

# Making the Transition from High School to College

## *Academic Demands*

### **In High School...**

- Teachers reminded you of course requirements and due dates and were generally flexible about both.
- Teachers were often available before and after class and before and after school if you had concerns or needed “extra help”.
- Teachers reminded you to take notes in class and often outlined the chapters for you either on an overhead or on a study guide.
- Teachers generally lectured on textbook material, thus relieving you of the responsibility for reading your assignments. Most of your assignments were short and were often discussed and re-taught in class.
- Teachers checked to make sure you did your homework.
- Teachers provided you with information on what you missed if you were not in class.
- Teachers let you study in groups and often scheduled review sessions or gave you review sheets to use in studying for tests.
- Most of the time, you studied for a test the night before, and nearly no one studied for final exams!
- Tests often covered only a chapter or two of your textbook and make up tests were generally an option.
- Teachers generally arranged test dates so as not to conflict with school events.
- Classes were tracked according to student ability.
- Teachers often approached you if they thought you might be having difficulty in their classes.
- Essay assignments were often only reflections of what was discussed in class.
- Generally, you studied as little as 0-2 hours a week. Most of the work you did outside of class was accomplished in study halls.

### **In College...**

- Instructors include course requirements, objectives, and due dates on their syllabi. You are expected to follow the syllabus.
- College instructors are generally willing to help, but you must initiate the contact and work within the instructors' office hours.
- You are expected to take notes in class. If you don't, no one will take them for you.
- You might have as many as five to eight chapters to read in a textbook, a quiz, a short paper, and/or a presentation in one week – and all for the same class!
- No one checks your homework. College instructors assume you've done the work. Even if you haven't, college instructors expect you to be able to do well on tests.
- No one tells you “what you missed.” That's why you have a syllabus.
- You're expected to provide your own review.
- You'll quickly learn that you must study (not just do written work) for every class, every day. Everyone studies for finals. Sometimes, your entire grade depends on the final exam.
- College tests often cover multiple chapters and weeks of class lecture notes. Make up tests are not a given.
- In college, class requirements come first. School events and your social life are important, but secondary.
- In college, everyone is expected to meet the same standards.
- You have to be proactive in your learning and achieving in college.
- You are expected to think critically, originally, and analytically and to reflect those ideas clearly.
- You are expected to study two hours a week for each hour that you spend in class. Written work or papers should be accomplished outside of that time frame.

## *Personal Demands*

### **In High School...**

- Your time was structured for you.
- Your parents and/or teachers reminded you of responsibilities and priorities.
- Your parents and/or teachers intervened if you appeared anxious or depressed.
- Your parents and/or teachers provided motivation when you felt frustrated or failed.
- You were generally told what to do and were reprimanded if your behavior was out of line.

### **In College...**

- You are responsible for structuring your time effectively.
- You must prioritize and find ways to balance academics, social activities, and job responsibilities.
- You must recognize when feelings and emotions are getting in the way of your academic success.
- You must be self-motivated.
- You will finally accept that actions have consequences and you are expected to take responsibility for both.

## *Interpersonal Demands*

### **In High School...**

- Many high schools are not very demographically balanced.
- The “pack mentality” of high school precluded your having individual values, ideas, or lifestyles.
- Your biases and prejudices were often chalked up to inexperience. High school students are often unwilling to show ignorance or lack of understanding.
- The familiarity of high school and its cliques generally demand little in the way of making new friends.
- Even if you had an opinion different from that of others, you generally kept that opinion to yourself in high school since “being different” was to be avoided at all costs.
- The definition of “cool” in high school often meant doing things only because “everyone else was doing it,” not because you wanted to do it.

### **In College...**

- At UA, you will have the opportunity to interact with people from many different backgrounds, races, ethnicities, ages, countries, and experiences.
- A tolerance for individual differences is much higher in college. You are expected to stay open to and respectful of someone who has different values or ideas or lifestyle from yours.
- In college you are expected to acknowledge your biases and prejudices and work to reduce them.
- In college you will often find opportunities to introduce yourself and initiate a conversation.
- In college you may disagree with someone, express that disagreement openly, and learn to negotiate a compromise.
- In college, “cool” is making up your own mind.