

Stress Management in High School

Whether you're a freshman, sophomore, junior or senior, high school can be an overwhelming and confusing time. Here are some tips to help you navigate standardized testing, college applications, and more!

- **General Health:** Staying healthy will help you cope with the stresses of high school. To keep yourself in good physical shape, make sure to:
 - **Get enough sleep:** teens need 8-10 hours of sleep each night
 - **Exercise regularly:** you should get 30-60 minutes of exercise most days of the week, but even 10 minutes is okay.
 - **Eat healthy:** try to avoid too much junk food, and make sure to eat breakfast so you start the day feeling energized.
- **Standardized Testing Tips:** Throughout your high school career, you will take many tests, such as the PSAT, SAT and/or ACT, and AP exams. Knowing how to tackle these tests will make the experience a lot easier.
 - **Study well in advance:** if you start studying too late, you will be rushed for time, and might not do as well as you hoped. Instead, study at least a month or two in advance, to give yourself the time you need to prepare.
 - **Practice tests are key:** when studying for these tests, remember that the format of the questions doesn't vary much from tests to test. Use this knowledge to your advantage and take as many practice tests as possible. This will help you familiarize yourself with the format and content of the tests.
 - **Keep things in perspective:** Your mental health is far more valuable than any score you could receive on a test. Although you should put forth your best effort, remember that a bad score is not the end of the world.
- **College Application Tips:** College applications are something that everyone dreads, but they don't always have to be intimidating.
 - **Any college is a good college:** Don't worry about getting into a "good" college. You should try to find the best place for *you*, wherever that may be. Remember that a college is only as good as you make it, so it's your effort that matters more than what college you attend.
 - **The Dreaded Essay:** Instead of worrying about making yourself stand out from thousands of others, try to stay true to yourself. Write about something that means a lot to you, and your passion and honesty will shine through.
 - **Stay true to you:** Rather than compare yourself to others, think about what makes you unique. If you start worrying about getting into colleges, know that wherever you get in will be a good fit for you.

- **Course Selection:** Selecting your courses for next year can be difficult, so try to consider many factors when doing so.
 - **Difficulty Level:** Don't take too many AP classes just because it will "look good on college applications." It is important to challenge yourself, but it is more important to be comfortable where you are.
 - **Variety:** Try to be varied in the types of classes you take. That way, you will be able to explore options for potential majors or careers.
- **Extracurricular Activities:** participating in extracurricular activities will help you broaden your interests beyond just academics.
 - **Clubs:** Explore the clubs that your school has, and see if you can find any that fit your interests. This will help you meet like minded people and have fun!
 - **Sports:** If you are good at/enjoy sports, try to participate in after school sports at school. This will be fun and a great way to get exercise.
 - **Volunteering:** Volunteering is a great way to help others while gaining valuable experiences for yourself. Check local organizations, such as libraries and food pantries, for volunteering opportunities.