

## Table of Contents

<b>I. Introduction</b> .....	11
• How to Use This Book .....	13
• College and Career Notebook .....	15
• Student Timeline: Before High School Begins .....	45
• 9 <sup>th</sup> -12 <sup>th</sup> Grade Student Timelines .....	55
<b>II. Foundation For Personal Success</b> .....	89
• Chapter One: Personal Development .....	91
• Chapter Two: Interests That Make You Interesting .....	107
• Chapter Three: Own Your Beliefs .....	123
• Chapter Four: Building a Healthy You .....	135
• Chapter Five: Your Financial Independence .....	149
• Chapter Six: Building a Strong Support System .....	161
<b>III. Foundation For Academic Success</b> .....	165
• Chapter Seven: Academic Development .....	177
• Chapter Eight: Effective Studying .....	187
• Chapter Nine: Tests and Papers .....	201
• Chapter Ten: Getting Organized .....	217
• Chapter Eleven: High School Mechanics .....	233
• Chapter Twelve: Going Beyond the Basics .....	249
<b>IV. Foundation for Future Success</b> .....	273
• Chapter Thirteen: Future Development .....	275
• Chapter Fourteen: Choosing a School .....	293
• Chapter Fifteen: Standardized Test Prep .....	311
• Chapter Sixteen: College Applications .....	328
• Chapter Seventeen: Paying for school .....	347
• Chapter Eighteen: College Essentials .....	367
Appendix A: How to Build a Homeschool Transcript .....	399
Appendix B: Talent Searches .....	409
Appendix C: Great Books to Get You Started .....	415
Appendix D: Reduce Test Anxiety Through Relaxation Techniques	425
Appendix E: Admissions Terminology .....	431
Author Biographies .....	439