

## Tips for Seniors

By Lizzie Danner



I'm a Senior, and I don't know what I am doing. Being a Senior might seem pretty scary and intimidating, so I had to ask Mrs. Gilreath for some help. I've learned that there are some things you can do to make sure you have a good last year of high school. These can range from a good de-stressing method to preparing your application for college, these are some tips for your final year of High School.

First thing's first, please try not to choose hard classes for senior year, unless you're willing to put forth the effort required. Take your classes seriously. Just because it is the last year of school, doesn't mean that you can let your grades slip; your grades are still going to be important. Senioritis is a real thing, and it kicks in way before senior year. You can't get rid of it, so try to stay on top of your work and figure out ways to cope with this terrible disease.

Secondly, *relax*. If you push yourself too much, you might overwork yourself. If you need to talk to someone, please talk to your counselor. Speaking of counselors, if you have any questions about college, email Mrs. Gilreath. She is also in room 305. Making decisions for college is difficult, and you will also need to know the deadlines of the colleges you want to attend. Fill out the FAFSA if you are planning to go to college. As for ACT scores, don't be afraid to take the ACT as many times as you need to. Many schools will let you submit those scores after deadlines to get you more merit-based scholarships. PrepFactory.com also really helps to improve your strategies for taking the ACT. After you have done these, you can relax.

Speaking of relaxing, there are very few ways to do this *at school*. But there are a couple of things. The courtyards at school are really nice. If you are a senior, you are allowed to eat outside on the patio for lunch. Another courtyard is located near the front lobby. You are allowed to go outside through that location as well, but you can't eat or drink. The fountain outside is really nice, and there are trees for shade and benches for sitting. If you are still stressed, you can talk to one of your teachers for help with an assignment or project, or a counselor for added support.

This also means that you should show up to Tartan Time as much as possible, so you don't miss any important information that might be about school events. In Tartan Time we are given college information and information about what we need to do to graduate. We also receive information about Prom.

The final tip is to please eat. Lunch in the Commons can seem hectic because of all the students. But you eventually get used to it. The food is good, and the staff are really kind. There are so many options to eat at lunch. Most people probably do not care if you have to sit there. We all understand. There is also the option of eating outside. Aside from lunch, breakfast is important. I have noticed that many students do not eat breakfast, but it seriously does help. It can at least keep you from focusing on your stomach growling super loud in the middle of class.

Again, being a senior is confusing. It may also seem really difficult and stressful. But there are some ways to make it a little better. Your last year here is going to be significant, so you should try to make the best of your time. Senior year is going to be over before you know it. Enjoy the experience while it lasts.