



Family Partnership Charter School Sponsors
'Steps to Your Future'
with Mari Jo Parks, M.Ed., Career & College Coach



Spring Break – R You Ready???

Relax – Think of a new way to relax. Try taking one day and listen to all kinds of music. Sing with it. Dance with it. Change the words and laugh at it. Let your body feel the music.

Refresh – Change something in your room. Rearrange your space. Give your computer a new desktop and screen saver. Create a new wardrobe for life after Covid!

Recharge – Try something really new. Maybe create a pie, or a birdhouse, or plant a seed so you can watch it grow.

Research – Spring Break is a good time to find a new interest or look at colleges and education programs or find out more about your family history.

Remember – Take time to remember golden moments. Write a list of things you like about your life, your friends, your family, your pet. Remember your dreams!

Realize – You are going to live to be over 100. Be kind to yourself and realize you cannot do it all at once. It is a journey not a race. Think about how much fun it can be image life in 25, 50, 75 years.

Read – Read something you enjoy. Find a good book or magazine or ongoing articles. Challenge a friend to read it too and then discuss it, maybe even rewrite it!!!

Reach Out – Call, text, email or go for a walk with an old friend or family member.

Run – Run around your house or to the end of the block or on a trail. And then laugh as loud as possible!!!

Reward – Do something to make yourself feel special. Give yourself a treat. Be sure to do something for the other people in your house. Leave a little note of gratitude.

R- Are You Doing College Tours?

Important Questions to Ask...

- What is the most important thing I should know about your school?
- What is the best reason to go to this college?
- What do students do in their free time? On week-ends?
- What is it like living in the dorms? How soon should I reserve housing? How is the food?
- What do you dislike about the school?

3 Quick Ideas to Learn More About the College

- * Get a copy of the college newspaper.
- * Take photos as you are touring.
- * Get the business card of the people you meet. (You might want to connect with them later.)

I hope you **R**eally have a great Spring Break. Remember how much people admire you. You are accomplishing so much and deserve to celebrate. So, go have FUN!!!

To Your Future, *Mari Jo Parks*