

## SUCCESSFULLY MOVING FROM HIGH SCHOOL TO POST-SECONDARY LIFE



If you think of the change from high school to post-secondary education as a pile of rocks, or obstacles to overcome, the fewer rocks you have between you and your goal (succeeding in post-secondary), the greater are your chances of success. Here are some rocks you will face and some ideas of how to get rid of a few of these rocks to make the pile a little easier to climb.

THINGS YOU HAVE TO LEARN	HOW TO DEAL WITH THEM
Paying your own bills	You'll be doing this for the rest of your life. You have to learn how to do it some time. There is no easy solution other than to figure it out. There is help though. For example, SaskTel, SaskPower, and SaskEnergy have help lines and websites that can assist you.
Very difficult classes that are difficult to pass	Get into learning communities, study groups, and tutoring (free if you ask the right people). Ask your academic advisor for help.
Advocating and standing up for yourself	Some things have no solution other than you just have to do them. It's something everybody needs to learn how to do and just a good thing to learn and know.
Learning how to play the "game" of post-secondary	<p>Time and experience: Once you are in a post-secondary program for a few months, you will understand a great deal of how to play the game and jump through the hoops. Some obstacles that you will face are simply changes that are unavoidable and you will just have to learn how to handle. These are obstacles that you can't remove; you just have to crawl over or get through them. Your academic advisor will be able to help you with many of these problems. As well, if you have friends or family who attended the same place before you, ask them for help.</p> <p>If you graduate from a reasonably small school, it is a good idea to consider a small step first. Many post-secondary programs are offered in regional colleges and smaller campuses in much smaller settings than universities with 30-40, 000 students and classes of 600, which is a big jump for most. Once you have a successful first year, subsequent years are much easier to handle.</p>
POTENTIAL PROBLEMS	RELATIVELY SIMPLE SOLUTIONS
Moving away from home and being homesick	Move in with people you know (friends/relatives) or move into residence. Homesickness is considerably lessened or non-existent if you are in residence or with people you know.
Shopping for groceries and cooking for yourself	Get a meal plan if you're in residence. Some places offer them even if you're not in residence. If you live with people you know and can con them into cooking for you, that's great.
Your average drops from high school to post-secondary	Work hard. Manage your time well. Study efficiently and effectively. Focus on the important things. Get help with any problems you face. Post-secondary institutions offer help for nearly every problem that a student would ever have.
Tuition and costs of school are extremely expensive.	Although it's not great to go into debt, student loans are available from the provincial and federal governments, as well as wherever you bank. A lack of finances should not preclude anyone from attending a post-secondary program.