

freshstart

RESPECT!

Stereotyping
is so yesterday

"BEEN THERE!"

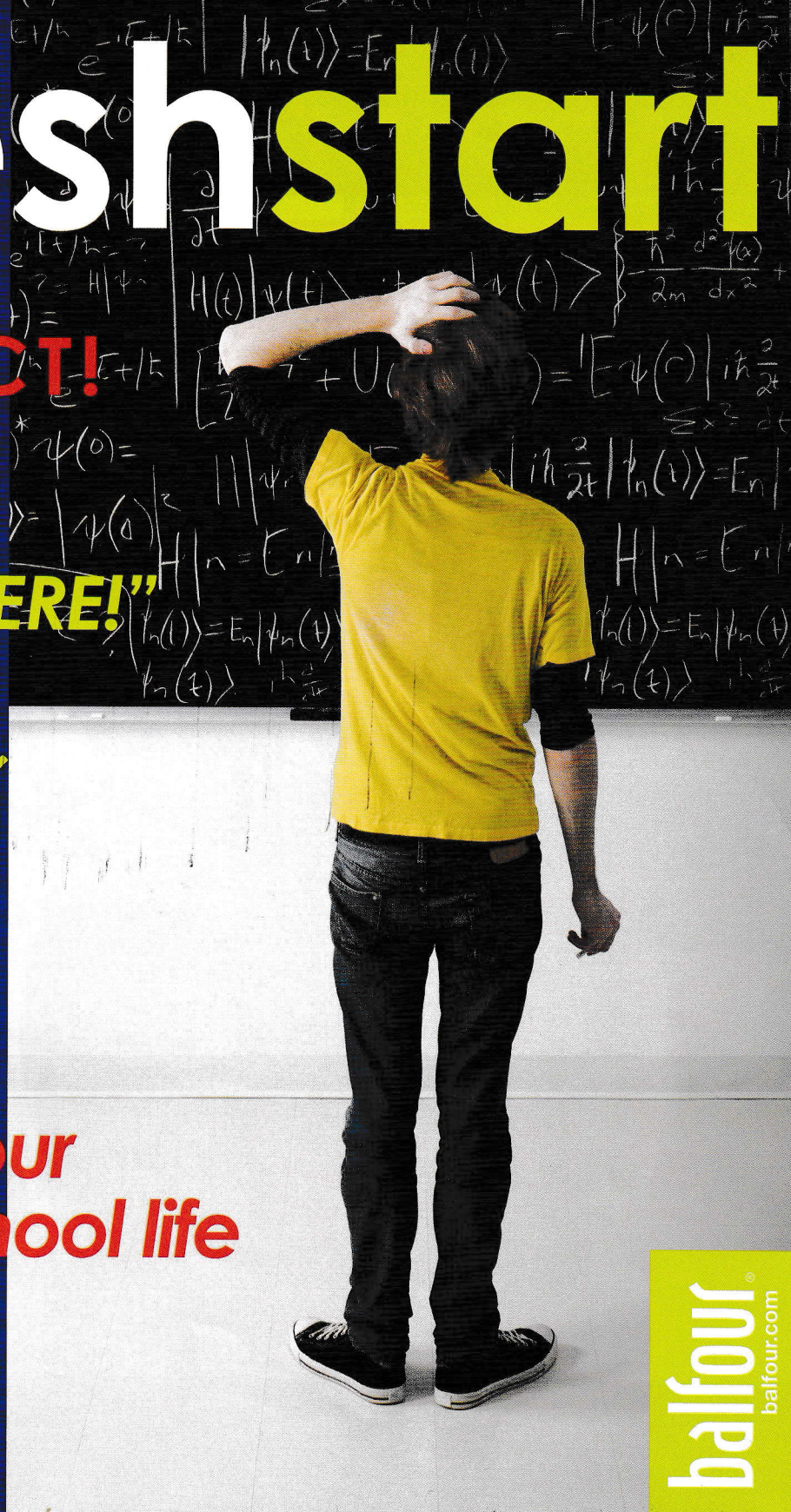
Seniors
Tell All

work
smart!

can't-miss
study tips

**Rock your
high school life**

- Fun Quizzes
- Cool Quotes
- And More!



balfour
balfour.com

who are you?

Meet the cast of Balfour's FreshStart movie



"Finding myself has been a journey. I still haven't truly found who I am at the core."

-Patrick (Senior)

"I am a fun-loving nerd."

-Lauren (Senior)

"I don't know who I am yet. A friend? A student?"

-Sammi (Freshman)

"I appreciate the little things in life. I'm aware of my actions and how I relate to the world around me."

-Jessie (Senior)

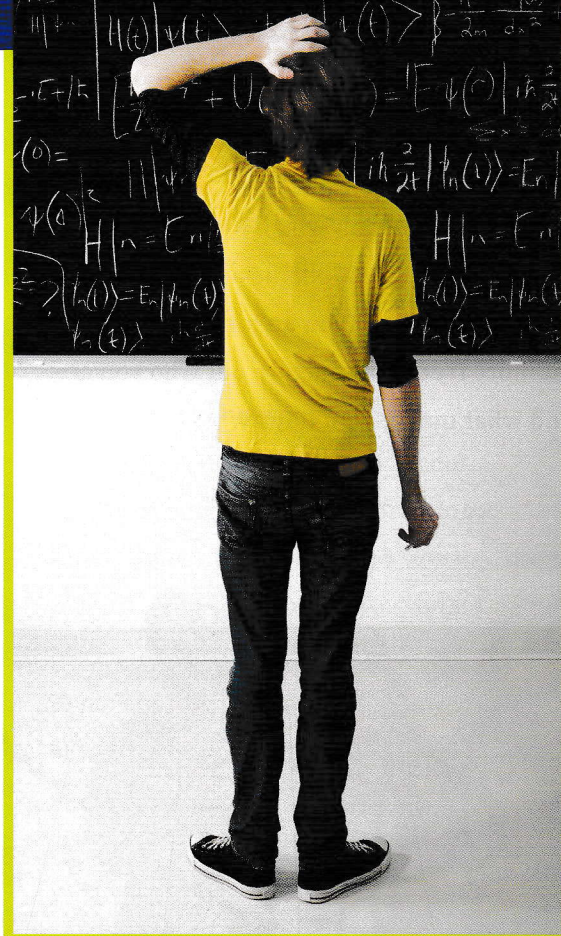
"I am a theatre geek and a softball player."

-Erin (Freshman)

"I'm different than everyone in my family. I'm artistic. I like making people laugh and having a good time."

-Chris (Freshman)

What's fresh!



ON THE COVER:

PAGE 12 work smart! study tips

Ten tips for high school success.

PAGE 4 Letter from balfour.

PAGE 6 It's Your Move!

Every choice has a consequence. Which road will you take?



POP QUIZ: think your school feels huge? You won't believe the size of the country's largest high school.

PAGE 8

9. How many students attend America's largest high school?

- a. 10,100 c. 6,600
- b. 8,500 d. 4,900

PAGE 10

R-E-S-P-E-C-T!

Learn to stop bullies in their tracks.



PAGE 14 18 and Life

How to keep one eye on the future, even if you're not yet sure what it holds.

PAGE 16 It's Up To You!

Navigate the new challenges of high school without drifting or drowning.

PAGE 18 Start Plotting Your Course

It's never too early to think about what you want to do after high school!

Letter from balfour®

get a fresh start!

Welcome to high school! Freshman year is an exciting time, full of **change** and **challenge**. Some of the change is really cool. A new school gives you the opportunity to make a **fresh start** – take a blank slate

and create what you wish. You can try new activities, meet new people and form new habits that will set you up for life. You have a lot more **freedom** to figure out who you are and what **makes you happy**.



High school can also be **overwhelming** at times. Everything seems so much **bigger**: bigger workloads, bigger hallways, bigger books...even bigger people! You'll find yourself asking questions like: **"How do I find my niche here at school, when I'm still trying to find my classroom?"**

Who better to help answer your nagging questions than high school students who have **been there, done that**? Upperclassmen are fantastic resources. We encourage you to find personal mentors of your own. In the meantime, we hope you enjoyed hearing from a few of them in our **FreshStart movie**.

Whatever you do over the next four years...**keep your eyes on the prize**. That high school diploma is your springboard to life! With it: the sky's the limit. Without it: you will compromise your future.

It's only four years. But it's **THE** four years. Use this fresh start to get on the right track...then **rock your high school life!**

Seniors Speak Out: Advice for freshmen

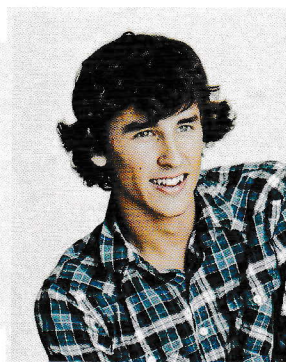


"High School is what you make of it. Get involved in clubs and extracurricular activities. It will be much more fun!"

– Lauren

"Being 'cool' in high school is so overrated. It's all just perception anyway – everyone's cool and no one is cool. Just be YOU."

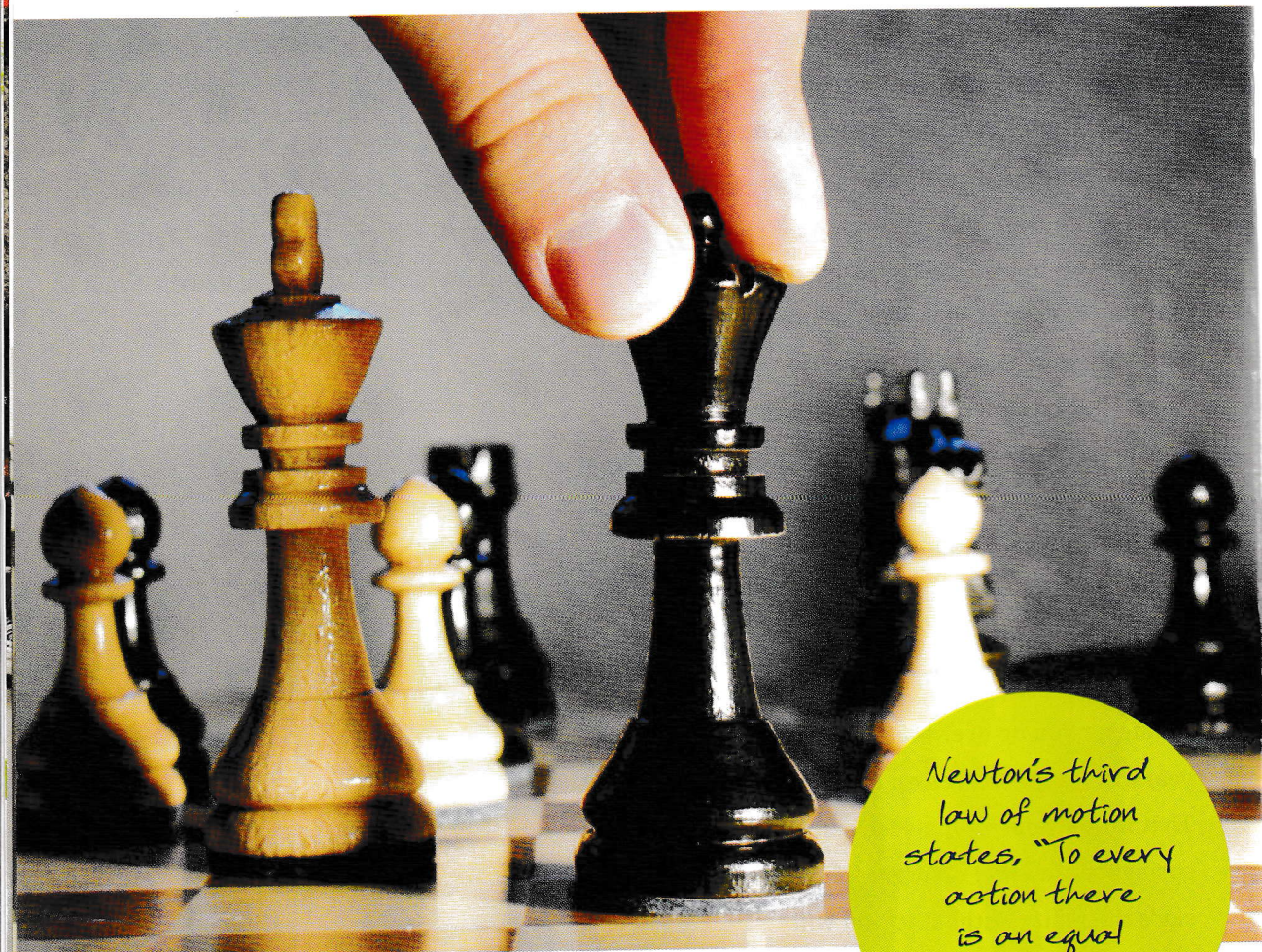
– Patrick



"Take time to find happiness in high school. Choose to spend time on activities that lift you up, and you'll have fun!" – Jessie

IT'S YOUR MOVE

choose your path



Newton's third law of motion states, "To every action there is an equal and opposite reaction."

You've probably already learned – the easy way or the hard way – that every choice you make has a consequence. Whether you realize it or not, you make thousands of choices each day – some big, some small. Say something nice or mean: you've made a friend or lost one. Spend two hours on Facebook or finish your homework:

you've chatted with friends or made an "A" on your test. Text and drive or keep your eyes on the road: you've had an accident or arrived home on time. Everything you do and say counts...and your life eventually becomes the sum of all your choices.

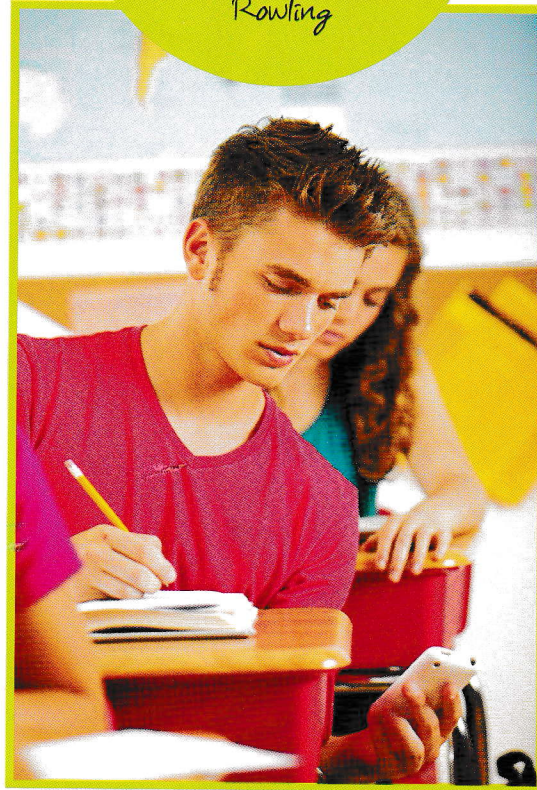
Just a few examples of choices you make every day:

- Who you hang out with
- Where you sit in class
- What you eat and don't eat
- Words you post online
- Whose advice you take
- Your tone of voice
- How you spend your time

"It is our choices that show what we truly are, far more than our abilities."
—Joanne Kathleen Rowling

"Do your homework as soon as you get the assignment. You won't regret it. Don't wait until the last minute!" – **Lauren**

BEEN
THERE!



Just for fun:

What other choices do you make every day?

Start paying attention and see how many decisions you make each day...
bonus if you track the outcomes.

PERSONAL RESPONSIBILITY PLEDGE

- ☐ I realize that I am solely responsible for my choices in life.
- ☐ I know that I cannot change other people, but I can change myself.
- ☐ I, alone, can control what I think and what I feel.
- ☐ I cannot change what happens to me, but I can change the way I respond.
- ☐ I will embrace who I am and give my life direction and reason.

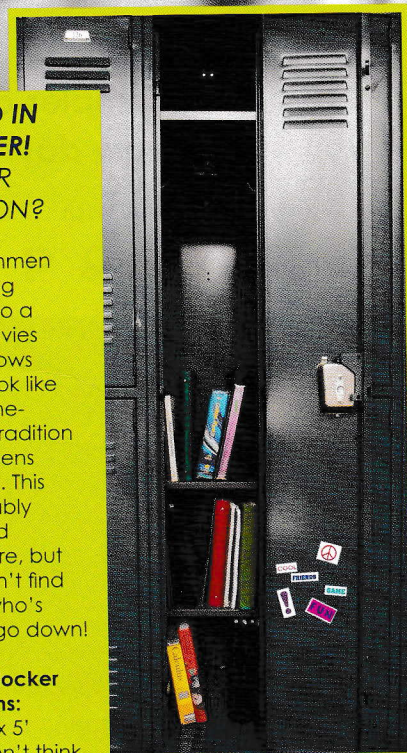
POP QUIZ:

HIGH SCHOOL TRADITIONS

TRAPPED IN A LOCKER! MYTH OR TRADITION?

Many freshmen fear getting shoved into a locker. Movies and TV shows make it look like this is a time-honored tradition that happens every day. This has probably happened somewhere, but we couldn't find anyone who's seen this go down!

Average locker dimensions:
10" x 10" x 5"
Yeah...don't think you're gonna fit!



1. From what material were diplomas originally made?

- a. sheepskin
- b. papyrus
- c. cotton
- d. leather

2. In the 1600s, yearbooks were scrapbooks filled with:

- a. personal notes
- b. dried flowers
- c. hair
- d. all of the above

3. In what year was the first class ring produced?

- a. 1696
- b. 1751
- c. 1835
- d. 1902

4. What was the inspiration behind class rings?

- a. Ancient Egyptian scarab rings
- b. Andrew Jackson's favorite ring
- c. The letter "O"
- d. The circle of trust

5. What is the most common high school mascot in the U.S.?

- a. Tigers
- b. Eagles
- c. Panthers
- d. Bulldogs

6. Why did schools start holding proms?

- a. to teach dancing
- b. to support the dressmaking industry
- c. to instill manners
- d. to satisfy students' demands

7. When asked, "Which clique were you in?" what do most high school grads say?

- a. Preps
- b. Nerds
- c. Jocks
- d. None

8. What are the most common high school colors in the U.S.?

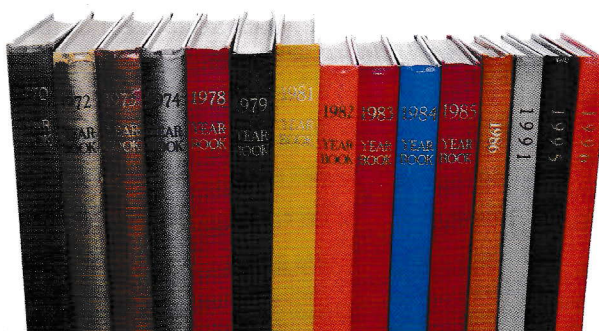
- a. Blue and white
- b. Blue and gold
- c. Red and white
- d. Maroon and white

9. How many students attend America's largest high school?

- a. 10,100
- b. 8,500
- c. 6,600
- d. 4,900

10. In what year was the term "freshman" first applied to a first-year student?

- a. 1496
- b. 1596
- c. 1696
- d. 1796



Extra Credit:

Ask your parents or other adults these questions. Bonus points if you can sneak a peek at their yearbooks!

1. What were your favorite music groups when you were in high school?
2. Did your high school have any fun or crazy traditions?
3. What was your high school mascot?
4. What were the big trends – how did people dress and wear their hair?
5. What kinds of activities did you participate in?
6. What was your best subject? Your worst subject?
7. What would you have done differently if you could go back to high school?
8. How has high school changed since you attended?

Answers: (1) a (2) d (3) c – for West Point (4) a (5) b – Tigers, Panthers and Bulldogs are #2,3 and 4, respectively (6) c (7) d (8) a (9) b – J. Sterling Morton H.S. near Chicago, Ill. (10) b

respect

"You have your way. I have my way. As for the right way, the correct way and the only way, it does not exist."

— Frederick Nietzsche

Mutual respect and a certain level of tolerance create a civilized community. You do not have to like or dislike anyone. As long as you respect each other as human beings, everyone can walk the halls together. It's when people DON'T treat others with respect that hurtful, sometimes hateful situations arise: rumors, bullying, labeling and the pain that comes for all those involved. So, while you're paying due respect to teachers and parents, encourage each other to respect peers as well!

Stereotyping is so yesterday.

Quickly labeling someone with your prejudice – giving her a 'category' or making him out to be somehow inferior to you – is so, well...yesterday. What's cool today is respecting a person as the individual they are.

"Appreciate everyone's differences, because that's what makes people who they are. When you judge people unfairly, feelings get hurt and drama starts." – Patrick

**BEEN
THERE!**

Listening is so now.

People who actively listen are likely to have better relationships. Everyone likes to talk about themselves. You show respect when you actually listen. It can be hard at first: you want to put in your two cents. But try to just listen. Ask questions: Who? What? When? You'll be amazed how interesting YOU become, too!

Gossip is slippery.

It really doesn't matter if something is true or not. As soon

as you say it, it's out there. You can't un-ring a bell. Remember: those who gossip with you, gossip about you. What goes around comes around and someone can get hurt. The best way to stay off the rumor mill slippery slope is to stay out of it altogether.

"The biggest liar in the world is They Say."

— Douglas Malloch

Bullies really aren't cool.

Every school has bullies: the 'mean girls' who spread lies to humiliate or break up friendships, and the 'playground

**FACT:**

A bully in school, regardless of gender, is **SIX TIMES** more likely to be imprisoned by the age of 24 than other students.

bullies' who intimidate their victim to try and beef up their own self-esteem. Deep down, most people see right through this immature, insensitive behavior and usually end up rejecting bullies.

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

—Ambrose Redmoon

Unfortunately, bullying still happens. Every day, kids go to school or online and get insulted, shoved, teased, humiliated or worse.

Let's say you're not the bully, and you've never been the victim. You're ok, right? Wrong. If you're a bystander and do nothing to stop the bullying, you're still playing a supporting role. Speaking out can be complicated and scary...it takes courage.

But you have choices:

- There's strength in numbers:
join with others to help the victim
- Walk away: dissolve the audience
the bully is performing to
- Tell an adult you can trust
- Help your school become a
no-tolerance zone for bullying

HELPFUL RESOURCES

Visit StopBullying.Gov to learn about warning signs and actions you can take to prevent bullying.



work smart.

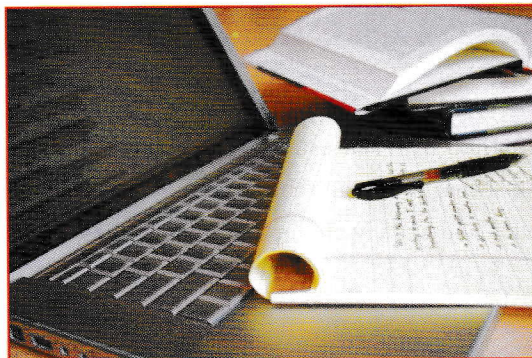
You're ready for this. The classes and assignments in high school just build on what you've already learned in middle school. The key differences: you may have more homework, it may just be a little more challenging, and organization and time management skills are more important than they ever were before! The subject of "How To Do Well in School" could be a class in itself. Consider these the CliffsNotes®!

1. Show up for class...on time. There's no better way to draw negative attention to yourself than busting in the door late or not answering roll call. First impressions – especially during your freshman year – will make or break you with teachers and administrators.



2. Listen actively. 'Hearing' the teacher is one thing. Actively listening is another. Sit where you have the fewest distractions, focus on what the teacher says, ask questions and take notes. Active listening will help you actually understand the material better.

3. Take Notes. Create a note-taking style that works for you. Capture main points and key facts, but don't try to write down every word. Ask the teacher to repeat something if you missed or didn't understand it. Eventually, you'll learn a teacher's style and how he emphasizes important information.



4. Know your learning style. Your primary job in high school is to learn, so figuring out how you best learn is crucial! If you're a visual learner, ask your teacher if he can recommend a video or website with diagrams. If things are easier to digest one-on-one, get your teacher's office hours – tutoring sessions are standard practice in high school.

"Teachers are a lot nicer than you think. They're more than willing to help you out if you show you are trying." – Jessie

BEEN
THERE!

5. Strive to understand, not memorize.

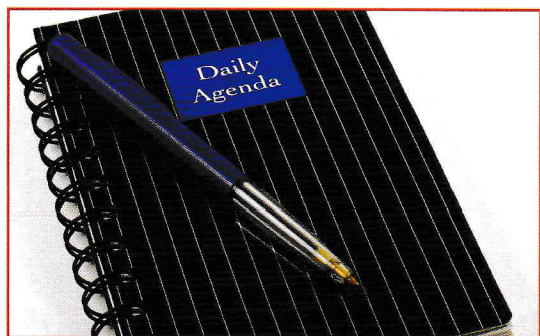
Someone once said: "If you study to remember, you will forget, but, if you study to understand, you will remember." Try to connect with the subject by visualizing it, making analogies and associations, or applying it to your everyday life. You will retain the information better and be more confident when testing.

"Opportunity is missed by most people because it is dressed in overalls and looks like work." -Thomas Edison

"Tune out the outside world. Turn off all electronics. Just focus on your work." - Patrick

BEEN THERE!

6. Use an agenda or planner. Rely on it. Put all of your school due dates and tests on the calendar. Include extracurricular activities (practices, games, rehearsals) so that you always have a realistic snapshot of your commitments. Block time for homework and test prep. Pencil in teacher office hours.

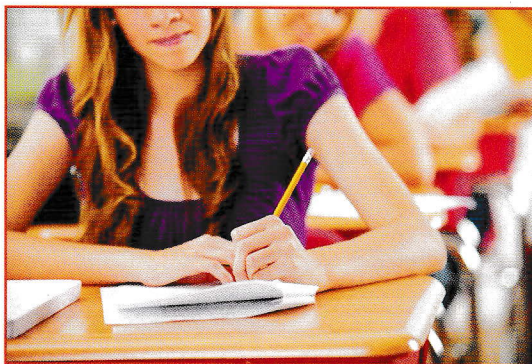


7. Organize your materials. Take time to think through your system so you don't lose track of notes, handouts, books and assignments. Tweak your system until it works for you. What's worse than finishing your homework and forgetting to put it in your backpack for school?

"Pay attention to what the teacher is saying and take notes. Try to sit near the front of the class." - Chris

BEEN THERE!

8. Do your homework. Really. Just do it. It's part of the learning process and it's important you make peace with this early on! Use extra time at school



to get a jumpstart, especially if you have after-school commitments. Above all: finish it...and turn it in!

9. Ace test taking. You won't get 100% on every test, but learning the art and science of 'testing' will help you approach each test with more confidence and less stress. Be clear what you'll be tested on, review your class notes for clues to test questions, get a good night's sleep, focus on answering each question, slow down, relax and review your answers if you have time.

"Keep your old tests and write correct answers next to the thing you missed. A lot of times, finals are like your old test."
- Lauren

BEEN THERE!

10. Learn from your mistakes. No one understands, much less masters, everything! Some classes are just really hard, and some concepts are difficult to grasp. If you dismiss your mistakes (or beat yourself up) you won't learn the lessons in them. So go ahead and forgive yourself - and keep growing!

"Anyone who has never made a mistake has never tried anything new."
-Albert Einstein



eighteen & life

One future does not fit all.
But keep an eye on where you're going.

Many freshmen don't know what they want to be when they "grow up." That's totally OK. Some adults don't know, either: the average person changes careers 7-10 times. But we all have to start somewhere.

Now is the time to follow your passion and try things that seem interesting to you. What's the worst that can happen?

If you hate it, well, knowing what you don't like is as valuable as knowing what you do like.

SARAH'S GOAL:
NURSING

she

RESEARCHES
EDUCATIONAL
REQUIREMENTS

Step 5

DECIDES
SHE CAN'T
HANDLE
BLOOD

Step 6

SCRATCHES
NURSING OFF
THE LIST...
NEXT!

Step 4

TALKS TO
NURSES,
VISITS
PATIENTS

Step 7

THINKS
ABOUT WHAT
SHE **DOES**
LIKE ABOUT
NURSING:
**HELPING
PEOPLE GET
HEALTHY**

Step 3

APPLIES TO BE
A VOLUNTEER

Step 8

VOLUNTEERS
AT THE LOCAL
HEALTH FAIR

Step 2

LOOKS AT
LOCAL
HOSPITAL
WEBSITES

BEEN
THERE!

*"High school is a
time in life when
you can try new
things. Even if you
kind of know what
you want to do
when you graduate,
it's good to explore
other things."*

- Patrick

Step 9

THINKS BEING
A NUTRITIONIST
SOUNDS
INTERESTING
**GO BACK
TO STEP 1**

IT'S UP TO YOU!

Keeping your head above water.

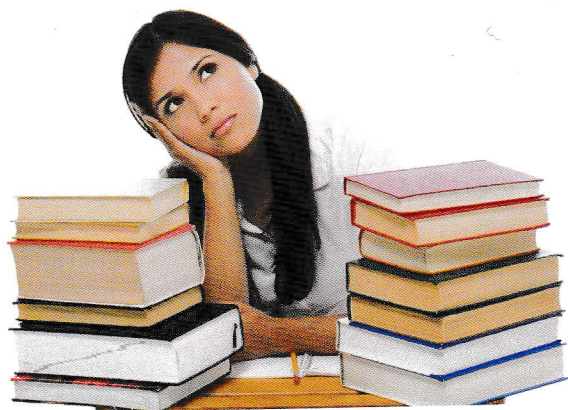
*"Be yourself; everyone else is already taken."
- Oscar Wilde*

It's cool to be laid-back and go with the flow; however, if you wait for life to come to you, you could be waiting forever! On the other hand, if you're constantly stressed and don't stop to enjoy yourself, life becomes a never-ending to-do list and you could be setting yourself up to completely burn out! You're just getting started in high school...

The key is finding the right balance.

Sometimes, you'll feel like you're DRIFTING

Put the rudder in the water and try these tips to get motivated:



"The shorter way to do many things is to do only one thing at a time."

-Mozart

Talk to yourself. Sit down with a pen and paper and have a meeting with yourself. List your priorities, interests, commitments and deadlines.

Make a 'To Do' List. Break your assignments down into smaller steps. Write it all down and reference the list every time you start drifting. Getting it out of your head and onto paper will help you focus. You'll feel productive as you check things off!

Stay focused. Learning how to focus your attention and see your work through to the end is critical to your success in school...and in life! Acknowledge what things distract you, and clear them.

Ask for help. Let your teacher know when you aren't grasping a concept she's discussing. Maybe a little one-on-one time can help you understand and put you on the right track.

Give yourself a break. Nothing makes a mind fuzzy like sitting too long without a break! Set a timer when starting your homework. When the timer goes off, reward yourself with a short break. You'll be refreshed and can get back to work.

Stop making excuses. Why did mowing the lawn become so important...the night before a mid-term paper was due? Just focus on the job at hand and get it behind you. You can mow the lawn tomorrow!

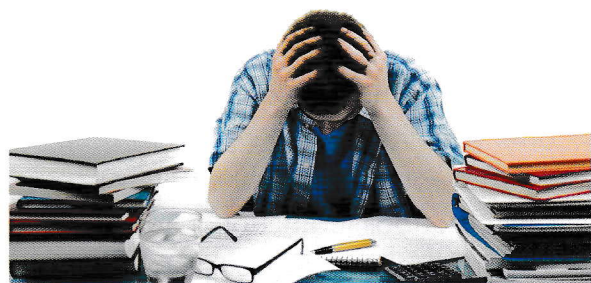
For A's and B's, get more ZZZZ's!

Did you know that, according to the National Sleep Foundation, teenagers need at least 8 1/2 hours of sleep a night? Sleep deprivation affects your concentration, mood and metabolism.

Find a cheerleader. Maybe it's a friend, family member, or teacher – maybe it's you! Have a few go-to people who care about you and your success and are willing to review material, brainstorm a project or celebrate your grades with you!

Sometimes, you'll feel like you're DROWNING

Grab a life preserver and try these time management tips:



Take a deep breath. Sometimes when you are stressed out, the best thing you can do is take a breather. Close your eyes and just breathe in through your nose, out through your mouth...in through your nose...there you go.

Break it down. Revisit your 'To Do' list. Copy what's not checked off and start a fresh list. Make a plan and a schedule. Try and spot where your stress points are. Is soccer practice keeping you from finishing your homework on time?

"The time to relax is when you don't have time for it."

–Sydney J. Harris

Track and manage your time. Where does the time go? Find out by writing down how you spend your time for one week. Track everything – sleeping, eating, dressing, school, driving to practice. Don't forget phone/text time! Review it to find out how you can make better use of your time.

Make changes. When life seems unmanageable, it's time to prioritize. Think about whether you've over-committed to extracurricular or social activities, and consider cutting back so you're not spread so thin.

Stop multi-tasking. Studies have shown that multi-tasking reduces productivity by up to 40%! When you switch between tasks like texting and reading, it takes your brain up to 20 minutes to fully refocus on what you were studying.

Take care of yourself. Are you getting enough sleep, eating healthy and exercising? Are you finding time to just chill with friends and family? If you're more irritable than usual, think about how you can take better care of yourself.

start plotting **your** course



It's never too early to think about what you want to do after high school. Ask people who have interesting careers how they got to where they are today. Talk to your counselor about classes and activities that will help you pave a path to your future.

Check out the Bureau of Labor Statistics' Occupational Outlook Handbook (<http://www.bls.gov/oco/>) for info on training, education, earning potential and working conditions for hundreds of different jobs.

No matter what you decide to do after you graduate, it's good to keep track of your accomplishments: All-District softball team, Honor Roll, volunteer work, Science Fair award. Start an electronic or paper file now and make lists of your kudos throughout high school. Keep your certificates and letters of recommendation. You'll have a head start when it comes time to apply for jobs, scholarships or colleges!



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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MAKE YOUR MARK!

SCHOLARSHIP CONTEST

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