

CURING SENIORITIS

Seniors: you have one more year of high school to go before being hurled into the proverbial "real world," and **Senioritis** is setting in. You're not alone. The temptation to get sucked into the Senior slump is powerful. Here are some tips to make sure you finish high school with a bang.

SET GOALS:

Set manageable goals for yourself for the Fall semester in order to give yourself bite-sized pieces. The Fall semester is a lot of work. Applications, essays, a "rigorous" course load...



- Relate this to projects and assignments or something you've always wanted to do during high school.
- Make sure your goals are realistic and achievable.
- Try setting little goals for yourself that eventually reach a bigger goal, as it is rewarding to fulfill those first.

CREATE/MAINTAIN SCHEDULES:



From the SAT and ACT to college applications to maintaining success in classes, keep track of what you need to get done and plan when you want to get them done.

- Try using a planner or the calendar and reminder apps on your phone.
- Set time for you to get work done and times to rest/do other things.
- Give yourself enough time to get work done realistically, and try to disperse your study or work time over the week instead of all at once.

STAY UP TO DATE:

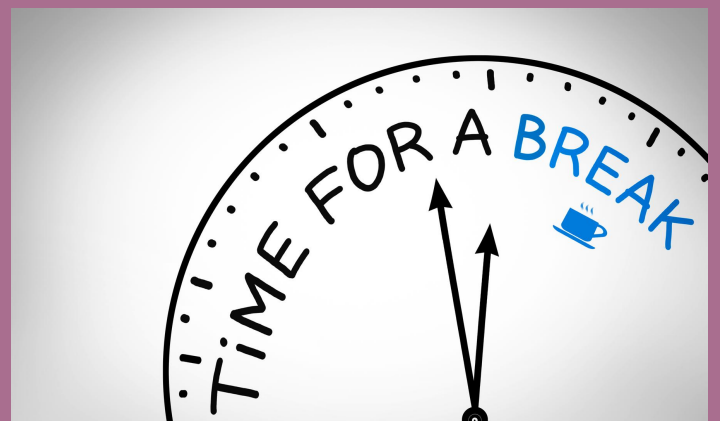
Keep up with important information from your high schools relating to testing and events, and make changes accordingly to your goals and schedule.

- Check the portals for the universities you are applying for often so that you don't miss an update about your application.
- Make a habit of dedicating a few minutes per day to check your email for any updates.



TAKE BREAKS:

Breaks are necessary to give your brain a breather and allow you to focus on other things that bring you joy.



- Carve some time out of your day to relax, whether it be physical activity or an episode or two of a series on Netflix.
- Do not focus on the little things that are going on in the year.
- Plan breaks in your schedule regularly.

SELF CARE:



Take some time out of your day or week to care for your body and your mind.

- Get enough sleep every night (between 6 to 8 hours) to keep your mind sharp.
- Practicing mindfulness and meditation may also prove helpful against stress and anxiety.
- Plan a day to do something you enjoy every now and then to help relax the nerves and ease your mind.

ENJOY BEING A SENIOR:

Reassess your goals for the second semester, and make sure to take events like Senior Skip Day, Senior Scavenger Hunt, & Prom into account. You're allowed to celebrate your successes, but also remember that getting off college waitlists and earning AP credit require work, planning, and continued commitment to your education.

- Spend time with friends and family (whether it be in person or online).
- Don't miss out on all the events at school because you are concerned about the work you have to do.



UTILIZE RESOURCES:

Your teachers and administrators are there to help guide you through the year.



- Ask them for help if you are struggling with something.
- Talk to mentors outside of school as well; Aspire Prep is a company that offers mentorship alongside tutoring, so they would love to help you in any way they can.
- Sharing problems with someone else helps alleviate the burden off your chest; plus, they might have a solution to your problem!

STAY POSITIVE:



There's a lot happening in senior year, from the SAT and ACT to college applications and graduation requirements. Thinking about everything that gets done this year can be overwhelming, but it is definitely doable!

Maintaining a positive attitude will make those seemingly daunting tasks not as difficult and they will be over and done with before you know it. You've come this far, just a little bit more and you'll be off to bigger and better things in no time!

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