

August 18, 2021

2022
class of

Senior Year is Off to *THE* Races....

The beginning of the school year is always exciting. New classes. New opportunities. New responsibilities. For seniors and the adults in their lives, this period can feel like "New" on steroids because of the added pressure of planning for life after high school. It can help to know that there is more than one way to respond to the unique challenges this year presents...



Are you that determined senior who wants to figure it out on your own ...

Or

... are you (maybe) hoping that everything will work out if you simply follow the pack?



Are you (maybe) hoping the adults in your life will just take care of everything...

Or

...are the adults in your life hoping you'll slow down for a minute to give them a chance to catch up?



However you're feeling at this moment, our goal for this year is to get the seniors and their adults in synch.

Post-high school planning particularly if it involves college in the fall after graduation is one of the most *CHALLENGING* undertakings most high school seniors will face. **Rightly, seniors must take the lead. It is their future.** But....



Partnering with caring adults over the course of these many months is also critical. These relationships will ensure that each senior benefits from the wisdom and life experience of people who want the best for them. For parents and guardians that means **actively listening** (*Tell me more....How can I help...Am I correct you believe you will be most successful if....?*) as well as **being open about their expectations** (*Here's what will help me feel confident in your post-high school plans....Here's how I can support your goals...., etc*). The next year is all about creating possibilities out of a range of opportunities.

The decision stage is next spring after the dust settles and all the facts are known.

Important information for college applications:

SPCPA School Code: 242 284

Counselor: Alison Green
(greena@spcpa.org)

School Information:
16 W 5th St
St Paul, MN 55102
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- **Check your email frequently.** *Colleges, employers, and adults in general prioritize this form of communication.*
- **Click on the links found in the emails from Ms. Green.** Not all the information will apply to you, but hopefully there will be something related to college visits, FAFSAs, or scholarships that you will be happy to learn about.
- **Email** (see above) **is often the best way to reach me but don't hesitate to stop by my office if you are in the vicinity** (2nd floor at the end of the Math wing). *Don't forget to knock so that I know you are there!*
- **My goal is to meet with every senior by the end of September.** [Pick an appointment time](#) that works for you (it can be in person or via the Google Meet link that comes with the confirmation). Seeing your name on my calendar makes my day!!!

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If this is a “Feeling All the Feels” moment, you’re not alone! Excited to be back with friends (and make new ones) and unsettled about the unknowns ahead? It’s okay to be confident in all the hard work you’ve put into getting here today/looking forward to exercising your academic and artistic brains and still wonder how you’re going to manage schoolwork on top of your other commitments while planning your post-graduation future. Plus, there’s the ongoing Covid-19 elephant in the room. [Feeling more overwhelmed than normal is not unusual right now.](#)

So, under the circumstances, a quick recap (and likely a few cleansing breaths) might help get us all off to a solid senior year start...

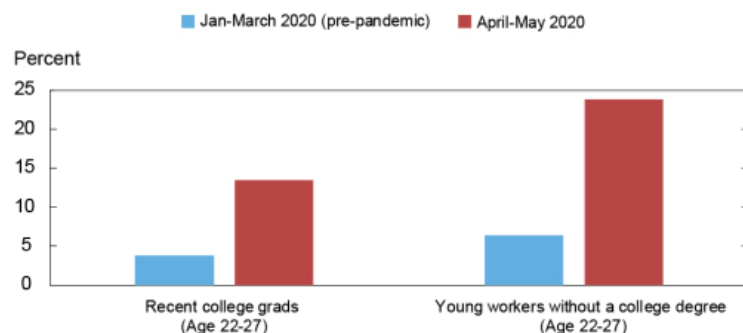
The best approach to planning life after high school is to focus on what is possible now. Today. Fully investing yourself in all the learning opportunities that unfold senior year (inside and outside the classroom/during and after school) - *and yes, there is a lot of learning that comes from completing college applications* -- is a recipe for (a) a great senior year and (b) a well-informed post-high school plan. Ask yourself critical questions. Why do I like/dislike this? What do I want to get better at/learn more about? How much time do I need to invest in achieving my goals/gaining the skills I desire? Which environments improve/diminish my results? What feeds my soul/drains my batteries? When something is hard, what new approaches/supports are available to improve the outcome? What do my free time choices say about my interests/needs? How’s my social circle? Does it include individuals whose advice I value and feel comfortable seeking out? *Feel free to add you own great questions/thoughts here...*

Be specific in your answers. Be intentional in your choices/actions. Attempting to be your best self every day is hard work, but this attempt is all we can really ask of ourselves and others. These attempts nourish the “what I want to do next” and/or “why this is important to me” conversations. Linking words and actions is powerful. Because there’s no one-size fits all approach to life after high school, some seniors will create their post-high school plans after graduation which is fine! **Graduation is GOAL #1 senior year.** Others will immerse themselves in applications and auditions most of first semester which is also fine! *Continuing your education immediately after high school requires a degree of forethought.* Bottom line? Despite the page one imagery, senior year is less a race than a treasure hunt. **Seniors, you are the treasure.** You are amongst caring adults who want to know you and want you to succeed. You are the reason we’re here. Please don’t hesitate to reach out to us!

In The
NEWS



The Unemployment Rate Remains Markedly Lower for Recent College Grads



Source: U.S. Census Bureau and U.S. Bureau of Labor Statistics, Current Population Survey (IPUMS); authors' calculations.