

13 REMINDERS EVERY HIGH SCHOOLER NEEDS BEFORE THE FIRST DAY

GET INVOLVED

This makes or breaks your experience and helps you feel part of something bigger than yourself. It doesn't matter if you are new or inexperienced, jump in anyway.

SAY "NO" TO DRAMA

The less you cause, stir up, or feed into, the better your life will be. Drama feels exciting but always burns you in the end.

TAKE INITIATIVE

Stop waiting for an invite. You don't need a posse or permission to show up. Make a plan. Be the inviter.

BE PRESENT

Put your phone away. Take out your earbuds. Look up. Say hi. Stop watching people on screen live life while yours passes you by.

PREPARE FOR UPS AND DOWNS

Not every day will be a great one. Enjoy the good days, get through the bad ones. You're capable of both.

ASSUME THE BEST

Assume your peers and teachers like you. They probably do. The story you tell yourself becomes your reality, so make it a good one.

BE BRAVE

It's normal to feel insecure and anxious sometimes. The people who enjoy life are the ones who do things anyway. Hard stuff gets easier with practice.

DO THE BASICS

Get enough sleep. Drink enough water. Eat real food. Take screen-free time. Move your body. Touch grass. Life feels so much better when you aren't running on empty.

LOOK FOR THE LONELY

Widen your circle. Add someone to a group chat. Notice people on the outside and invite them in. People never forget how you made them feel.

CHOOSE TO CHEER

There are enough people who tear down, make fun and bring the negative. Talk people up, say nice things, find the good.

LEARN SOMETHING

Engage in your classes. Comment. Read the book. Do the work. Skip the shortcut. Education is fascinating when you do it right.

CHOOSE WISELY

Friends shouldn't make you feel like garbage. If they do, talk it out, or make a change. Find the people who like you for you and then be the friend you want to have.

LEAN ON ADULTS

Reach out if you're struggling, in trouble, or low. You are never too old to need help or support.

HIGH SCHOOL MOVES FAST

You won't do it perfectly, and you don't have to. Show up, be kind, give effort, apologize, and let the people who love you rally for you when times get tough.

THIS IS YOUR YEAR. GO ENJOY IT.

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