FROM $U_{PH}S$ TO $U_{PHS}$

Advice from those who have survived and thrived
“Procrastination is the root of all evil. Utilize your resources and get it done. Even your professors want to see you succeed, so don’t be afraid to get help.”
“Use CASA services and do not procrastinate! Also talk to your professors about any questions you might have and make sure you understand the material you are being taught. Take good notes and if the professor says something is important or will be on the test then write it down. Also, go to class.”
“Start applying to scholarships this summer or the fall! Listen to your parents!”
“Do your work and don’t procrastinate!”

PROCASTINATOR? NO. I JUST WAIT UNTIL THE LAST SECOND TO DO MY WORK

BECAUSE I WILL BE OLDER, THEREFORE WISER.
“Graduate early, or go to the doctors. Hopefully they’ll have a cure for senioritis by then.”
“Check your email so you don’t show up to class when it’s cancelled like a moron.”
“Have a goal in life. Have fun, but be responsible. Take risks, but be careful. Have a sense of humor, but know when to be serious too. Don’t be afraid to grow up and learn. Be optimistic, but realistic too. Have emotion and don’t live like a robot. Cry when you need to because that’s okay to do, even if you’re a guy. Don’t hate anyone, just strongly dislike them. Be kind and considerate ALWAYS because you’re not the only one with problems. Be courageous! Get out of your comfort zone!! Talk to people, make good friends. Make the RIGHT friends. Have a lot of confidence but don’t have a big ego. You know a lot and you’re very intelligent, but you don’t know everything. It’s okay to ask for help, but strive for independence. Respect yourself so you can respect others. Love yourself so you can love others. BELIEVE in yourself so you can achieve your goals and accomplish your dreams. ALWAYS better your best, whether it be work ethic, attitude, action, or choices...do better. I’m not perfect, you’re not perfect, no one is. So there is no excuse. Instead of spending time creating problems, use that time and energy to solve them. Listen twice as much as you talk (that’s why we have two ears and one mouth). Good luck you guys!”
TAKE A DEEP BREATH. AND THEN ANOTHER. YOU’VE GOT THIS.