



Navigating Grade 9: Essential Tips for a Successful High School Journey at LAS

As students embark on their high school journey in grade 9, a mix of nerves, excitement, and anticipation may fill their minds. It is important that they embrace this new chapter with confidence and make the most of the experience by starting off on the right foot. To help them navigate this important year, here are some essential tips to make this a successful first year in high school.

Embrace Exploration

High school is a time of self-discovery and exploration. Students in Grade 9 should embrace the opportunity to delve into different interests and activities and step out of their comfort zone by enrolling in elective courses like photography, film studies, mobile makers coding, technical theater, or entrepreneurship. They should also use this year to learn more about themselves and ignite their curiosity by reading and listening to podcasts that interest them. The more they explore, the closer they'll come to finding their true passions.

Engage in Extracurriculars

While personal exploration is valuable, involvement in extracurricular activities can enhance students' high school experiences. Students should take advantage of the diverse array of extracurricular activities and organizations available at LAS, whether that means joining a club, running for a student council position, acting in a theatrical production, playing a sport, or volunteering. By immersing themselves in various activities, students will discover new interests, expand their network, and make lifelong friendships.

Cultivate a Reading Habit

Amidst the academic workload, developing a reading habit will benefit students in multiple ways. They should find books that genuinely interest them, whether that means delving into the history of video games or immersing themselves in a romantic love story or science fiction. Reading not only expands their knowledge and comprehension but also improves their vocabulary, critical thinking, and writing skills. Additionally, reading has been proven to enhance focus and concentration and reduce stress—a win-win for their academic and personal growth.



Foster Relationships with Teachers

During their time at LAS, students should remember that teachers are valuable resources throughout high school and beyond. Therefore, it is of utmost importance to cultivate a positive relationship with them by actively engaging in class, seeking clarification when needed, and expressing a genuine interest in their subject. Beyond academic support, teachers can provide guidance and mentorship and even open doors to other opportunities. Students should show their teachers that they value their expertise, and their teachers will, in turn, fully support their educational journey.

Master Organization Skills

Staying organized and developing good study habits is essential for success in high school. Students need to take responsibility for their academic journey and avoid procrastination by finding an organizational system that works for them, such as color-coded folders, digital calendars, or task management apps. They should also maintain a tidy backpack, record assignments diligently, develop a strong work ethic, complete assignments on time, and set deadlines for themselves. These organizational methods will reduce stress and pave the way for academic achievement.

The Value of Grades

Contrary to popular belief, a student's grade 9 academic performance holds significant importance in the university application process. Universities closely review high school transcripts, which include all courses and grades from grades 9 to 12, and serve as official academic records. As a result, grade 9 students should prioritize their academic performance right from the start of the school year.

By committing themselves to excellence, completing assignments, actively participating in class discussions, and maintaining a strong work ethic, students can uncover their passions and establish a solid foundation for the rest of their high school journey. Strong academic performance contributes to a favorable impression during the university application review process and opens doors to future opportunities such as scholarships, advanced courses, and other academic and professional endeavors. Students should remember to seek support and guidance from LAS teachers, university advisors, or academic support services if needed. A student's commitment to academic success in grade 9 sets the stage for a promising path toward their desired college or career goals.



Prioritize Self-Care

High school can be demanding and overwhelming, and to combat this, students must prioritize self-care and maintain a healthy balance. Students need to ensure they get enough sleep, eat nutritious meals, take time for personal hygiene, practice stress-management techniques, and engage in regular physical exercise. By nurturing their physical and mental well-being, they will be better equipped to tackle challenges and excel in all areas of their lives.

Be Authentic and Enjoy the Journey

Above all, the university advisors encourage students to embrace their unique qualities and be true to themselves. They should avoid being swayed by others' opinions or conforming to societal expectations by surrounding themselves with supportive friends who encourage their growth. While academics are important, students should remember to have fun and enjoy the journey, explore the world beyond the classroom, discover what brings them joy and fulfillment, and cultivate a strong sense of self. By doing so, students will create memories and forge a path toward a fulfilling high school experience.

As students embark on their journey at LAS, they need to keep these essential tips in mind. They should embrace exploration, engage in extracurriculars, foster relationships with teachers and university advisors, stay organized, value academics and grades, prioritize self-care, and always be true to themselves. By following these guidelines, students will set the stage for a successful and rewarding high school experience. They should take advantage of the opportunities and make the most of this first year of high school at LAS! Finally, if you or your child have any questions or require additional information, please contact the LAS university advisors at universityadvising@las.ch.