

2025 Valedictorian/Salutatorian Words of Wisdom

At our annual Valedictorian/Salutatorian Luncheon on Thursday, May 15, we asked our top achievers to give us one piece of advice for incoming freshmen. Here is what they had to say.

- Work hard, play hard.
- Stress comes, but stress also goes away. So don't let stress take over your body, but instead relax, breathe, and let it go.
- Make time to do your own thing and do what you enjoy - don't just focus on school.
- Be patient - things will come. Sometimes it takes a couple of years to find your footing, but once you get there things will be fine.
- Work hard, study, do what you need to do to get where you want to be, but go easy on yourself.
- Go out and do everything you can because at the end of the day, you're probably going to regret not knowing what something could have been if you didn't try it.
- Be nice to your teachers because they can become a support system you didn't know you needed. You're in this place for four years, so why not make those bonds and get the support you need while you're here?
- Let your activities bring you joy and peace and sometimes a little bit of stress, but get rid of the commitments that are *only* bringing you stress so you can focus on what you care about.
- Join sports and clubs but don't let them distract you from your academics.
- Grades can be measured on a four-point scale - it's very easy to measure where your grade is at - joy cannot. You have to decide that for yourself.
- Trust the work you put in.
- Take care of yourself, take breaks, and most importantly: don't do homework on the weekends.
- Determine your priorities now and develop small habits you can work toward - this will make your life a lot easier.
- Get involved in things you might not think would interest you - try new things.
- Don't be afraid to introduce yourself to new people. Meet new friends and make new connections because that will really make high school fulfilling.
- Don't procrastinate because the more you do, the less your future self will like you.
- Just try. Don't be afraid to push yourself outside of your comfort zone and just try new things because you never know what you might enjoy.
- Be decisive with your time because there are so many different opportunities and it can be easy to want to say yes to everything and do everything, but that just makes it harder.
- Be kind to everyone - even if you don't feel close to them, even if you don't think you like them - and do not be afraid to ask for help when you need it.
- Pursue learning, do what you love, and don't procrastinate.
- Take a lot of AP classes, but don't stress too much about the grades.
- Be yourself and put yourself out there.
- Look for the good in everything.
- Be fluid. Don't hesitate to try new things. Talk to new people. It's always better to do

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something and not be happy with the outcome, than to not do it and regret the fact that you could have.

- If you're not ahead, you're behind.
- Get involved and join sports.
- Grades aren't the most important thing. What matters most is that you're enjoying what you're doing.
- Challenge yourself, but also make sure you're still enjoying your high school experience.
- Apply what you've learned outside of school - it makes things a lot more interesting.
- Take a marketing class. It could be a creative outlet for you like it was for me - someone who stresses about grades too much.
- Put less pressure on yourself than you probably are right now.
- Use the "to do" tab in Google Classroom.
- Load up on all of your hard classes your freshman, sophomore, and junior years so that senior year is easier.
- Follow your heart with every decision you make. Really connect with yourself and just keep in mind you're going to make mistakes, but at the end of the day let your mistakes make you a stronger person who can lead with resilience.