

# TEEN TALK

Written By Teens For Teens

## Ways to Fill Your Summer



## NEED A LITTLE PICK-ME-UP?

BY KENDALL WALSWORTH

One of the most significant issues with staying home for weeks on end is the extra time we have on our hands. The things we do on a daily basis give us a sense of purpose and make us feel like ourselves, but when we can't do them, life seems to be a little blurry. We start to watch a lot more TV, spend hours on TikTok, eat junk food, and stay up until the wee hours of the morning. Although living this way for a few days is fun, however, when it becomes a habit, things get dangerous.

Some fairly obvious ways to get out of a rut are to exercise and clean your room, but they are not the only options for breaking your quarantine habits. You could start a garden, call a friend, or send handwritten letters to your family or friends.

Another new habit could be keeping a journal. Right now, our generation is making history, so why not record your experience. Lastly, if you're feeling a little down, treat yourself to your favorite things that are sure to boost your mood. Choose a night in the upcoming week to do an exfoliating skin care routine or watch your favorite movie.

Remember, everyday we either build new habits or encourage the ones we already have. So if you're not liking your current habits, try something new. It's okay to be dissatisfied with the way things are right now, but that's no reason to be dissatisfied with who you are.

## SUMMER PLANS?

BY MORGAN JONES

Though the summer just started, there's so many things to get ahead on for the upcoming school year (especially for upperclassmen)! Here are some tips you can use during the summer to get you ready.

**Juniors:** Congrats! You're officially an upperclassman. Your junior year is arguably your most stressful one of high school, but don't worry it gets easier! The summer before your junior year is the perfect time to tour schools and take the SATs and ACTs. Colleges also start to pay attention to your class schedule, GPA, and extracurriculars, be sure to challenge yourself with AP courses and run for leadership positions. Don't forget your volunteer hours for the Bright Futures Scholarship as well!

**Seniors:** Senior year is the best year of high school, but that doesn't necessarily make it the easiest. Seniors should start planning their colleges essays and even get ahead on applications. CommonApp and Coalition are two great application websites that allow you to fill out one application and send it to multiple schools! The biggest piece of advice I can give is to not give up. Try your best, challenge yourself, and make sure you meet all of your deadlines! Have fun, Class of 2021!

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