



DISCONNECTED.

The continuous rise of technology and social media can interrupt students. "One change I made to become a better learner was to set certain times to disconnect from all distractions so I could focus solely on my work," Makenzie Herrmann said. In order to recognize academic growth and success, it was beneficial to detach from unnecessary distractions. *Photo by The Legend Staff*



RIGHT ON TRACK. For many students, juggling many classes and assignments is a challenge. "Time management and planning is a skill I have in high school that I didn't have before," Ashlyn Witkamp said. One way Witkamp managed to stay on top of things was taking every Sunday to relax and reset without worrying about school. *Photo by A. Goris*



BEST OF BOTH WORLDS. Finding the balance between academic and social lives is an essential part of academic success for students. "The biggest reason I have struggled in the past is just from not being able to balance all the responsibilities in my life on top of my schoolwork," Joshua Navejar said. After finding the importance of balance, he was able to focus on his academics and take time for all of the other things. *Photo by The Legend Staff*

LESSON LEARNED. When being a full time student, it is important to be able to find balance. For Ayden Bazar, he makes sure to carve out time for his classes and his friends. "I try to devote at least 30 minutes to each class," Bazar said. Despite being a dedicated student, for him, the most important part of school was the social aspect and being able to connect with others. *Photo by A. Goris*



HELP ME out A LITTLE

Students get extra help for classes from peers in the Cougar Resource Center



GETTING THE HOURS IN Being in the CRC is a joy for many. For Katherine, this is an opportunity to help her with other clubs and activities "I need CAS hours for IB and I needed hours for NHS," Jenkins said. She helped students as well as help herself for her club. *Photo by M. Pollock*



LOVING COMMUNITY The loving family you build around you can help you become more comfortable going to get help from others. "We all help each other and become a big family to help others," Chloe McGoff said. For this particular peer tutor she strove to help others. *Photo by K. Pollock*



PASSION POWERS! Passion runs through her veins as she's helping her fellow students. Chloe Jachowicz strives to help students in the CRC. "It's satisfying seeing someone come in here and leave feeling better about what they have learned," Jachowicz said. Her motivation came from her love of helping others. *Photo by M. Pollock*

fresh AND stressed



BETTER TOGETHER The Transition from middle to high school is demanding for many students. Miley Kim can attest, "freshman year has been a lot more stressful than middle school was but my friends have made it a lot easier to cope with," Kim said. Despite the numerous shifts, freshman found it easier with a friend by their side.

KEEPING IT STRAIGHT Middle and high school are oftentimes contrasting in workloads and content. However, some freshman such as Avery Jenkins have found ways to grow accustomed to the changes, "I have been keeping all of my classes and classwork straight, which eases a lot of stress," Jenkins said.



STUDENT TO SCHOLAR

Academic growth through a student's year in high school

Macy Goodwin was in a car crash on Nov. 6, 2022.

This imposed various new challenges in her school life. "My concentration at school was almost nonexistent, I missed a lot of school, and my grades significantly dropped because of it," Goodwin said.

For many people, like another student Lily Counts, motivation came from within. "For me, my motivation in school comes from wanting to do my best and always wanting to do better," Counts said.

This intrinsic motivation helped Goodwin to get back on track. She began to see her life with a fresh set of eyes as she continued pushing herself.

"Being around someone who doesn't want the same future or hold the same values as me isn't going to help me get where I want to be," Goodwin said.

Goodwin was quick to steer clear of those who wouldn't help push her back in the direction she desired to go.

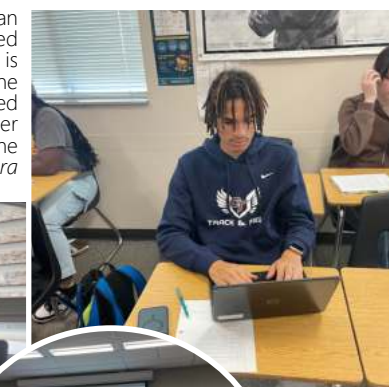
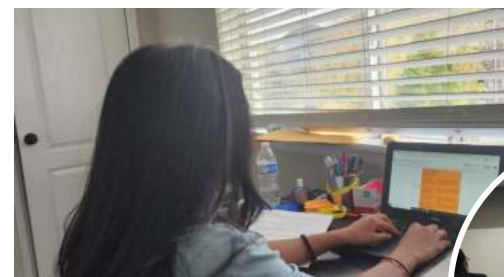
"Surrounding myself with people who motivate me to do better and work hard was the best thing I ever did. There are times I absolutely do not want to do any of the work, but I know if I don't try hard, I won't get the future I want," Goodwin said.

Even when challenges seem impossible to overcome, remember to take care of yourself first.

"When you feel behind you want to get on top of it to get back on top of it, but sometimes taking a step back really helps a lot," Yohana Eshetu said.

Despite being in a community of incredibly high achievers, it is important to take time to recover before getting back to work.

ADVICE TO THE FUTURE Applying early can take stress off students' shoulders. "I am a little prepared to apply but some advice I would give to someone is to not procrastinate and try and get everything done on time so you're not behind by the time you need to submit," Harshita Konda said. She had started her Common App and essay to make it easier for her in the future. *Photo by A. Barrera*



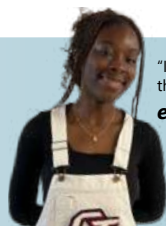
Unlocking our Future

Student's applying and dealing with a new chapter in their life.

STEPPING OUT Applying to colleges has been the next step in students' lives like Isaiah Jones. "Applying is feeling real because I kind of have to do it by myself. And I don't really have help except my parents but it's more of my decision because it's the next step in my life," Jones said. Having a new level in a student's life had made the application process a good experience. *Photo by A. Barrera*

RESULTS THAT MOVE YOU Unlike other students, starting their applications for colleges, Athena Cortes has her own pathway to becoming a Realtor. "I decided to go into real estate because my dad is a Realtor and because it will make me good money rather than wasting thousands of dollars on a degree," Cortes said. She learned from her dad by watching videos so as soon she is eighteen she is able to take Realtor classes. *Photo by A. Barrera*

CONNECT four



"I've been volunteering for the hospital for nine months."
entisar adu-darko

"I want to work as a vet one day."
jaryn geiger



"I've always just had a love for animals."
jaryn geiger

"I love when my pets are energetic with me"
channing thompson



"I have a dalmatian and she is three"
channing thompson

"My five-year-old Doberman is about five feet tall."
isabella folyan



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E. Pattison, M. Pollock, C. Pollock, A. Barrera

