



May 16, 2019

Final Tips for High School Graduates

Success is 90% perspiration (work) and 10% inspiration according to America's most famous inventor, Thomas Alva Edison. Graduation is a key marker of success. Edison's right. It took four years of hard work to get to this point. Having **nearly (finish strong!!!)** survived all the deadlines, requirements and stress of senior year, it is not un-reasonable to want to reward yourself with a mindless break this summer. It **is** time to celebrate...

...and de-stress (with one caveat - see below). Your wonderful diploma marks a beginning as much as an ending. Whether you will be starting classes again in the fall or at some point in the future, in a few days you will be officially launched onto your personal lifelong learning path. Your success as an adult is in your hands. No one else can show up and lead your life for you. With that fact in mind, now is a great time to ponder the possibility that much of the stress in our lives is self-inflicted. If less than optimal choices are creating unintentional roadblocks, you have the power to remove them. Summer is a great time to begin.

To de-stress with a purpose (the caveat), take time to reflect upon habits and choices that impact your ability to be your best self, specifically those that revolve around [not prioritizing sleep](#), [poor diet](#), and [infrequent exercise](#). Struggling with issues related to [self-sabotaging](#), [social media overuse](#), [self-advocacy](#)? At any age, making healthy changes that focus on living intentionally is great investment in your future. The adult you will thank you for the steps current you takes to develop/reinforce your personal...

Healthy Habits Menu

Choose healthy habits & become a fitter, happier you

Nutrition

- > keep a food diary
- > eat until you are 80% full
- > include protein in every meal
- > include vegetables in every meal
- > eat healthy fats every day
- > eat slowly and mindfully
- > limit refined carbs



CHOOSE ONE HABIT AT A TIME

MAKE SURE IT IS EASY FOR YOU TO DO

KEEP TRACK AND BE ACCOUNTABLE

CELEBRATE AND REWARD YOURSELF

Exercise

- > schedule your exercise sessions
- > keep your workout clothes visible
- > make exercise a priority
- > do at least 10000 steps a day
- > take the stairs, walk or cycle to work
- > stick to a regular time each day
- > keep an exercise log



Lifestyle

- > make time for simple pleasures
- > keep positive & supportive company
- > develop a bedtime routine
- > plan and schedule your day
- > deal with and resolve any worries
- > get at least 7 hours sleep
- > only weigh yourself every two weeks



Mindset

- > visualise your goals
- > meditate
- > get in touch with nature
- > fake it till you make it
- > think positive and assume success
- > see new habits as a treat rather than something you MUST do



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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Important Dates

Cap and Gown (5/20-21)

Graduation Tickets (5/20-21)

Finale Tickets (5/22-23)

Early Release Last Day of School (5/23)

10:30 am Final Senior Meeting/Luncheon

7-10 pm Finale @ The Landmark Center

Note: if your name appears on a Missing Exit Survey or Final Transcript Payment list, your Cap and Gown will be held until these items are submitted!

Graduation May 28th!!!

The O'Shaughnessy @ St Catherine's University

12:45-4 pm Rehearsal

6:15 pm Call Time

6:30 pm House Opens

7 pm Ceremony

8:15 pm Cap Toss

Final Transcripts ... mid-June
Will be mailed to the address listed on your Senior Exit Survey (if provided) or the home address currently listed in Infinite Campus (if blank). Additional transcript requests require a transcript request form and \$5 fee payment. [Forms](#) can be found on the SPCPA website under the Alumni tab.

THAT'S A WRAP

SPCPA transcripts/student reports are **NOT** processed during the dates listed below. *The no processing window extends before and after the longer holiday periods ... 4th of July Week (June 29 - July 7)*

Need more options? Reconsidering your May 1st decision? Hoping to improve your financial aid award?

Earlier this month, the National Association for College Admission Counseling (NACAC) published its annual **College Openings Update** which lists by state (as well as multiple foreign countries) colleges and universities that are still accepting applications for next fall. For students who would like to reconsider their plans, [this website](#) provides a great application resource. **As usual, applying sooner rather than later increases options even at this somewhat late date.**

In **Minnesota**, Augsburg U, Bemidji State, College of St Scholastica, Hamline U, Metropolitan State U, Minneapolis College of Art and Design, North Central U, Saint Mary's U, SW Minnesota State, St Catherine U, U of MN-Crookston, Duluth, and Morris and St Thomas U appear on this list currently. **All indicate that housing/financial aid is still available.**

For students who have already committed but are **fretting about their upcoming tuition bills**, finding their school on the NACAC list may present an opportunity to improve financial aid awards over the coming weeks. For schools on this list, May 1st did not mark the end of the recruitment season. In these cases, both the Financial Aid and Admissions offices have an even greater incentive than usual to limit "summer melt" (committed students who fail to enroll). This reality also suggests that scholarships and grants that might have been awarded but not accepted could now become available.

A new state funded scholarship for New York residents (Excelsior) may be one reason private schools such as Adelphi, Hofstra, Ithaca, Marymount Manhattan, St John's U, Syracuse U, and the New School appeared on the NACAC list. For this reason, out-of-state students may become increasingly desirable as in-state students are being diverted away from the private schools toward public institutions. **The long and the short of it** (no matter where you hope to be in the fall) **is if you need more money, KEEP asking!** Be specific. Be detailed. Be polite but persistent. Be enthusiastic about joining their community. **Help them understand why cost is putting your attendance at risk.**



It has been a wonderful experience working with the Class of 2019. What an honor and a pleasure it has been to watch your progress from brave and bright-eyed 9th graders to accomplished high school seniors. Your passion, talent and smarts inspire me. Please know that I will continue to look forward to hearing reports of your exploits (of the best sort) as you journey farther afield. Yes, you have the power to be amazing! --Ms. Green

If you haven't already done so, **NOW is the time to thank teachers, friends, and family members who**

encouraged and supported you over these many weeks, months, years. A heartfelt, handwritten note makes it official and is always appreciated!

"We are so often caught up in our destination that we forget to appreciate the journey, especially the goodness of the people we meet on the way. Appreciation is a wonderful feeling, don't overlook it."
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