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I've always heard stories about how difficult the transition from high school to college can be. The common struggle in most of these stories is learning how to study and prepare for class. Myself included have had troubles trying to retain the massive amount of information that is taught in class. My old studying habits aren't going to work in college. I'm changing my studying habits because unlike high school, we're not being taught how to take a test so there's much more information to learn.

In order to succeed in college i'm going to have to make changes. My first change is going to be me spending more time on studying. Like going to the gym, the brain is a muscle; the more reps the more the muscle grows. Having longer studying times will make the information more rememberable and clearer when it's time to use such info. My next change is going to be using different methods to help me study. Methods such as group studying and going to tutoring are great because they give the freedom to talk through confusing topics. From past experiences i've learned having fun while studying also helps retain information. Studying for college requires much more work than high school.

Why are these changes necessary? Without making a change to my normal habits I don't think i'll finish this year successfully. My normal habits have left me lacking the important information because high school focuses strictly on the main points. For college, they expect you to learn concepts and use cognitive thinking to advance forward with success. Another reason why these changes are necessary is because it takes multiple connections to make me fully understand a concept. For example, in previous classes we'd do in class studying, play games using the information, and quiz each other up until the day of the test. This would

thoroughly embed the topics and information in my brain so when it was test time i was ready to go. These necessary changes are going to be what makes me successful this school year.

Hopefully making these changes will give me the outcome I want. I plan to achieve good grades and a better understanding of my studies. By changing my habits and adding more time to my studying, this should help me achieve my goal. Thankfully my school offers many resources for ensuring our success. Places like the writing lab and math resource center are open and always ready to help. For me especially, I have issues prioritizing my schedule so I often run into problems at the last minute. To rectify a situation like this I'd call on mentors, my RA, or friends in the same or similar course. College is difficult but the resources are unlimited and free so success isn't out of the question.

Studying in college versus high school is very different. The main difference is how one must focus on the "bigger picture" when it comes to studying. Many alumni from my high school have ended their college career because they were unprepared and overwhelmed with the work. Using the resources offered can help the transition from high school work to college work a bit smoother. College is a challenge, but it too can be conquered.