



Self-Care for Seniors

**Waiting for
College
Decisions?
Take a Breath.
Your Future Is
Just Beginning.**

Navigating the Future

As you move through this exciting and emotional season of waiting, wondering, and planning for life after graduation, it is crucial to manage your stress. The Guidance Department is here to support you when navigating both good news and disappointing news. Remember, no matter how the next few months unfold, your path ahead is shaped by your resilience and choices.

Here to Help

We are here to support graduating seniors and their families through every step of the transition beyond high school. Together, we help ensure that each student feels confident, informed, and prepared for the path ahead. Remember, prioritize the 'right fit' over the 'right name'



What is in your Control?

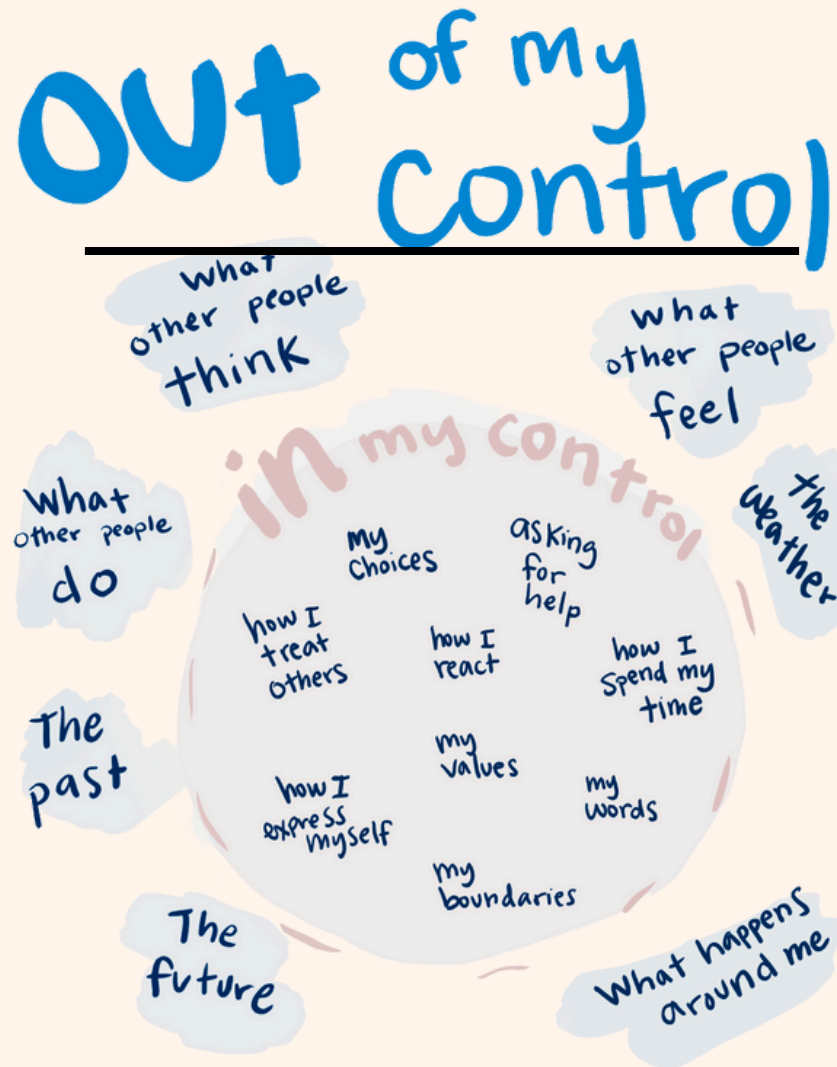
- Meeting deadlines
- Staying organized
- Managing your time
- Taking care of your physical and mental health
- Setting boundaries

What is out of your Control?

- Other people's opinions or reactions
- College admissions decisions
- Unexpected changes or setbacks
- How quickly others respond or take action
- Past choices already made

Circle of Control

A framework that helps you focus your energy on the things you can directly influence—your actions, choices, and responses—rather than the things outside your control.



Manage your Stress!

- Take breaks and move your body regularly
- Create a simple daily routine to stay grounded
- Limit comparison and reduce time on stressful social media
- Talk to a trusted adult or friend
- Engage in a hobby or activity that helps you relax and reset

You Go This!

- Mrs. Gluck (A-E)
- Dr. Warner (F-Le +UG)
- Mrs. Silverstein (Li-Sc)
- Mrs. Schacter (Se-Z)
- Ms. Smith (Substitute)