay current on classwork/homework!
- Communicate with teachers and staff!
  - o Build a relationship by emailing teachers and talking in person!
- Take freshman year seriously!
- Find an upperclassmen buddy!

### Methods to Deal with Mental Health

1. Participate in relaxing activities during your free time
  - o Examples: meditation, television, video games
2. Find outlets to help with dealing with your feelings
  - o [Mindfulness activities for BCPS](#)
3. Use healthy coping mechanisms to increase energy and build confidence
  - o Manage thoughts, eat well, encourage yourself

## Teacher's Advice (cont.)

### Recommended Supplies for High School

#### **Necessities**

- Pencils, erasers, and paper
- Folders/notebooks for EACH class
- TI-30XA calculator (if required for class)
- Colored pens and highlighters
- Correction Tape
- Daily planner and/or calendar
- USB Drive

#### **Extras**

- Reusable water bottle
- Light jacket for cold classes
- Light, healthy snacks

### Academic Preparation

- Learn organizational skills.
  - o [Organizational skills help](#)
- Talk to your guidance counselor within the first 9 weeks of school
  - o Check in as often as needed.
- Participate in any tutoring or homework help programs you can.
- Evaluate and reevaluate personal strengths and weaknesses each quarter.
- Check Pinnacle and Canvas at least once a week.



# Fort Lauderdale High



**HIGH SCHOOL:  
BRIDGE TO  
FRESHMAN  
SUCCESS**

From a Student's Perspective

By: Gabby Fairweather



## Student's Advice

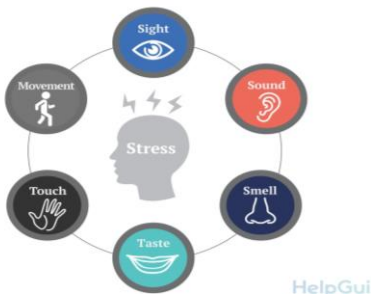
### 4 Steps to Prepare for High School

1. Attend orientation.
2. Develop a strong support system.
  - Can include family, friends, and/or teachers
3. Establish your high school plan.
  - Consider academic plans and explore your interests
4. Find a healthy outlet for stress.

### Stress Relievers

- Listen to music
- Taking a break to focus on yourself
- Physical activity
- Words of affirmation and encouragement to yourself
  - *For example: I am successful, I will succeed, I deserve to be happy*

Use Your Senses to Relieve Stress



## Student's Advice (cont.)

### Balance school and personal life

- Create a schedule and stick to it!
- Set realistic goals and reward yourself for each accomplishment!
  - *A treat or doing something you love*
- Be patient with yourself!
- Learn your limit for activities and academics!

### Getting Service Hours



You need **40** service hours IN TOTAL to graduate!

Service Hours must be done with a **NON-PROFIT ORGANIZATION** and be submitted within **30 days** of completion!

### Study Tips and Methods

- Review your class material **EVEN IF** you think you know it
- Develop a system for completing work, note taking, and studying
  - *Do work as soon as you get it*
  - *Take notes with colored pens for each topic*
  - *Reread or rewrite notes before a test*

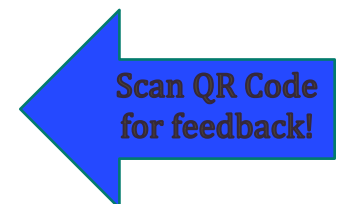
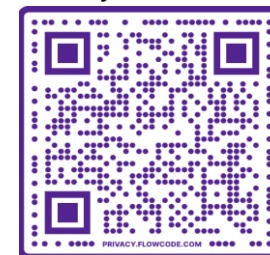


## Personal Advice

- Study for the **SAT/ACT** before the school offers the test if you can!
- Keep track of your service hours by making copies for your records!
  - You need the [Application and Approval Form](#) to complete non-school affiliated activities but you need the [Log Sheet](#) for all hours!
- Start applying for scholarships **ASAP** with help from Ms. Wolfe, the BRACE Advisor!
- Take your time to savor your freshman experience; it goes by **quickly!**

## Credit Information

- **AICE** (Advanced International Certificate of Education) credits are mostly applicable in Florida colleges and universities!
- Getting the **AICE Diploma** with 100 service hours will give you **100% Bright Futures Scholarship!**
  - The **Gold Seal Vocational Scholarship** is also available for Industry Certification students!
- **Driver's Education** can be taken as a **Florida Virtual School (FLVS)** core class, fulfilling your online course graduation requirement!!



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