



# High School Success Program

## Overview

The NorthBridge High School Success program is designed to assist high school students, helping them transition from high school to college or career. Many students and their parents recognize that high school is the perfect time for students to equip themselves with the knowledge and skills necessary to reach their higher education and career goals. NorthBridge recognizes this opportunity and is here to provide guidance and support to high school students as they navigate their educational journey. Through our program, we offer invaluable assistance, including tutoring and executive functioning coaching aimed at helping students gain the confidence to transition to a less-structured college or vocational environment. Our one-on-one sessions empower students with essential skills, tools, and strategies to overcome learning challenges and ensure a successful transition. The first step is examining the differences between high school and the higher education learning environment for students interested in college.

## The Transition Process

During the college transition process, students may not know where to begin. As a student with a previous Individualized Education Plan (IEP), entering the college or vocational environment without the same support team will introduce a whole new set of questions and concerns. From navigating accommodations to forming relationships with their professors - it all seems daunting. All students will benefit from the supported guidance in the very beginning and throughout their education journey so that after graduation, they're prepared for the new school environment. To help smooth the transition process, below are a few important things to remember:

- The support systems are different in high school versus college.
- Knowing how to study is important.
- Success in college is about more than retaining academic knowledge.
- The student takes the lead.
- Self-advocacy and communication will be critical skills to have.

- It doesn't have to be a race.

*Other Key Differences:*

<b>High School</b>	<b>College</b>
<ol style="list-style-type: none"> <li>1. Classes are typically back-to-back all day between 7 a.m. to 3 p.m. The schedule is structured by officials at the school.</li> <li>2. Classes will typically contain 35 students or less.</li> <li>3. Students may read once, retain the information, and listen in class. This might be all they need to do well.</li> <li>4. Teachers often write notes on the board for students to copy and write down.</li> <li>5. Teachers will impart knowledge to students, aiding them in making connections between ideas.</li> <li>6. Students attend several classes with classmates they know well. They will likely make friends while in their classes.</li> <li>7. Teachers provide reminders about assignment due dates and may allow late work.</li> <li>8. Teachers will sometimes collaborate with one another to better support their students.</li> <li>9. Teachers are more likely to reach out to the student if they notice the student needs support.</li> <li>10. Teachers expect their students to ask questions about the assignments and homework.</li> <li>11. Exams, projects, and assignments may be equally weighted.</li> </ol>	<ol style="list-style-type: none"> <li>1. Classes are scattered throughout the day at different times. The student decides their schedule requiring stronger time management skills.</li> <li>2. Classes may be small or large with 100 students or more.</li> <li>3. Students may need to re-read text, review class notes, and revisit lectures to do well.</li> <li>4. Professors lecture nonstop expecting the student to identify and write down the most important points.</li> <li>5. Professors share the information expecting their students to analyze and make connections for themselves.</li> <li>6. Students will meet classmates from different backgrounds with each new class they take. More effort may be required to make friends.</li> <li>7. College professors usually don't provide reminders and may refuse late work.</li> <li>8. Professors do not collaborate. They may not even know each other unless working in the same department.</li> <li>9. Professors are open to helping the student but the student must reach out for assistance.</li> <li>10. Professors expect students to reference the syllabus first before asking questions.</li> <li>11. Exams/projects may be more heavily weighted than other assignments.</li> </ol>

<p>12. Students take frequent tests. Teachers often review the material or give assignments to help students review what they learned.</p> <p>13. Teachers expect questions during and after class.</p> <p>14. Teachers update students with work and notes in their absence.</p> <p>15. Teachers can support healthy habits by enforcing breaks and repeating course material to ensure students understand it.</p>	<p>12. Students take only a few tests per semester. Students are expected to review and gather all the information they must know for the exam.</p> <p>13. Professors expect questions during office hours.</p> <p>14. Professors expect students to retrieve notes from classmates during an absence.</p> <p>15. Students are responsible for enforcing healthy habits taking breaks and reviewing material without cramming.</p>
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