

VOLUME 1 - OCTOBER 2021

SAC EXCLUSIVE

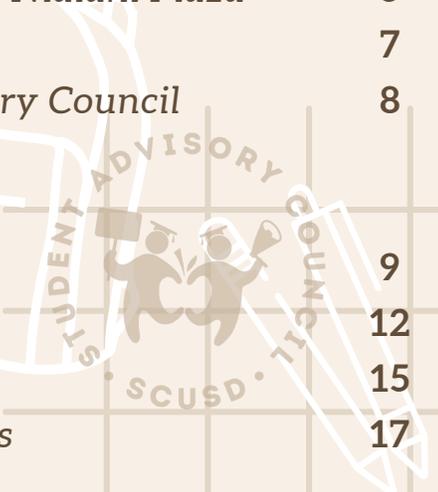
The Official SCUSD Student Advisory Council Newsletter

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LETTER OF APPRECIATION

Sandhya Ahuja - John F. Kennedy HS

To the teachers and faculty of Sacramento City Unified School District,



On behalf of all the students, I want to extend my utmost appreciation and gratitude to all the people who worked tirelessly against unprecedented odds to ensure that all students do not miss out on their education. In the months that have passed, all of us have been presented with unforeseen circumstances and were expected to act as if everything was “business as usual.” We were expected to turn in assignments, pay attention, and prepare for exams as if the world around us was not crumbling.

It is our devoted teachers that made this process efficient. Navigating the transition from in-person learning to remote learning and then back to In-person but with Covid-19 precautions has been confusing and frustrating to some extent but the faculty has made it relatively manageable. It has been a tough transition for everyone--but with the patience and perseverance of the faculty, a bridge between the different learning models is created, making it easier for hundreds of students to cross over without much difficulty.

The glaciers in Antarctica may be melting, but my Zoom screen remained frozen and unphased during the days of distance learning. Fortunately, I was almost always able to catch up to what I had missed. Even though the medium of class conversations shifted, there was never a time when my concerns or questions weren't answered in detail. Our teachers were a constant in a very revolving world; many offered love, support, normalcy, and a wealth of knowledge academically in the ever-changing systems we currently inhabit. Our teachers have been pioneers even though they are expected to change their entire teaching practice overnight and have been asked to show tremendous flexibility and patience. Despite being handed a less than ideal environment, they have passed with flying colors on every occasion.

I think I speak for almost every student when I say that our teachers have been significantly pivotal in ensuring that students still receive the skills they are expected to have in this time. From Kindergarteners to students applying for college, teachers have worked to see that their students have the necessary tools they need to thrive – despite unprecedented circumstances. I genuinely do not know where we would be without our brilliant and caring teachers, and I hope I never have to find out.

Many thanks from all your students; we wish you a fun, exciting (and relatively normal) year!

Warm regards,
Sandhya Ahuja



COVID PROCEDURES REMINDER

Colson Nguyen - New Technology HS

Hello Readers, I am here to remind you of some of the current COVID procedures here in the Sacramento City Unified School District.

Let's start out with everyone's favorite subject: **masks**. Currently, SCUSD standards call for a Universal Mask Policy. This means that all people on a school or district campus "are required to wear a face mask at all times in all settings indoors and outdoors, including on the bus unless they meet a CDPH approved exemption". This means everyone has to wear a mask (unless they have an exemption) whether they like it or not. If a student does not have a mask one will be provided for them. People may temporarily remove their masks if no one else is within 6 feet of them and they are in a well-ventilated area. While it is permitted to remove your mask to eat or drink, this should only be done as far away from other students as humanly possible.

Now some **mask requirements**: Masks should have at least two or more layers of breathable fabric, completely cover one's mouth and nose, and fit snugly against the face with no gaps. It is also asked that masks should not have vents that release particles into the air.

Onto another favorite: **physical distancing**. This one is pretty simple. You should attempt to maximize your distance from other people not inside of your household. This is done to minimize risk as I am sure you have heard. People should attempt to separate themselves from others when eating if possible. It is still recommended to keep a 6 feet distance between yourself and others when you have your mask off.

Now if you did not know, we offer **testing** at all school campuses during school hours upon request and at the Serna Center every Monday - Friday, from 12:00-3:30 p.m. Testing is provided for free on a voluntary basis to all staff, students, their families, and other community partners or volunteers. You can register on the SCUSD home page under COVID testing or use one of the many COVID testing fliers around the campuses. Testing is offered weekly, however, if you are showing symptoms of COVID you may be asked/offered to test before you leave for the day.

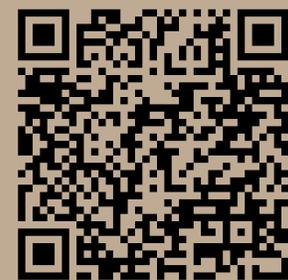
If you would like to learn more about our COVID-19 Procedures please visit our website at <https://returntogether.scusd.edu/return-health> or scan the QR codes.



SCUSD Plan



Student Testing



MR. COVID V.S. SUPERMASK

JACQUELINE ZHANG
JOHN F. KENNEDY HS



Mental Health Guide

Gabriela Galan - Sacramento New Technology HS

Nialani Plaza - West Campus HS

After being at home and doing online schooling, it's a big change coming back to campus. Especially now, when it comes to having to interact with other students and participating in-person classes. Returning to school is terrifying, for some people it can be a very challenging meeting new students. Still we want to let you know that this feeling is natural and okay. It's been a long time since face to face interactions were required. This is why we would like to inform you of the ways to handle your mental health. These include creating lists, taking walks, watching meditation videos, and listening to music. COVID-19 has taught us that we need to be around more people than we initially thought. As we must now relearn how to be social again.

With the stress of coming back to school, being in a new environment, socializing, and navigating the strategies beneficial to student's learning, the rates of depression have risen by 13.84%, anxiety rates at 7.1%, and suicidal ideation by 50.6% with the pandemic dialing down and quarantine coming to an end. Many students in SCUSD might be facing these types of problems going into the new school year. Students may face confusion, have little knowledge on how to deal with these illnesses, or be unaware of the resources that they can use to get help or understand themselves more. There are many free therapy sites for students to express their feelings privately or get things off their chest. Websites like Brightline, Better Help, and more offer talks with certified therapists for all ages to get the help that they desire. There are also other methods in bettering your mental health. Meditation has shown to be a great resource for people to calm their minds, ease their body, relieve stress, and break unwanted tension. Exercise is also a great way to ease some of the problems as it increases your endorphin levels and improves your cognitive functions. Simple activities like walking your dog, going on a light jog, or doing any 30 minutes of exercise are a great help and a big step in improving your mental health. Journaling is another great outlet for people to write their feelings, express what they couldn't say out loud, and be able to reflect on them later.

There are many different ways that mental health illnesses, issues, and mental stability can be coped with, with methods such as free therapy, meditation, journaling, and exercise. Below are some websites for free therapy, as well as explaining what depression and anxiety are, by textbook definition, to get a better understanding of what you or a loved one might be going through.

Mental Health Resources

(continued)

Therapy resources

“Behavioral Health Care for Families.” *Brightline*, https://www.hellobrightline.com/membership?gclid=CjwKCAjwhaaKBhBcEiwA8acsHHnez2cfxi555e6TJaRN3YnOV87Av-H4tA0gOxryCdRiZ-91QsXvRoC7k4QAvD_BwE

“CIMHS Free Online Therapy for Depression.” *CIMHS Free Online Therapy for Depression*, <https://cimhs.com/>

Kurage.in. “Online Therapy: Counseling Online.” *TickTalkTo*, <https://ticktalkto.com/>

Mental Health resources

A.; Harmer B; Lee S; Duong TVH; Saadabadi. “Suicidal Ideation.” *National Center for Biotechnology Information*, U.S. National Library of Medicine, <https://pubmed.ncbi.nlm.nih.gov/33351435/>

“Anxiety.” *American Psychological Association*, American Psychological Association, <https://www.apa.org/topics/anxiety>

What Is Depression?, <https://www.psychiatry.org/patients-families/depression/what-is-depression>

Hotline resource

“Samhsa's National Helpline – 1-800-662-HELP (4357): Samhsa - Substance Abuse and Mental Health Services Administration.” *SAMHSA*, <https://www.samhsa.gov/find-help/national-helpline>

Mental Illness Statistics

Chiu, Allyson. “CDC: ER Visits for Suspected Suicide Attempts among Teenage Girls Rose during Pandemic.” *The Washington Post*, WP Company, 11 June 2021,

https://www.washingtonpost.com/lifestyle/wellness/teen-girls-suicide-attempts-pandemic-/2021/06/11/567a4f62-cac0-11eb-a11b-6c6191ccd599_story.html

“Data and Statistics on Children's Mental Health.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 22 Mar. 2021,

<https://www.cdc.gov/childrensmentalhealth/data.html>

“Youth Data 2021.” *Mental Health America*, <https://mhanational.org/issues/2021/mental-health-america-youth-data>

PERSONALIZING YOUR SCHOOL SUPPLIES

Jade Fears - Rosemont HS

Since we are still in a pandemic, it's a good idea to put a name on anything that's yours. Customizing your supplies can be very helpful with expressing yourself and getting more motivated to do your schoolwork because you'll have the opportunity to show off your style to your peers. Also, wearing unique and creative masks can help with positive recognition from teachers and other staff. Find ways to mask safely while emphasizing your individual aesthetic.

Hand sanitizer or even a hand sanitizer holder can be fun to customize. You can make it into a keychain and put it in your backpack. Even if teachers have hand sanitizer in their room, it's still good to have your own on you if they run out or you are somewhere that doesn't have any.

Get yourself a reusable water bottle if you can. Water fountains are closed this year, so you will have to bring your water to school. Teachers should also have big water jugs to refill your water bottle if you run out of water during the day. I've been putting stickers on my water bottle to spice it up a bit and have started drawing on it as well. Reusable water bottles can be blank canvases and a good way to reduce plastic waste in our environment.

Lastly, you can brush up on your paint skills and personalize your pencil case with paint pens. You can personalize your pencil case by decorating it with your name, drawing cool designs, or even using stencils. These same mediums can also be used for your binders and notebooks. You can even use washi tape stripes to decorate your supplies as well.

Here are a few links that help you with ideas.

<https://www.youtube.com/watch?v=IeyxCzi-8oU>

https://www.youtube.com/watch?v=g8btc2_pLFk

<https://www.youtube.com/watch?v=QlBNmsT-u-A>

<https://www.youtube.com/watch?v=54nr6lqLISA>

<https://www.youtube.com/watch?v=zyS4OeflyVc>

<https://www.zazzle.com/back+to+school+gifts>



TikTok Challenges

Student Advisory Council

TikTok Challenges may be fun to participate in, but let's be honest: lately, they've been getting out of hand. We've all been away from our school campuses for over a year, and, naturally, are excited to be back! However, it's important to remember to be respectful towards other people and to your school's property. Trends like "Devious Licks" may seem in good fun, but they can be disruptive and cost the district and schools money that would be better spent elsewhere. Let's not forget that "Devious Licks", by definition, are acts of theft and vandalism. Acts that you and your family could face financial repercussions for depending on their severity. At the very least, they do your personal and academic reputations an unnecessary disservice. There are real consequences for your actions, so be mindful and please don't act recklessly for the sake of TikTok views. Understand that we simply want to protect you, your families, your school's staff, and your school itself – we're all just students who want to use school facilities and learn in a safe environment.





TIPS FOR FRESHMEN

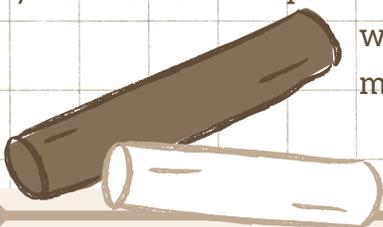
Sky Tusé - West Campus HS

Welcome, class of 2025! So, you're starting out your first year at high school. You don't know the teachers, the staff, or the curriculum, and you might not even know any of the other students, either. The good news is, not only is every other freshman feeling the exact same way, but everyone who's ever been a freshman can tell you that you eventually adjust and pick up on certain tricks as you progress through high school. To spare you from unnecessary trial and error, though, here are **10 tips** to help you settle into your freshman year:

1. Teachers are there to help you! If you ever find yourself confused during class or stuck on homework, either raise your hand and ask for clarification, email them about it, or go to one of their lunch-time or after-school office hours. Oftentimes, the bulk of learning can be found in the effort you make to clear up uncertainty and fix your mistakes. It may be tough at first, but the sooner you're able to overcome academic shyness, the better.

2. Your peers are resources, too! While the idea of making new friends at a new school is a daunting one, you'll find a common-ground with your fellow classmates in the material you're learning. From starting a study group, to asking them questions about classwork, even to just sharing an eraser or a pencil, know that your peers are just as eager yet nervous about making new friends as you are. Get to know the people seated next to you so you can chat or text about assignments, study materials, group projects, and upcoming tests.

3. Use your locker! Not all schools have lockers provided to students, but if they are available to you, then make sure to take advantage of them. This may seem an odd one, but your back will thank you. If your school has lockers, plan out when you'll be making pit-stops to minimize your carry weight. Typically, it's best to drop off your lunch (if applicable) before school, and get your 1st through 4th period materials. Then, during lunch, get your food and drop off those supplies. After you've finished eating, put away any lunch bag you may have had and grab your 5th and 6th period materials. After school, grab your lunch bag again and take home only what you need for homework assignments. If you find you still have too much to carry, you can either make stops between periods, or...





4. Be conscious about school supplies! Your teachers likely gave you syllabi that detail what materials you need for each class, but don't be afraid to ask questions and figure out what classes have supplies in common. Chances are, you don't need three different sets of highlighters or 6 black pens. When it comes to binders, make sure to ask if your teacher requires one dedicated to their class, or if you can have one for several classes to save space. Also feel free to ask about what supplies their classroom may have available to you, such that you can save both money and backpack space. You'll find that doing back-to-school shopping before the school year starts isn't as necessary as it may seem. You can frequently reuse supplies from previous years, and teachers tend to give students time to buy supplies after having handed out the syllabi with supply lists. Feel free to do any shopping needed the weekend after you first get said list, instead, if you're able.

5. Counselors: know 'em! Whether you knew about them already or not, your school has designated counselors who are there to help you with any schedule issues, college questions, and even career-related interests. While many of their services may not yet apply to you, it's good to be aware of them and even just get to know them. Finding out about available office hours or email addresses can help you as you progress through high school and find yourself wondering about who can help orient you in the direction of jobs, college applications, and other activities that your friends, teachers, and parents might not be experts in.

6. Use a planner. Always. While it may not seem like you have much work yet, given that the school year's just started, you'll soon find that 6 classes equals 6 different sets of homework and projects that only get more challenging as you take more difficult classes in the years to come. Learning to write down all your assignments and divide up your time will help you in high school, through college, and into your adult life. Procrastinating, while common, can lead to stress and hurried, low-quality work that doesn't display your full potential to teachers. Instead, set aside certain days for certain assignments, so you can get a balance of work and break each day after school and on the weekends.

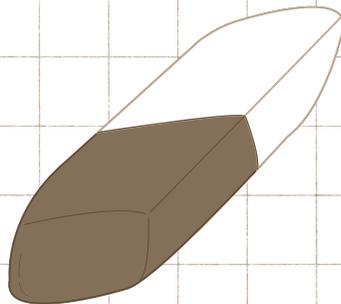
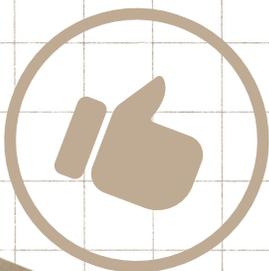
7. Everyone gets bad grades at some point. It's how you respond to them that matters. Whether you simply weren't too familiar with the homework material, or you flunked a test, it happens. It's not telling of your worth or your intelligence just because you had one bad day or math doesn't come naturally to you. A few bad grades aren't going to cause you to fail a course, so try to take a breath and ground yourself. Afterwards, maybe ask some people in the class about how they did on the assignment, or talk to your teacher about what you did wrong. Being able to – and even just showing that you want to – understand those mistakes conveys that you're a dedicated student, and always willing to learn and improve.



8. Know the late work policy (or lack thereof!) Maybe you're a little overloaded with projects from other classes, or maybe it's grandma's birthday. Either way, you don't think you'll be able to get that English assignment finished by tomorrow. What now? Check your class syllabus and look over the late work policy. If there isn't one, or you're a bit confused about the one given, email or talk to your teacher about it – they'll likely be more than happy to clarify. Some teachers allow for some basic assignments (like homework) to be turned in a day or two late. Some have homework passes, where you can turn them in a few days late, but only a few times each semester. Others have no tolerance for late work at all. It's good to know which classes have the most flexibility so you can prioritize your work. Worst case scenario, you have an emergency or an appointment of some sort. Just make sure to let your teacher know (preferably in advance), and you can discuss working out another due date for you.

9. Clubs: By students, for students! Intimidating as it may seem to jump into a group of people, and as overwhelming as Club Rush may be, they were created just for you! Clubs exist with the sole purpose of bringing people together and allowing them to explore common interests. If you find one that catches your eye, don't be afraid to sign up, or even just ask about it. Plus, if you find that one you've joined doesn't click with you, decide you're a bit too busy for it, you can always leave (no penalties, no questions asked.) If you wish to join a different club after club rush, chances are you can do that as well! Just get in contact with a current member or club president and ask if they'd be willing to have another member.

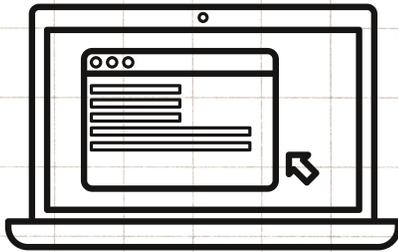
10. Be kind to your teachers. Assignments and projects and challenging academic material can often lead us to forget that teachers are people, too. They do their job because they seek to help students like you learn and be able to find a job that they can both enjoy and make a good living off of. Don't forget to express your appreciation from time to time. Additionally, you may come to find that you get along really well with some of your teachers. Bonds like those can be supportive academically and personally, and even benefit your journey into college come time for letters of recommendation. But college comes later. Right now, just do your best and be yourself. You're going to be just fine!



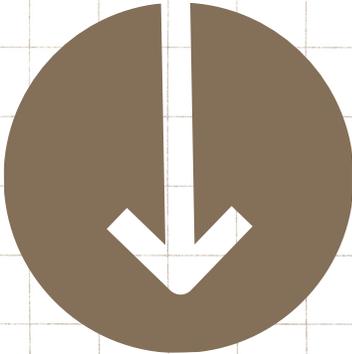


TIPS FOR SOPHOMORES

Luz Vazquez - Rosemont HS



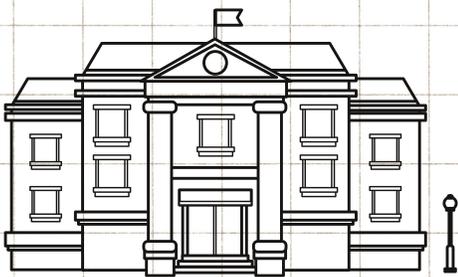
Welcome back class of 2024! I hope that you are excited to be able to finally experience high school on campus! Understandably, transitioning from online learning to in-person might feel overwhelming, so here are some tips to help you out.



1. Reconnect with your peers! Most likely than not you haven't seen your peers for over a year. So now that you get to see them again, the possibility of there being an awkward feeling after not talking to each other for so long is hard to deal with. This is why you should try to reunite with them by striking up a conversation! Here are some topics you can use, to begin with:

- "How have you been?"
- "What did you do during quarantine?"
- "What's your schedule for this year?"
- "I like your new (clothes, hair, etc.)!"

With these starters, you can break the ice and reconnect with your peers. You are all in the same wacky situation so might as well get to know your friends again and enjoy a fresh start as Sophomores!



2. Interact with your teachers. With distance learning, it was very difficult to enjoy a class mostly because there was no real connection between students and teachers. Teachers are here because they have the passion to help you grow as a person and as a scholar. This is why it was tough on them to teach to a bunch of black screens as much as it was



hard for you to learn and pay attention. Therefore this time around look for ways that you can create a friendly bond with your teachers. Whether it be by taking advantage of their tutoring, participating in class, asking questions, starting a conversation, or volunteering to help them pass out papers. You'll find that what may seem like the smallest things to you will be the biggest joy of their job as teachers. To interact with your teachers and soon enough your classes will start to become more enjoyable than ever.

3. Schedule meetings with your counselor. It is very important that by now you start to get to know your counselor. This will be the one person that will help you throughout your high school career. If you didn't have the opportunity to meet or know who your counselor is during distance learning take the time to find out. In most schools, they are located in the school office where you can schedule a meeting with them to talk about your future. Although it may seem a bit early to talk about college and what you are going to do after high school in your Sophomore year, believe me when I say that high school goes by fast. So it's never too early to start talking about this with your counselor. They are here to guide you through these times so if you haven't already, meet your counselor as soon as possible.

4. Make sure you are on track. This is where scheduling a meeting with your counselor comes in handy. We know that many students struggled during Freshman year due to distance learning. So you must know you are still on track to graduating. If not, your counselors can check if you are beginning to veer off from graduating. Whether it be a failing grade or a list of required classes still left to be taken, it is better to catch those issues now than later. Sophomore year is still not too late to begin your planning to be qualified for graduation so if you feel like you are not on the right path please check in with your counselor.

5. Get into the school spirit by joining clubs. Clubs are a great way to meet new people and connect with your school community. Plus it makes going to school each day more exciting than before! If you don't have a club you're interested in, create one! Colleges love to see leadership in students, so show them your capabilities by leading your club. But before you decide to do this be sure that you will be committed. Colleges pay attention to the continuity of your extracurricular so to make it easier for you, create a club that is a passion. This will make you want to invest and continue the growth of your club so that colleges can see the impact you have left in your school community. Overall clubs are an amazing way to get involved so if you haven't yet joined or created a club yet, join one right now and enjoy your newfound school spirit.

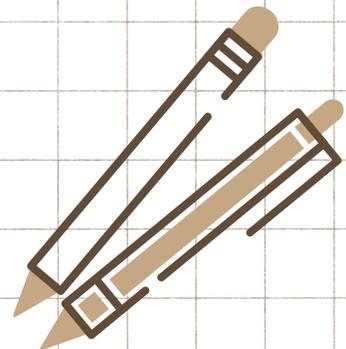
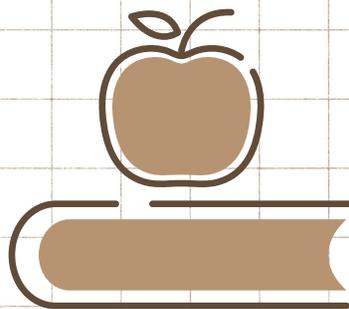


6. Start to volunteer in your community. Now that places are starting to open up, find ways in where you can volunteer at. If you have joined clubs like NHS or any other volunteer group, your hours will be a very helpful tool to have under your belt for senior year college applications. Not only that but you'll be able to meet new people and boost up your resume for jobs once you turn 16. Volunteering shows the impact you have been able to make in your community and it shows what type of character you are to hiring officers at a job or admission officers at colleges. Helping out is a very rewarding experience because not only do you share the same goal and passion as other volunteers but you also gain lifelong skills that you will surely use in the future.

7. Start looking for Scholarships! Sophomore year is the year where some scholarships will allow you to apply. Start as early as you can because unless you are filthy rich, college tuition will be a hard cost to cover later on in life. Hence the important for you to start searching for scholarships now. You can do this simply by using the google search bar and searching up things that describe you. For example, you can search up: "African American LGBTQ+ Woman Sophomore Scholarships"

The more descriptive you are about yourself the more the possibilities of you finding a scholarship that you can win. This is also why joining clubs and volunteering is important because the more you do the more scholarships there are for you. You can also search for scholarships at our district website at: <https://www.scusd.edu/community-scholarships>

8. Create habits that will help you balance life. Now that we are in person it is easier to reach out and ask for help from your teachers. Do tutoring, find an efficient way to study, and most importantly practice time management. Know how to balance your outside life with your school life. This is because the older you get the more responsibilities you have, like getting a job for example. So know how to manage your schoolwork with your outside activities by avoiding the chance at procrastination and starting your assignments early instead. This is a very hard skill to work on but if you learn this during Sophomore year you will be all set for Junior and Senior year.





TIPS FOR JUNIORS

Kimora Nance - Rosemont HS

Congratulations class of 2023

You have made it halfway through high school! I am extremely proud that you have made it through a pandemic in one piece and I sincerely wish that your conversion back into in-person has been smooth. Give a round of applause to yourselves for trudging through something no other class has went through before, I hope that experience gave you confidence to handle anything that comes your way! Like most of you guys know junior year is arguably your most hardest year in high school yet the easiest to fall behind in. In order to aid in your overall success I have gathered important dates and tips to ensure you all have a successful year!

TESTING DEADLINES:

SAT Reminders

Registration for the **November 6th** testing date deadline is **October 8th**

Deadline for late registration: **October 26th**

Registration for the **December 4th** testing date deadline is **November 4th**

Deadline for late registration: **November 23rd**

Registration for the **March 12th** testing date deadline is **February 11th**

Deadline for late registration: **March 1st**

ACT Reminders

Registration for the **October 23rd** testing date deadline is **September 17th**

Deadline for late registration: **October 1st - Late fee applies**

Registration for the **December 11th** testing date deadline is **November 5th**

Deadline for late registration: **November 19th - Late fee applies**

Registration for the **February 12th** testing date deadline is **January 7th**

Deadline for late registration: **January 21st - Late fee applies**



TIPS

1. **Maintain your grades!** As a junior I believe it is best to just capitalize on the achievements and progress you've made thus far and continue to do the best you can academically. Junior year is essentially your last impression on colleges so remember to maintain the grades you have and excel in any way you can!

2. **Research and develop your list of colleges!** Now is the time to start researching colleges and settling down on your options. College is more than a school, it is basically your home for 4 years (unless you commute which is an option too!) Researching goes beyond the institution's name as you look deeper into the aspects of the school. Look to find comfort in the majors the college provides, campus setting (urban or rural), type of college (public or private), or even the school colors; only the important aspects of course. Especially consider the cost of the school. All of these factors matter greatly in your happiness during your college experience.

3. **Scout for scholarships!** It is never too early or too late to get free money. Scholarships are important for funding higher education which takes the load off of your parents and/or future you. Luckily enough, Scholarships are everywhere and easy to find! Most prestigious grants are based off of academic merit though you can find money for simply liking music. Scholarships can be handed out on accounts of race, gender, hobbies, etc.; the more specific the better! You can start your search now by looking up scholarships that reflect you such as "African American women scholarships". Always be on the lookout for scholarships and happy money hunting to you all.

4. **Stay connected!** It is important to keep in touch with faculty members that could be beneficial to your journey like counselors or teachers. If you are not familiar with your counselor as of right now, I suggest you become acquainted. With navigating through college options, scholarships, graduation requirements, and deadlines, responsibilities pile up quickly ; its essential that you have the proper help to make life easier. The same goes for teachers and other staff, relationships such as these goes a long way in terms of academic support like tutoring or just to make school more comfortable to be at. It is also a way to get more authentic letters of recommendations. Remember to never be afraid to reach out it will help you in the long haul!

5. **Relax!** I know junior year could be overwhelming at times and while I want you to put your best foot forward every step of the way, it is also important to detach and relax. Overworking yourself will only deteriorate your mind and body in the long run. Academics are important but you must also consider your mental health as well, remember to take time for self-care and enjoy your junior year to the fullest!



TIPS FOR SENIORS

Mayani Bowens - George Washington
Carver HS

Hello to the class of 2022!

Congratulations, you're almost done with high school! Sitting through a pandemic for the entirety of our junior year was unexpected, so a huge pat on the back to everyone for pushing through. Distance learning was a huge change in pace and routine and so, hopefully you've all been readjusting to school life well. I'm very proud of how far we've come and now that it's getting so much closer, hopefully the future doesn't seem all that scary anymore. There's a lot on your plate right now, whether it's AP classes, or SATs or just the experience as a whole of teetering the line between childhood and adulthood. For those of you who are planning on going, college is just over the horizon and there's a lot to prepare for.

Important dates, deadlines, and reminders:

UC (University of California) applications are due **November 30th**.

CSU (California State Universities) applications open October 1st and are due **December 1st**.

FAFSA (Free Application for Federal Student Aid) opens **October 1st**.

For the October 2nd SAT, results will be out on **October 15th**.

Registration date is **October 8th** for the November 6th SAT.

Now, no matter how old we get, we should always remember to heed the advice of our teachers, mentors, parents, guardians as well as our fellow students. Even if you feel that you don't necessarily need that advice, it's always helpful to have that extra bit of guidance.

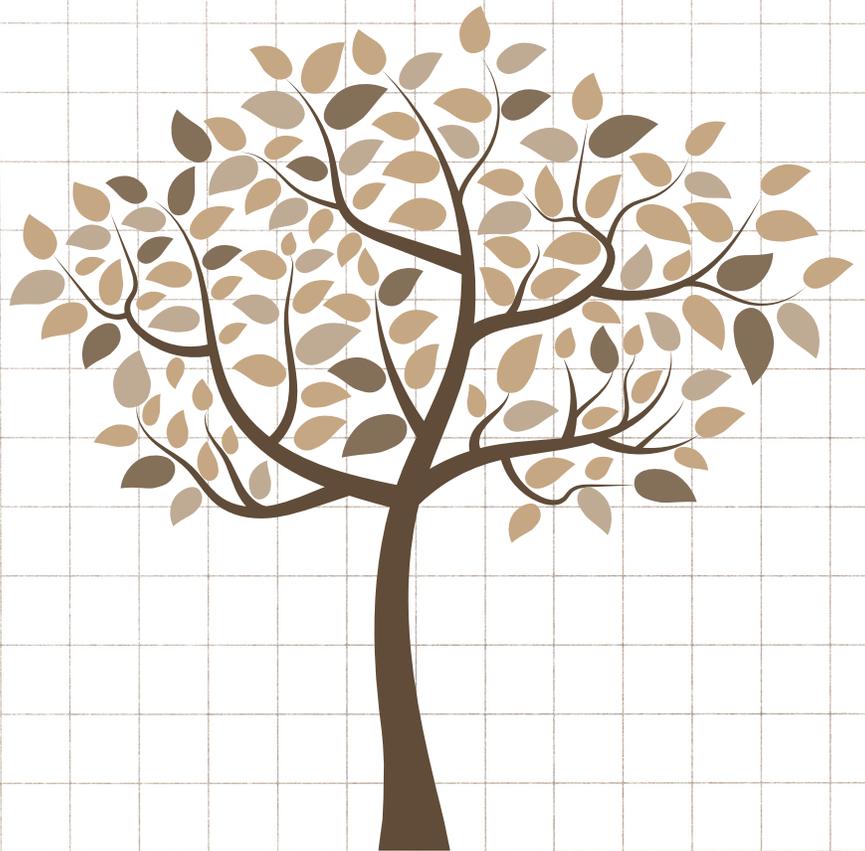
An important thing to learn, if you haven't been able to already in your time in high school, is how to advocate for yourself and others. In any space or situation, I hope you are able to speak up for yourselves. Sometimes people don't know how or can't stand up for themselves, and if that's you, then don't be afraid to ask for help. Don't be afraid to help others out too!



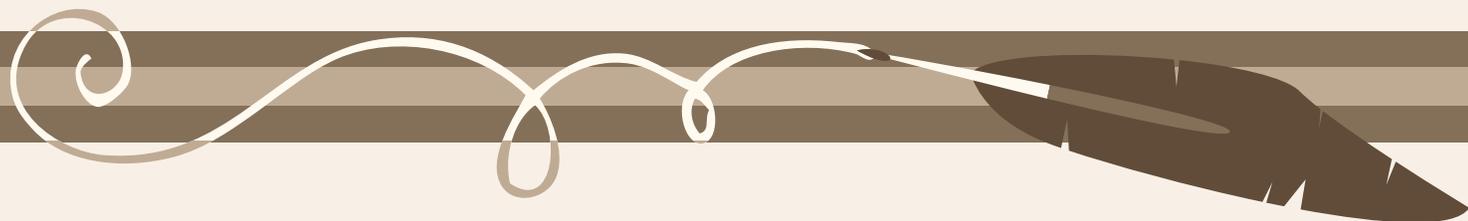
Senioritis just might be unavoidable, it's only natural to feel unmotivated after working through the past 4 years of school with so few breaks. It's important to take care of your mental and physical health, as well as know your own limits. Try not to put too much on your plate and overwhelm yourself. It's good to identify what you can and can't control in your life. That way you'll avoid distractions and be able to focus on what you can control.

Try to be consistent and not fall behind or hesitate, doing so will only make things harder on yourself. Some students might want to take a gap year between college and high school so it's important to keep your work ethic, think about getting a job.

Don't worry if you feel uneasy about the future, most seniors, including myself, feel that way. Just remember that change is the only constant, and have confidence in your abilities and in who you are. I have hope in and for the class of 2022. The future is ours, so make with it what you will! Do your best seniors, good luck!



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