

Words of Wisdom from HSD's 2022 Valedictorians and Salutatorians

5/27/22

At the annual Valedictorian & Salutatorian Lunch on Friday, May 27 we asked our vals & sals for one piece of advice they'd give to incoming 9th graders. Here is what they had to say:

- Enjoy yourself and make sure you're taking care of yourself
- Live in the moment
- Just breathe
- Take a class that sounds fun
- Expect the unexpected
- Make the most of high school
- Hard work pays off
- Make a lot of friends
- Choose the electives you love to do, but don't peel off the classes you're going to need
- Take all of the opportunities you can to enjoy yourself
- Take a nap after school, you're going to be tired
- Spend time with your friends
- Work hard, achieve academic goals, make sure not to compromise your health
- Do things because you care about them or because they bring you joy, not just because you're good at them
- Talk to your teachers
- If you want good grades, do your work
- Do your work
- All of your hard work will pay off in the end
- Try to have fun
- Get involved, do activities, otherwise high school is boring and a lot of work
- Believe in yourself – you can do more than you think you can
- Cry often and Roll Tide!
- Get as involved as you can early on
- Be open to different opportunities that come your way
- Join extracurriculars
- Ask questions
- Let go, let things come and go, forgive others, forgive yourself, find trust in yourself
- Live life with purpose, find out what you internally value and live by that
- Don't procrastinate
- High school will be over a lot sooner than you think, cherish the time, make all the friends you can, enjoy it
- Embrace everything – go with the flow, have fun with it
- For motivation – just do at least 30 minutes of work every day – your future self will thank you
- Say yes more
- Remember to have fun because going through high school shouldn't feel like a chore
- Find something you enjoy and make sure to work it into your life every day
- Go out and try new things
- Don't worry about overworking yourself – do all the things – you'll know when you hit

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your limit

- Be yourself and put yourself out there in a good way
- Breathe and rest
- Get involved
- Don't be afraid to challenge yourself in classes
- A lot of things will change over the next four years, figure out what really matters to you and hang onto it
- Just have fun
- Work hard
- Good luck
- Don't procrastinate
- Try not to do things alone – do them with others – cooperate
- Get involved in activities and enjoy yourself
- Take it easy
- Be yourself, try new things even if they scare you
- Take as many late starts as possible because you're going to want to sleep in
- Find a sport so you can work hard and play hard
- Make as many connections as possible
- Surround yourself with good people
- Do sports – you can study hard and still do sports
- Do what makes you happy – there are a lot of things you can do at this time in your life, so find the ones that make you happy
- You don't have to be a genius to get a 4.0 - you can do it if you work hard, but it won't happen if you're afraid to talk to teachers
- Understand your limits and push past them
- Enjoy your time
- Manage your time well so you don't pull all-nighters
- Remember that just because a good thing ends, it doesn't mean there aren't good things to come
- Don't be afraid to ask questions
- Be nice to your teachers
- Join extracurriculars – even if you don't want to, you'll make a lot of friends
- It's ok not to be perfect, school isn't for everyone, if you're struggling just talk to your teachers – it will be alright
- Have fun because high school doesn't last very long
- Take every day one at a time because it's very easy to get overwhelmed
- Take time for your mental health, make time for your friends - doing academics all the time just isn't worth it
- Find the sport that you really love
- It's going to be one heck of a ride so enjoy it!