



10th Grade



Student Guidebook

Dear TRIO 10th Graders,

Congratulations! You've finished your first year of high school and are now a sophomore. This year is about putting the lessons you learned in 9th grade into action—and working to become the kind of student and person you want to be.

This year, continue to do the things you did well in 9th grade, and improve on the things you may have struggled with. Ask for help when you need it, and know that as your classes get harder, you will need to work harder too. This is also time to start thinking more seriously about your future—and to learn about your college options.

If you use this year to build on your 9th grade successes, and give your best effort every day, you're sure to have a successful year!



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step up your game



This year you're going to have more difficult courses, more homework, and a busier schedule. So, you need to think about how you can step up your game and become an even better student.

Rate your academic skills

This is a good time to reflect on how you're doing—and to also determine which of your academic skills needs improving.

Put a check mark in the column that best describes how you think you are doing in each area.

	VERY GOOD	GOOD	NEEDS IMPROVEMENT
Organization	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Time management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attendance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homework	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking notes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Test preparation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking tests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Choose one or two skills you'd like to improve and think about what you can do to improve them. As your skills improve, so will your grades!

If you need help improving any of your academic skills, your TRIO advisor is there to help! Don't hesitate to ask for the help you need.

manage your time



We all have the same amount of time: 24 hours a day/168 hours a week. How we use this time is time management. With good time management, you have time for the things you need to do, with enough time left over for the things you want to do.

Successful students use these tips to manage their time.

Use free time in school wisely

Use the time teachers give you in class to start on your homework, and if you have a study hall, use it. You'll have a lot less to do at night.

Look for chunks of time that are wasted

Think about how you can use these times more effectively. For example, review your notes while you're waiting for a ride.

Create routines

Have a morning routine that gets your day off to a good start, and a nighttime routine that includes getting everything ready for the next day.

Learn to say "no"

Don't overschedule yourself, and say no to invitations when you have work to do. *Make schoolwork your top priority.*

Don't give up sleep to get everything done

If you're doing too much, look for activities that can be eliminated, shortened, or postponed.

Control time wasters

Social media, TV, and video games are huge time wasters. Schedule small chunks of time for these activities, and stick to it.

study smart

The key to success is not studying a lot—it's studying smart. Students who “study smart” often spend less time studying, and yet they get better grades. Here are some tips to help you study smart.

Have a good place to study

Your study area should be quiet, comfortable, well-lit, and have a surface for writing. Equip your study area with the tools you need (paper, pens, pencils, a calculator, highlighters).



Eliminate distractions

Turn off the TV and silence your phone. By eliminating all distractions, you force yourself to do one thing only—study.

Create a study plan

- ▶ Before you begin studying, decide exactly what you want to get done and the order in which you're going to do it. Be specific:
1) study history, 2) do math worksheet, 3) read biology pages 20–25.
- ▶ If you have a lot to do, prioritize your work. Start with the things that are the most important.
- ▶ If you have something to memorize, work on that first, and then go over it again at the end of your study session.

Break large assignments down

Use a planner to break large assignments (like a research paper) down into smaller, more manageable parts. For example:

Monday – create outline

Tuesday – write first draft

Wednesday – revise and rewrite

Thursday – write final report

succeed in class



Showing up for class isn't enough. To succeed in your classes, you need to be engaged and involved.

Be prepared

When you come to class, have all of your homework done. Be alert, well-rested, and ready to learn.

Participate

The best way to stay engaged in your classes is to participate. Ask and answer questions, and participate in discussions.

Have a positive attitude

Walk into each class with a positive attitude and be determined to learn as much as you can. Remember, the more you learn in class, the less you have to learn on your own.

Take good notes

Because most test questions come from information that's been presented in class, it is very important to have good notes to study from. Taking notes also helps you pay attention. When you're taking notes, you don't have time to think about or do anything else.

Eliminate distractions

Put away anything that isn't directly related to what you are doing in that class.

Be a good group member

Being able to work well as part of a group is a skill that will help you succeed in school and in a career. Look at group work as an opportunity to develop and improve this important skill.

make a career plan

A career plan is a map for your future. You wouldn't go on a trip without knowing your destination and how to get there. If you did, who knows where you would end up.



It is the same with a career. To prepare for your future, you need to know where you're going and how you're going to get there. Here's how you can create your career plan.

Do a self-assessment

A career that's perfect for one person may be totally wrong for another. You want to choose a career that's going to be a good match for your interests, talents, abilities, and values. Here are a few questions to get you started.

- ▶ What classes do you like the best?
- ▶ What activities and hobbies do you enjoy?
- ▶ Do you want to go to college? If so, for how long?
- ▶ What's important to you in a career?

Research careers

Career clusters are groups of careers that are alike. There are 16 different career clusters, and multiple career fields within in each one. Going through the career clusters is a great way to determine which career areas might be a good fit for you.



Scan the QR code to watch a video about the 16 career clusters, and then research the ones that interest you.

Consider your college options

Will a two-year or four-year college be the best option for you?

Four-Year Colleges

A four-year college education (bachelor's degree) can open doors and provide you with a wide range of career opportunities. Four-year colleges also offer a wide variety of courses, programs, and extra-curricular activities.

Two-Year Colleges

Two-year public colleges (often called community colleges) offer affordable one- and two-year career programs in a number of fields. Students can also start at a community college and transfer to a four-year college to save money.



A big difference between two- and four-year colleges

As a rule, four-year colleges want their students to get a well-rounded education. All students are therefore required to take a number of general education courses (English, science, history, math), regardless of their major.

In contrast, students in a career program at a two-year college take the courses they need to prepare for their chosen career—they aren't required to take courses unrelated to their career goals. For example, art students take art classes; students studying automotive technology spend their time working on cars.

Other education options

Career, trade, and specialty schools (like art and culinary schools) are additional education options. Students can also receive career training through apprenticeship programs and the military.



your college to-do list

Even though graduation is still a couple of years away, there are things you should be doing now to prepare for college, including working hard to get the best grades possible and doing what you can do to develop your interests, talents, and skills.

Here's your 10th grade college to-do list.

Work hard to get good grades

Your sophomore courses are likely to be more difficult than your freshman courses, and you probably need to study more this year. Keep the momentum from last year going, and continue to work hard in all of your classes.

Get involved in meaningful activities

Find activities to be involved in, both in and out of school. Develop your interests and talents and find something to feel passionate about.

This year, you should also start keeping track of your activities in a notebook or spreadsheet. Include all 9th and 10th grade activities, leadership positions, honors, volunteer work, awards, unique experiences, and employment. You will appreciate having this list when it's time to complete college applications.

Think about what's important to you

Do you want to go to a two-year or a four-year college? A college close to home, or one with a specific major? To find colleges that will be a good match for you, visit bigfuture.collegeboard.org.



Think about a major

Your major is the subject you'll study in depth. Start thinking about your interests, talents, and abilities in terms of possible majors.

Make informal college visits

Visit colleges and imagine yourself as a student there. Walk around the campus, go to a sporting event, and eat in the student union.

Explore and discuss your college options

Gather information, go to college fairs, check out college websites, and talk to your parents, TRIO teacher, and counselor about your college options.

Consider taking a practice test

While some colleges have a test-optional policy, many colleges still require ACT or SAT scores for admission. To help sophomores prepare, some high schools offer the PSAT 10, PreACT, and/or PSAT/NMSQT. Your counselor will have information on the test(s) available at your school.



Select appropriate 11th grade courses

In the spring of this year, review your four-year high school plan with your parents, counselor, and TRIO teacher. Select courses for your junior year that will help you prepare for college.

Consider dual-enrollment courses

Many high schools have programs that enable students to take courses for both high school and college credit. For information on dual-enrollment course options, talk to your counselor.

For tips on how to build an impressive high school record, watch this short video.



what to expect in college



Whenever you are starting something new it's helpful to know what to expect. Here are some of the things you can expect to find when you go to college.

A wide range of class sizes

While most college classes have fewer than 30 students, some can have 100 or more students.

More emphasis on tests, papers, and projects

All instructors assign work to be done outside of class, but homework grades often make up only a small portion of a student's final grade. In many cases, the midterm exam, a term paper, and/or the final exam make up most of a student's final grade.

More freedom and responsibility

In college, no one makes sure that you go to class, or asks if you are doing your assignments. *You are responsible for your own academic progress.*

Less time in class and more independent work

College students spend about half as much time in class as high school students, but they spend more time studying on their own. For every hour they spend in class, college students generally spend two to three hours doing assignments and studying.



For more on the differences between high school and college, watch this short video.

what to look for in a college

Deciding which college to go to is really about finding a college that's a good match for you. Here are a few of the factors you should consider when choosing a college.

Location

Do you want to attend a college close to home, in your home state, or in another state? In a big city or close to nature?

Many students choose to attend a public college in their home state because of the lower in-state tuition. For example, it costs a native Texan much more to attend a public college in Ohio than it costs a native Ohioan.

Size

When thinking about what size college you'd like to attend, remember that larger colleges have more majors, more courses, and more activities from which to choose. Smaller colleges are more personal, the classes usually have fewer students, and they're easier to get around.

Majors/areas of study

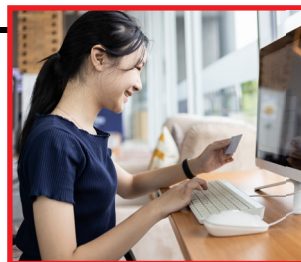
While most colleges have popular majors such as business, no college is able to offer every major. If there's a specific subject you want to study, you need to find colleges that offer that major.



Admission requirements

Colleges each have their own admission requirements. Some accept all high school graduates. Others are more selective and harder to get into. Look for colleges that accept students with grades and test scores similar to yours.

be a smart spender



As a sophomore, you may be thinking about earning money by working at a part-time or summer job. That makes this a good time to think about how to be a smart consumer.

Recognize needs vs. wants

Needs are things that are necessary, such as food, clothing, and school supplies. Wants are things you would like to have or do but can live without, like a bigger TV, new phone, or concert tickets. Be sure to spend your money (now and in the future) on needs first and wants only with the money that's left over.

Be a smart consumer

Even when you try to be a smart consumer, it can be tempting to spend more than you can afford. But spending more than you can afford often leads to financial problems. The best way to avoid debt and the stress of not having enough money is to develop good financial habits early.

Save as much as you can

To help ensure that you don't spend money on things you don't need or can't afford, try keeping a record of everything you purchase. When you earn or are given money, put some aside for savings. Also, learn as much as you can about money and budgeting. That will help give you the ability and confidence to make smart financial decisions.



Paying for college

Don't ever think that you can't afford to go to college. If you need information or advice on how you can make college more affordable, talk to your counselor or TRIO teacher.

care for your mental health

Just like with your physical health, maintaining your mental health every day is important for your well-being. Here are some ways you can take care of your mental health each day.

Get enough sleep

The amount of sleep you get impacts your mood. Go to bed at a regular time each night and make sure that you get at least eight hours of sleep.



Exercise

Your body releases mood-improving chemicals when you exercise. Look for ways to integrate physical activity into your daily routine.

Eat well

Your diet has a huge impact on your mental health. Research shows that nutrients found in healthy foods like fish, fruits, and vegetables can improve brain function and mental health.

Disconnect and reflect

Put your phone away, turn off the TV, and take time every day to rest, relax, and reflect. You might also try writing your thoughts in a journal.

Talk about it

Talking about your feelings is a great way to process them—and to put things in perspective. Talk to a friend, family member, TRIO teacher, or counselor when you have a problem or something is bothering you. There's no need to go it alone!

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TRIO

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This booklet is filled with helpful tips and expert advice on how you can have an amazing sophomore year!

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