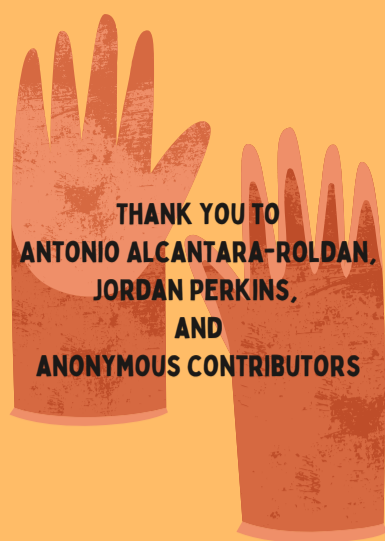


# 7 TIPS FOR HIGH SCHOOL STUDENTS (FROM HS SENIORS)



## BE AWARE OF HOW YOU'RE SPREADING YOUR WORKLOAD

Keep senior year light by taking harder classes during sophomore and junior year.

*"By the fourth year, you'll be so done with everything, you're not gonna want to have three finals right before graduation."* -J

## TRY SOMETHING NEW

*"Even if you're not good at it, try it, if you don't like it, it's ok, at least you did it."* -A

Same for school events, actually go while you can and have fun with your friends.

## TAKE TIME TO REST

Trying your hardest in school, work, and other activities is great, but not if you're pushed to the brink of collapse.



## GET LETTERS OF REC BY END OF JUNIOR YEAR

(or beginning of senior year)

Avoid scrambling for them later! Give the letter of recommendation writer at least two weeks to work on them too.

## DON'T BE AFRAID TO SAY NO

One senior made the difficult decision of removing himself from his friend group because their choices negatively impacted his mental health, grades, and social life.

*"I had to really sit down and think to myself...is this something I want to keep on doing when I'm older? And I told myself, no, it's not worth it."* -A

## HOW SENIORS HANDLED BURN OUT

- 1) Working out regularly
- 2) Staying at home and resting
- 3) Not doing so much -J

Going out and spending more time with friends, family, and pets -A

Find something or people that ground you

To upcoming seniors:

**"EVEN WHEN EVERYONE IS ASKING ABOUT THE FUTURE, DON'T FORGET WHAT'S HAPPENING WITH THE PRESENT. STILL TRY TO HAVE FUN WITH FRIENDS, TRY YOUR BEST TO DO YOUR HOMEWORK NO MATTER HOW BAD THE SENIORITIS\* GETS."** -M

\*Senioritis: extreme lack of motivation seniors get by the end of the year