

Six tips to

Middle/High School

FROM MY EXPERIENCES

01

Be your self!!

People will think you are a pick me or a tryhard. Be yourself! Classmates love when you are the happy and out going kid!

02

Stay with the trends

If you want to be the "cool kid" then stay with the trends. At your school different trends are going around. Classmates loves when they have someone to depend on to see what cool and not cool.

03

Popularity

You don't have to be popular if you have friends. Don't care what other people think because they are just jealous of you! Your friend love you from who you are, stick with them. Don't think you have to be popular to be cool.

04

Practice mindfulness and gratitude

Being grateful for accepting what we already have and letting go of what we don't, which can help us feel better about ourselves. We will learn that we don't have to want what other people have

05

Maintain a school-work balance

Grade and school work is a crucial part of life. We have to balance friends and fun with school and work. Focus on work because most of the time you will not see your school friends after colleg. Work on your grades, but also have fun. It's a hard balance.

06

Have a social life

Don't be the kid in the corne, reach out make friends! Most of the time people our sacred of what other people think of them. Which leads them to not have a social life. Reach out first, go the extra mile. This will make it easier for you to make friends.

