



# Advice

## FOR STUDENTS WHO ARE STRUGGLING FROM STAFF

Story/ E. Saldana-Hernandez  
Illustration/ E. Saldana-Hernandez

It's a chilly winter day, outside the trees are bare and the cold air is crisp, and in English, you've been assigned an essay. Most students have already started typing, and you're one of the couple of students that find themselves unmotivated and uninterested, still on their phone without anything to turn in at the end of class. Some of those students are willing to change, and if you're one of them, follow these tips from East High staff to get back on track.

### TIP ONE

**Create daily habits and routines in school and out of school.**

"Set a goal one, five, and 10 years from now and that can help you figure out what direction you're going in and what are you doing to help yourself get there," Counselor Mike Freund said.

### TIP TWO

"Students are most commonly unmotivated in core classes because they aren't as passionate about them as they are in their electives that they have an interest in," counselor Lauren Brandt-Erickson said.

**So, second tip, remember that core classes are important to prepare you for life after high school.**

### TIP THREE

**Remind yourself often that it's okay to take short breaks during class.**

"It's hard to work for 45 minutes straight without any breaks," teacher Liz Hardy said.

### TIP FOUR

**Have a balance in class.**

"Chat with friends or take some time to look at memes that will make your day," Hardy said.

### TIP FIVE

**Make time for yourself at home.**

**Practicing self-care helps you perform at your best and be more productive.**

"If you're worrying about home problems, you're super stressed out or have a headache it gets in the way of focusing. Taking care of yourself first will help you out with other activities, whether it's school or sports. Focus on yourself first then other things will fall into place," Freund said.

### TIP SIX

**Don't stay silent and reach out for help.**

"Ask questions or ask for help to a friend or a trusted adult. It takes a lot of courage and might make you feel vulnerable but most students who did that could agree it's the best thing they could've done," Freund said.

# Tips for teachers



(FROM BRANDT-ERICKSON)

"NEVER GIVE UP ON THEM,"

"CHECK IN ON THEM ON A REGULAR BASIS,"

"REMINDE THEM THAT SCHOOL IMPACTS THE REST OF THEIR LIVES,"

"LOOK AT THEIR STRENGTHS AND POINT OUT THEIR STRENGTHS TO THEM,"

"REMINDE THEM THAT WE BELIEVE IN THEM, AND THEY'RE CAPABLE OF GREAT THINGS,"