

## **The Voice of Experience: Insights about Junior Year from JBS Students Themselves**

*The following quotations are from last years' juniors in response to the questions:*

*"What advice do you have for rising juniors as they look ahead to all that awaits them next year? What are the keys to success in junior year?"*

### **BUILD STRONG RELATIONSHIPS**

"Show your classmates the support you'd want."

"It's important to balance time (especially free periods) between work and friends. While it's important to use your time to do homework, checking in with friends is important too!"

"Stop focusing on gossiping about grades with classmates--this just leads to needless stress."

### **MAKE TIME FOR FUN**

"Find a source of happiness outside of school, whether that's a hobby or friends, etc. You should always have something to look forward to, for your own well-being."

"Go to JBS events and sports!!!"

"Please please please spend time with your friends because your year will fly by faster than you realize, especially when you're so busy focusing on school work."

### **BE RESOURCEFUL**

"Feel comfortable with your support system--friends, teachers, principal, and don't be afraid to reach out if you need help!!"

"Don't procrastinate and know when to ask for help."

"See your teacher for help, don't put too much pressure on yourself, and DO NOT procrastinate. It's so much easier to keep track of your deadlines and work when it is broken into smaller pieces--don't let it all pile up"

### **BE AUTHENTIC AND FIND JOY IN LEARNING**

"I wish that I had spent more time exploring my own interests rather than worrying about what I thought a college would want from me."

"Try to find something to fall in love with in each subject, and focus on the skills and knowledge that you're learning, and try to forget about grades--they will be just fine if what you're learning is something that you truly love and pay full attention to!"

"Try not to compare yourself to others, especially this school year. It's really easy to feel as though you are behind your peers when in reality what you should focus on is just following your own path."

### **PRIORITIZE REST AND HEALTH**

"Don't overwhelm yourself by taking on more than you can handle. It's okay not to do EVERYTHING."

"Make sure to take time to relax and not hold academics higher than self-care."

"It is important to remember that you should always be kind to yourself."

"Try to sleep, eat, and hydrate well. I know it sounds dumb, but if you're not well rested and taking care of yourself, the work can feel ten times harder--trust me."

### **STAY ORGANIZED**

“One thing that I find really important is making sure you use your time and free periods wisely to study and work.”

“I can’t stress this enough: stay organized!!! Do the homework that’s necessary before the not so necessary”

USE YOUR PLANNER--time management is probably the most important thing!

“Junior year is manageable, I promise! I would say that the most important advice that I could give is to stay on top of your work.”

### **ADVICE RE: AP COURSES AND EXAMS**

“For AP prep: the best way to prep is to just pay attention in class (physics, history, English). I did take practice tests for physics and history which were helpful.”

“If you take AP Physics, I would recommend that you use the 5 steps to a 5 book to help you study throughout the entire year. I forgot that I had it as a resource until it was time to prepare for the AP exam but I seriously wish that I had taken advantage of it more.”

“AP Physics hits you like a bus in the first couple months or so of school. For my first test, I got a 48% and I felt demoralized. I thought for certain that I would have to switch to regular physics, but I am so, so glad that I didn't. It was a real challenge for me, but I got through it by meeting with teachers and consulting the interweb. If I had to go back, I would definitely meet with my teachers more and use the "Five steps to a 5" book the school provides you with. I didn't discover just how helpful the book was until finals season, and it was a lifesaver. USE YOUR RESOURCES!

### **BALANCE YOUR NON-ACADEMIC LIFE**

“For balancing extra-curriculars: ask yourself why you want to do something before starting something new. If you can’t think of a valid reason (college apps/ parent pressure isn’t valid) don’t do it.”

“Do extracurriculars that you actually enjoy, not just the ones you think “look good.” You can go deeper into projects you’re actually passionate about.”

### **DON'T BELIEVE THE HYPE**

“DO NOT stress out! Everyone says it's the most important year in high school which can psyche you out. Don't let it freak you out--just do what you would do anyways and just focus on yourself and your work.”

“Junior year isn’t as bad as many say it is. Yes, there’s more work and testing, and you’re preparing to apply to colleges, but it’s definitely manageable, so just stay on top of it and communicate with teachers and advisors--they want to help you! Enjoy your second-to-last year at Burroughs--it really flies by! :) ”

“Overall, this year is no different than any of your other years at Burroughs. Everyone hypes it up as the year you start your college process and how that it's a huge step in your life, but for me, it was no different than sophomore year. Just take it slow...keep up with your work, meet with teachers if you need help (especially with physics, it can be quite a challenge if you refuse to meet with your teachers), and don't stress the small stuff. If anything, cherish it, because in an instant you will be a senior!”