

## Freshmen

Welcome to ARHS! This is an exciting year of great transition and opportunity. The Guidance staff wants to get to know you. Counselors will assist students in navigating the new high school experience through interviews and a freshman Survey. Students will take the PSAT in October which will assist in identifying academic strengths and challenges.

Students will complete a freshman Interview Survey - [Freshman Survey](#)

Success tips:

- Manage your time. Don't wait until the last minute to complete an assignment.
- Communicate with your teachers. They will explain and answer questions regarding assignments and academic work. Academic support is available through the National Honor Society tutoring program.
- Read the Handbook that is available on the website to make sure you understand all school policies
- Develop good study habits.
- Join a club or activity. This is a great way to develop a new interest or hobby and to meet new friends
- Take care of yourself! Get plenty of sleep and establish a healthy schedule.