



Some pointers on using the Strategies (Jump-start your new academic life.)

*A Message from Dr. Bob: I'm going to coach you through each of the Strategies, but before we start, I want to give you some general pointers. To get a feel for how the Strategies work together, read quickly through all of them first. Then start with whatever ones you want or need most. Add more as you go. During the school year, help yourself stay on track by reading and rereading the Strategies often. Gradually, you will see how they all fit together. The Strategies help you map out your approach to your days — and your future. You'll soon become the college smart student you want and **need** to be.*



As you read each Strategy, remind yourself of these six important facts (and reread them often):

- 1. The more Strategies you use, the better results you will achieve.** The more Strategies you use, the stronger you become as a student compared to other students, even other *straight-A* students.
- 2. It's never too late to start.** No matter where you are in your high school career, start using these Strategies now so you're ready to handle college later on. That's where the going really gets tougher.
- 3. Believe in the Strategies.** I have seen the Strategies work with all kinds of students. They either kept their grades high as courses got tougher or they improved their grades.

4. **You, not anyone else, are in charge of your education.** When you walk into any class for the first day, remember that your challenge is the course material, not the school, not the teacher, not the other students. These are all factors in your learning, but when you come right down to it, learning the course material is in your hands.
5. **You don't have to love school, your courses, or your teachers — or other students, for that matter.** You just have to take your education seriously, respect it, and give it the time it deserves. It is, after all, the pathway to your future.
6. **You need to practice these skills *before* you get to college.** You may think that you're doing all right as a student just the way you are. Your grades are pretty good, and you get them without too much effort. You may even get those grades with “temporary knowledge” — learning enough to pass a test but then forgetting what you've learned. Cramming is a habit that will really hurt you in college.

In college, earning good grades is much harder. It requires more effort, more time, and greater skill. I promise you: You will need these Strategies to succeed. It's a promise that grows out of listening to thousands of college students *who also had good high school experiences but ran into trouble in college*. They didn't have the skills to manage the load.

The way to prepare for college is to use high school as practice. High school is your training ground for succeeding in college.

These are the Strategies in the next part of the book.

- Strategy 1 — How, exactly to “use your head”
- Strategy 2 — Your study place
- Strategy 3 — The first two weeks
- Strategy 4 — Knowing how to talk
- Strategy 5 — Talking to teachers
- Strategy 6 — Talking with your guidance counselor
- Strategy 7 — Studying vs. homework
- Strategy 8 — Creating a schedule
- Strategy 9 — All about tests
- Strategy 10 — Tracking grades
- Strategy 11 — Extracurricular activities and recommendations, too
- Strategy 12 — Setting goals



PSST! As you work your way through the Strategies, don't forget to keep coming back to the highlights that define the bigger picture in these introductory chapters. You're climbing the mountain. As a person who is independent and in control, you're becoming a successful learner, prepared for life in college and the Information Age. The Strategies that follow show you how.