

WHERE TO GO AND WHOM TO SEE
該去哪兒和該向誰求助



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Programming/Course questions	School Counselors	Check your Talos Account	
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ACADEMIC SUPPORT

AIS – Academic Intervention Services – A schedule will be posted and sessions begin for the Fall term and continue through Spring for after-school tutoring in all subjects. Students will be able to get virtual help from teachers after school with homework, classwork and their questions. The schedule will be available on www.stuy.edu and a link provided in the Weekly Update.

ARISTA Peer-Tutoring and study guides https://stuyarista.org/ ARISTA Honor Society offers one-to-one tutoring to any Stuyvesant students who need help! They also have study guides available on their website. Each year, they match students and held over 1000 tutoring sessions. Sessions are conducted virtually!

Alumni Association and/or Chancellor's program – https://www.stuyalumni.org/mentorstudents/ Connects Stuy alumni who want to help students achieve success. Look for applications in the Weekly Update!

The Writing Center will soon open! The Writing Center is located in room 615F and would be open daily periods 4-8 ib a normal school year. Students would go in with any writing assignment, including colleege essays and work with editors. We hope to open back up when school is in full swing!

The LIBRARY has virtual help available! We have three librarians ready to help students. Check their website!

Teachers also are available to meet with students during Office Hours daily virtually!

Top 10 Freshman Year Mistakes

Start planning for college by avoiding these following mistakes:

1. Believing your freshman year doesn't really count and you can improve your grades later.

If you slack off in your first year, it will be really hard to catch up later. Don't forget: Your freshman year grades count toward your overall grade point average as much as your grades in later years, and you want that GPA to be high to better qualify you for college admissions.

2. Sacrificing your grades for your social life.

You should definitely try to have a rich life in high school, but that doesn't mean you can't get good grades too. Good grades are your ticket to getting into great colleges and universities, which in turn gives more career choice and opportunities. Remember that while high school may seem like forever, it's only four years, but the college you choose and your subsequent career affects the rest of your life.

3. Skipping classes and missing homework.

Teachers share important information during class, and listening to their lectures helps you to better understand the subject. You never know what subjects will end up becoming your favorite – or even your college major! Don't miss homework either. Homework assignments help you learn the subject matter better, which is not only important for your GPA, it can also help you when you take standardized tests like the SAT or ACT.

4. Failing to write down assignments and make up missed assignments.

Some teachers are very reasonable in negotiating extra time for you to complete your homework, so just because it's late doesn't mean you shouldn't do it. It might cost you a few points, but that's better than a missed assignment on your record. There is a huge benefit in doing assignments, even if you're turning them in late. You are more likely to retain the material.

5. Assuming you're not doing well because the teacher "just doesn't like you."

Your future is your responsibility, and you shouldn't let personal feelings interfere in your path to get the degree or career you want. You won't get along with everyone in life, but that's not an excuse to slack off or give up. If you're struggling with a subject, ask your teacher for help, get tutoring or talk to your counselor. Schools want you to succeed if you are willing to do the work.

6. Not signing up for extracurricular activities.

Many students say that they don't have time for extracurricular, but keep in mind that these activities can help your social life and your college applications. When you start your search to find a college, you'll see that they look for well-rounded students who did extracurricular activities along with a challenging academic program. The best careers today are highly competitive and they require people to be able to multi-task. That doesn't mean you should sign up for every activity out there, just try a few programs until you find ones you like. It's better to be dedicated and active in a few activities than to make little effort in several.

7. I don't need that much sleep.

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful – even deadly. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with others and wind up hurting your scores on school exams, on the court or on the field. Teens need about 9 ¼ hours of sleep each night to function best (for some, 8 ½ hours is enough). Most teens do not get enough sleep – one study found that only 15% reported sleeping 8 1/12 hours on school nights. How much sleep do you get?

8. Not asking for help

If there's a situation that's making you uncomfortable, don't just tell a friend. Remember that if you're having problems in school, there are many people out there who can help you: parents, friends and your school counselor are all good sources for advice and assistance. Teachers and counselors got into those professions because of their desire to help students succeed, and your parents and friends know you well and can help you weigh your options, or just lend support when you need it.

9. Not asking questions in class

They say the only stupid question is one that isn't asked. You're not going to have all the answers, and you're not going to get them unless you are willing to ask questions. If you don't understand something in class, it's likely other students don't understand it either.

10. Taking classes just because your friends are taking them.

It can be fun to be in all the same classes as your friend, but it can also be a distraction. Also, your friends may have different interest, academic skills and college goals than you do. So if you're interested in classes that your friends' aren't, take them. You just might make some new friends, and you'll be one step closer to getting into the college of your dreams.

新生所犯的十大錯誤

避免以下的錯誤來開始規劃上大學的路徑:

1. **相信你的第一年並不重要，你可以在以後提高你的成績。**

   如果你在第一年懈怠，將來很難趕上。不要忘記你第一年的成績與你之後幾年的成績在計算平均成績時有相同的比重，並且你希望有高平均分來獲得更好的大學申請資格。

2. **犧牲你的成績來享受社交生活。**

   你絕對可以嘗試擁有一個豐富的高中生活，但這並不意味著你不能同時取得好成績。良好的成績是進入大學的門票，又提供了更多的職業選擇和機會。請記住，雖然高中看起來像永遠，但它只有四年，但你選擇的大學和隨後的職業生涯會影響你的餘生。

3. **曠課和不做功課。**

   教師在課堂上分享重要信息，聽取他們的講義有助你更好地理解課程主題。你永遠不知道什麼科目最終會成為你的最愛 – 甚至你的大學主修學科！也不要跳過功課。功課可以幫你更好地學習課程主題，這不僅對你的平均分很重要，它還可以準備你參加SAT或ACT等標準化考試。

4. **未能記下並補做錯過了的功課。**

   有些老師會合理的給予額外的時間，所以只因過了截止日期並不意味著你不需補做功課。你可能會被扣了幾分，但這比在你的記錄中標記著失誤更好。即使你遲交了，做功課可以幫你銘記知識。

5. **假設自己做得不好只因老師“不喜歡你”。**

   你要對自己的未來負責，你不應該讓個人情感干擾你需獲得的學位或職業。你不會與人生中的所有人相處和睦，但這不是放棄自己的藉口。如果你正在掙扎地學習某課程，請向老師尋求幫助，獲得補習或與你的輔導員交談。如果你願意努力，學校亦希望你成功。

6. **沒有報名參加課外活動。**

許多學生說他們沒有時間參加課外活動，但請記住，這些活動可以幫助你的社交生活和大學申請。當你開始尋找大學時，你將看到他們尋找全面的學生，包括進行課外活動和具有挑戰性的學術課程。當今最好的職業更是競爭激烈，他們要求員工能夠多工作業。這並不意味著你應該報名參加所有活動，只需嘗試一些活動，直到找到你所喜歡的。最好是在一些活動中顯出專注和積極，而不是在眾多活動中做出微量的努力。

7. **我不需要那麼多的睡眠時間。**

睡眠是給大腦的食物。重要的身體功能和大腦活動會在睡眠期間發生。缺乏睡眠可能是有害的，甚至致命。你可看起來很糟糕，你可會感到憂鬱，而且表現不佳。沉重的睡意可使你很難與他人相處，最終會在學校考試或賽場上失分。青少年每晚需要大約九個半小時的睡眠才能發揮最佳功能（對於某些人來說，八個半小時就足夠了）。大多數青少年睡眠不足：一項研究發現，只有百分之十五的人彙報在學晚上睡覺八個半小時。你有多少睡眠時間？

8. **不尋求協助。**

如果有一個讓你感到不安的情況發生，不要只告訴朋友。請記住，如果你在學校遇到問題，有很多人可以幫助你：家長，朋友和你的學校輔導員都會給提供很好的建議和幫助。作為教師和輔導員，他們是希望幫助學生取得成功， 而且你的父母和朋友都是非常了解你，可以幫助你權衡選擇，或者在你需要時提供支援。

9. **不在課堂上提出問題。**

唯一愚蠢的問題就是沒有被問到的問題。你不會得到所有的答案，除非你願意提問，否則你不會得到它們。如果你在課堂上不理解某些主題，很可能其他學生也不理解。

10. **只因朋友同班而選擇該課程。**

與你的朋友在同一班可能是很有趣，但也可能會分散你的注意力。此外，你的朋友可能有不同的興趣，學術技能和大學目標。因此，如果你對朋友不喜歡的課程感興趣，你還是需要選擇這些課程。你可能會結交一些新朋友，而你離自己夢想的大學更近一步了。