

10 THINGS HIGH SCHOOL STUDENTS SHOULD KNOW ABOUT OR BE ABLE TO DO SO THEY CAN GET INTO AND BE SUCCESSFUL IN COLLEGE.

By: Maritza T. Adonis

1. BEING AN INDIVIDUAL IS BEING ORIGINAL. BE YOURSELF.

There's no such thing as the popular girls, the cool guys, the nerds, or the jocks. Well, minus the last part—a majority of college campuses have jocks. The point is, you don't have to worry about so-called fitting in. In fact, you can walk out of your dorm with sweats, a t-shirt and flip-flops without the added pressure of fearing that you'll be ridiculed by your peers. Be yourself. I promise that you'll find like-minded individuals who share your fads, fashions, and favorite pastimes.

2. TIME WAITS ON NO MAN. TIME-MANAGEMENT IS THE KEY.

This is probably one of the most important aspects of life. In college, it's one of the key ingredients to success. Schedule your classes accordingly. Use your free time wisely. Carry a planner everywhere. This can serve as a compact visual aid of your time. Balance extra-curricular activities (ie. organizational meetings, class schedule and yes, even partying). But most of all, make studying your priority. After all, you're here for your education.

3. DO NOT PROCRASTINATE.

Procrastination is the enemy of progress. This may sound quite radical, but that's the way you should think about it to avoid falling into the temptation of doing it. Especially with a new vast amount of free time and being a novice in time-management, procrastination will seem like your best friend. It's not. In fact, it's the slimiest creature you'll ever encounter in college. It's the cousin of time-management. If you don't master them or at least attempt to master them, you are setting yourself up for automatic failure.

4. DEVELOP STUDYING HABITS.

This is a requirement even for the best of us. College is incomparable to high school on many facets, especially exams. Classes usually consist of three exams and a paper that are spread out throughout the semester (usually a course of 4 months or so). Exams usually are around the same time for all of

your classes (especially finals.) There is no way you can cram information for four different subjects in a one week timeframe. Therefore, it's smart to plan your studying time and to strategize different habits. Studying alone may work for one class while for another, group studying may be more effective. Use your first exam to trial run your study habit.

5. EXPLORE DIFFERENT MAJORS.

We've all been ingrained with the idea that if we're good in science then you pursue a health career. If you do well in math, then you automatically pursue engineering. What they don't tell you is that the Biology curriculum does not only contain Biology. There are a variety of subjects that you may not be interested in. As a result, you may enter college and major in Biology and realize how much you hate it and decide altogether that a health career is not for you. WRONG! Lesson: Major in a subject that you're interested in. If you don't like it, change it (but don't get in the habit). Tip: Did you know that you could major in Political Science and go to medical school, as long as you make sure that you take the pre-requisite classes to enter medical school?

6. FAMILIARIZE YOURSELF WITH CAMPUS RESOURCES.

While you're engaging in all of those freshmen festivities the first couple of weeks, be sure to familiarize yourself with what's on campus. Look for the health center, clinic, gym, library, homework help centers, emergency centers, student activities office, and whatever may be of your interest. Resources include those on the website as well, like the calendar. Pay close attention to the add/drop date for courses. This will come in handy when you realize that you may be in trouble in a particular course.

7. BUDGETING AND SAVING MONEY.

For some, parents may still be replenishing your account daily. However, for most, you are on your own. First tip: Refund checks are not free money. Ninety-nine percent of the time, refund checks are comprised of loans you have to pay back upon graduation. Don't splurge, instead, open up a money market account and save. Also, if you have a meal plan, cut back on fast-food meals. You'd be surprised how much a college student spends just on fast-food alone.

8. IT'S NOT WHAT YOU KNOW, IT'S WHO YOU KNOW. NETWORK.

Unfortunately in this day in age, simply having the highest grades is not going to get you across the finish line. Everyone is doing it. Sometimes, it's who you know. Go to your professors' office hours. Get to know them. Most of the time, these people are quite notable in their professions. Get to know

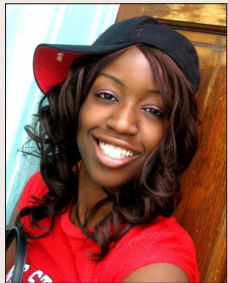
your counselor. Join on-campus organizations and through them, attend conferences, find internship opportunities, and obtain mentors. You never know, the person's hand you shook at that conference might be the CEO of the company of your future job.

9. **embrace CULTURE.**

Depending on what college you're going to, you're going to be meeting different people from different ethnicities, races and religions. Take this opportunity to get to meet new people. Refrain from sticking to what you're comfortable with. This is college, your time to embrace and enjoy new things!

10. **Keep The Faith.**

This includes literally and spiritually speaking. College is one of the hardest and exciting transitions in one's life. You're going to be faced with many obstacles, some in which may seem unsurpassable. This is the opportune time to refer and invest in your faith. Besides, you're going to need it while prepping for a hard exam, getting over a roommate disagreement, coping after receiving a bad grade on an exam, and even after failing a class. Nonetheless, don't be stumped. "Failure is the foundation of success." Not doing as well as you anticipated does not mean that you're off course or doomed. You've made it too far to give up now. Always remember, that you don't have to be great to start, but you have to start to be great.



Hi, I'm Maritza T. Adonis a native of Miami, FL. I'm currently a senior, triple majoring in Political Science, Sociology and Criminology at NC State University. My life-long passion is to advocate for the welfare of children, particularly in the areas they are most impacted by: education, health, and the law. Specifically, my goal is to eliminate educational barriers and health disparities,

and to increase rehabilitation, prevention, and retention for juvenile delinquents in hopes of eliminating retributive practices. This Top 10 List is one of the many contributions towards my commitment to narrowing the achievement gap. More importantly, it's one free token for you to use in this game called educational success. Enjoy the ride!

TOP 10 Things i wish i WOULD'VE KNOWN PRIOR TO COLLEGE

if i ONLY knew THEN, what i KNOW NOW