

Keeping Yourself **MOTIVATED**

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Averaging around 1,260 students attending North High, 180 of those students miss nearly a month of school every year.

According to Attendance Works, an association to help with chronic absences, absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss two to four days in September go on to miss nearly a month of school.

In a lot of cases, the one in every seven students missing a month of school each year is a senior. The term “senioritis” is used when talking about absences as seniors tend to miss school more than other grade levels.

Senioritis occurs when a senior is in the mindset of “I only have a couple of months of school left, do I really need to go to class?”

For yearbook senior superlatives, Trevor Halsten was voted for “Worst Case of Senioritis.”

“Being in the yearbook is cool, I guess, but

I really need to focus on school,” Halsten said. “I’ve had a big problem with motivation to graduate because I’ve put a lot more time into work than I have with school.”

Even though Halsten struggles to find motivation, he always finds a way to get himself back on track. “I started working less and going to school more. I’ve focused more on graduation than extra pocket money,” he said.

If you are afraid you will lose your motivation, or have already lost your motivation, there are tons of ways you can steer your way back into being a motivated, hardworking student.

One way would be to get an average amount of sleep. Not getting enough sleep can make it difficult to learn efficiently, make you forget things, or effect your mood in a negative way. With the right amount of sleep, you’ll be ready to take on the school day with a positive mood.

Along with getting more sleep, getting rid of your technology may help with more. This one might be harder as social media has become a big part of life but, there are a lot of benefits to taking a break from your cellphone such as

relieving eye strain or simply improving your overall mood. A big factor, though, is distraction from schoolwork. Having your cellphone could lead to not participating in class which in the future could lead to not going to class at all.

When you put down your technology, pick up a pen and paper and write down goals for the future. Some examples would be to graduate, to go to college, or even as simple as going to every single class for the next week. Looking back at these goals can help refresh your mind to remind you what school is worth and knowing what you’re doing this all for.

After you accomplish your goals, remember to celebrate. Whether it’s a mental or physical celebration, make sure you acknowledge the fact you achieved a goal you created for yourself, big or little.

There are so many other ways to keep yourself motivated in school, work, and life itself. Instead of falling ill with senioritis, make change. Go to Google and search “how to keep yourself motivated” for more ideas and tips to keep you going through the day.

Tips to Get More Sleep

1. Limit caffeine and nicotine
2. Don't eat late in the evening
3. Be consistent with your wake and sleep times
4. Reduce daytime or irregular naps

When students improve their attendance rates, they improve their academic prospects and chances for graduating.

Examples for Goals

1. Drink less soda
2. Finish English homework
3. Study for exam
4. Finish laundry
5. Take the dog on a walk