

Wish I would have known/what would have helped?

Classes:

Which ones are most important

Preparation for how challenging they are

Which classes to take first/taking harder ones first

Which classes are best for college app/life after graduation

Where classes are located

Junior year/ACT preparation/college preparation:

ACT Preparation classes

Knowing that junior year will be challenging

Taking extracurriculars to help build college resume

Academic help:

Work hard, push yourself, stay focused

Pay attention, taking things seriously, do work in class

Study skills, time to study

Note-taking skills

Getting organized, keeping track of things

Don't procrastinate

Ask questions in class

Have a planner

Social aspect:

Get involved, prom/football games/seize opportunities/extracurriculars

Volunteer more

Have fun

Challenge yourself, get out of your comfort zone

Talk to new people, talk to people near you in class

Accepting who you are/learning who you are/being true to self

Don't try too hard to "be cool"

Moving on from friendships, understanding friendships will change

Knowing good friends from bad ones

Don't be afraid, don't stress

Don't compare yourself to others/care what others think

Knowing how to make friends

Other:

Knowing upperclassmen, them being more friendly

Study groups

Teachers being supportive

What's hard about high school?

Social aspect:

Social pressure

Being confident and happy

Losing friends, friendships changing, not know people

Upperclassmen are intimidating

Academic aspect:

Teachers expect a lot

More complex work

Time management

Growing up, being responsible, being independent

Longer classes

Getting to class in the time given/**finding classes at first**

Due dates more strict

What would a mentoring program look like?

Help for freshmen/young students:

Start at the beginning of freshman year

Upperclassmen assigned to same-gender freshmen

Groups and one-on-one options

Panel of older students where younger ones can ask questions

A few freshmen for one senior

A day in the gym with different ages hanging out and eating snacks

A class to just talk about how life is going

Content:

What to expect in high school

Help with classroom skills

Stress management/coping

Having someone to always go to with questions

Volunteering together

Know what opportunities/options exist in high school

Having someone to always go to with questions

Help starting in middle school:

Middle schoolers coming to listen to high schoolers talk

Other thoughts:

Should be voluntary, don't force anyone to do it

Seniors/older students should be trustworthy

There should not be a mentorship program, students should learn things on their own

These things should be addressed in middle school, not high school