

Dear Rising Freshman,

My name is Morgan Hines & I'm a rising senior at UASC. I wanted to share some advice that I wish I knew earlier in my college years!

- 1.) An original but relevant one - always be yourself & don't conform to anyone. Stick to your roots & find people who uplift you!
- 2.) Call your parents often! (They might not tell you they miss you, but trust me they do.)
- 3.) Wash your sheets!
- 4.) Get as involved as you can! Make friends in clubs & do things you're interested in! Take advantage of everything your campus has to offer (study abroad, local food, extra help in classes, etc.)
- 5.) Leave your dorm room door open! That changed my freshman year for the better.

Go kick freshman year!
I'm cheering you on :)
-Morgan

Dear incoming freshman-

I hope you're thrilled for high school, but I know it can be scary, so here's some advice. #1 → be yourself. Always do what makes you happy, no matter what others say. #2 → ask for help when you need it, someone is always willing to lend a hand. #3 → get involved! You never know where you'll meet your best friends, so try out what interests you. Make the most of high school - these four years will fly by. Be the best version of yourself!

xoxo,

Maddy Phillips

Dear incoming high school freshman,

I know this is probably such an exciting, over-whelming, nerve-racking time in your life. At least it was for me. I am the oldest child in my family so I was absolutely terrified to go to high school. I thought it was going to be like the movies where there were the popular girls who bullied everyone, boys who wore their varsity jackets, mean teachers, pushing & shoving of tiny freshmen in the hallways, etc.

Well, that's not how my high school experience was at all. You may even be laughing while reading this because you know the movies were dramatic. Well, for me,

high school was amazing. Yes, I had my good days and bad days, but I really did enjoy that time in my life. Some advice I will give you

is: #1, find friends who love and support you no matter what. It does NOT matter what other people

think of you. Be nice. Be kind. And most importantly, stay true to who you are! I have the best friends in the entire world from high school and don't know what I would do / have done without them. However, I got lucky

because I lived in a small town where there was only one public school - so I knew most everyone since elementary school. It made it easy to form a friend group.

But, good news is, you don't have to be from a small town to make good friends! It takes a while for some people and some people it doesn't. That is OKAY! Just stay true to you! My second piece of advice is to get involved! Join a club or a team.

This will help you meet people and be a part of something you enjoy! I was on the track and cross country teams in high school and now, being a freshman in college, I really miss it and the people. My last piece of advice

is not to sweat the small things - I would worry and stress a lot about things that didn't even matter in the long run. Time really does fly. I

don't know how four years can go by so fast, but they do. So enjoy every moment and really try to make the most of it! It is also okay

to not always be okay which is something high school taught me. So, get help if you need it. There are always people there for you! Have the best four years and know I am excited for you!

LOVE,

Gardner D.

Middle School:

Dear Reader,

As you enter the sixth grade, just know that school is not for everyone. I struggled a lot in middle school. A few things I learned to help me tackle academics were to use quizlet and the use of colorful pens is underrated, they truly help brighten your day. Friendships are key as nothing can compete with having someone that you can trust to talk with. Remember that if you are not invited to something, you do not want to be there, this is not something you should not take personally as you are not always going to get along with everyone and that is okay. For the first time academics are going to become more rigorous, however this is also the last time things will be this easy and you mustn't take that for granted. Never let anyone tell you that getting a B is bad, because it isn't, it's good. Speaking of listening to others, take what people say with a grain of salt, and remember all situations are temporary. You will hear this a lot in your life, but try to let it sink in now, try not to care so much about how people perceive you. Always be nice to everyone, no matter how hard it can be sometimes, because you never truly know what is going on behind closed doors. When you see someone sitting alone, go and sit with them. You would want someone to sit with you if you were alone. At the age of adolescence drama is always lurking around the corner, try as hard as you can to stay out of it. Nothing is worse than having someone put you down and having no one to stand up for you, always stand up for others. In the age of social media it can be easy to get lost in the social hierarchy of it all, just remember that if you are comfortable with showing it to your grandma then it is okay to post, trust me it will come back to bite you. When you are in a fight with your friends, just wait one week, it will be completely over by then.

Sincerely,

Ansley

Hi!

My name is Riley + I'm a sophomore at USC. Congratulations on starting high school - you're going to love it! Make sure you get as involved as possible - go to lots of sports games, choir concerts, + club meetings so you get to meet all kinds of new people + make the most of your 4 years!

I know school can feel overwhelming at times, but keep working hard + remember: it's all worth it. Make time always to still do the things you enjoy + spend time with the people you love!

Best of luck - you're going to do great!

♥ Riley

To my 9th grade self,

You're 15 years old, and you

should enjoy it! Things may

seem crazy at the beginning

of highschool, but you're the

youngest you'll ever be from

here on so enjoy every second!

Go to the dance, eat the

cake from the cafeteria, go talk

to the quiet kid in the hall,

do it all while you still can!

Nothing is as serious as it seems

at this age, so take everything

with a grain of salt and

enjoy each day!

Dear Younger Self,

I know you're probably worried about something that feels like your whole world right now—whether it be the homecoming dance, who you're going to sit with at lunch, what your classmates think of you, or whatever it may be. But I need to let you in on a little secret—whatever it is, it won't matter in 5 years. I promise!! So during this time, be yourself as much as you can, have fun, and surround yourself with people who lift you up. You are special and unique whether you believe it or not. Discover your talents and develop them, laugh with your family and friends, and don't think twice about what the boy sitting next to you in class thinks about you!! Dance like no one is watching—life is too short.

Love,
Your present self

Dear Highschool Freshman,

Highschool is going to be a journey for you. It is full of ups + downs, but you'll look back with great memories.

Highschool does not have to be the best 4 yrs. of your life. Keep your expectations high, but know there is always better waiting for you.

Get involved! But not too involved that you don't have time for fun! And do not stress too much about college applications. Everything will work out!

From my experience, highschool is all about making memories & connections - ENJOY IT! ♡

Dear 9th grade self,

I wish someone would have written a letter to me when I was 14. I made a lot of mistakes, and I got involved with the wrong crowd, but I learned so much. The best advice I can give you is to stay true to yourself and try your best not to fall under peer pressure. That is probably the most cliché thing I could say, but I promise you it's the only way you'll make it. And if you do make mistakes, which you inevitably will, use them to your benefit for growth.

From,

older you



Hey!!

My name is Ella and I just finished my freshman year of college. I'm writing to congratulate you on finishing high school!! I know this can be a bittersweet time in your life, I know it was for me. It can be scary to leave things behind and start fresh in college no matter how excited or sad you may be to do so. But I'm here to tell you there are so many adventures coming your way! Make the most of it: your time left at home and your 1st year in college. It can go by so fast. Just remember there are so many other people in the same boat as you! Good Luck!! ~Ella

hey, my name is Bri

Highschool is such a scary, but exciting time in your life.

You met so many different kinds of people that allows you to really figure out who you are. I would encourage you to find different school clubs or outside activities that you enjoy, so you can find similar people who you have a lot in common with. Also by being involved, it gives you the opportunity to talk w/ upper classman and pick their brain for advice. It also allows you to stand out on college applications. The biggest thing is to stay true to yourself and your beliefs. High school can be a time where peer pressure is all around, but if you surround yourself with positive influences it will make it easier. Find a group that you can be yourself around and that you don't have to "act" a certain way to fit in.

GOOD LUCK!!

Love,

Bri

High School

High School is going to be a time that is going to test you in every way you never thought possible. Remember you do belong somewhere, you will find your place in the world, it might not be high school, but be patient things will get better. The best advice I received in high school was to get involved with out of school activities, there is a whole world out there, filled with all types of people. Just because someone does not like the same things as you, it does not mean you should be mean to them. In fact, this is the most important time in your life to express yourself, finding yourself is a lifelong journey and I believe it to be the meaning of life. For example, this is the last time in your life that you will truly have to experiment with your self image, go for it. Something that was a constant worry in my mind was whether or not I was going to be asked to a school dance, looking back I see how ridiculous it was, more times than not you're going to hang out with your friends anyways. Enjoy the moment you are living in and remember that everything happens for a reason. When someone is trying to get a reaction out of you, don't give it to them; it always makes the situation better. Befriend people in other grades, my best friend was two years younger than me. Try to have an adult in your life that you really trust and can be honest with, they are going to give you the best advice. Peer pressure is real, don't get sucked into it. If a senior asks you out as a freshman, don't do it, there are no good intentions behind that ask. Always stand up for what you believe.

Sincerely,

Ansley

hello!

my name is abby and i am a sophomore here at usc! i am a cardiovascular technology major and i plan on going to med school after i graduate. i am also an active member in alpha delta pi. i think that getting involved in extracurricular activities as soon as possible is very important when coming to college! i am from virginia and i didn't know a single person here my freshman year. i decided to rush in august before classes started, and i am so glad i did! i instantly met so many girls similar to myself and i felt right at home - even though i was still 5 hours from my actual home. i was constantly, and still am, surrounded by my best friends which has made the transition to college much easier. being involved in extracurricular activities has pushed me to do good in school for a few reasons. staying busy has forced me to learn time management and how to complete tasks as efficiently as possible. i have become great at balancing my time and prioritizing my schedule by keeping myself busy. i also recommend staying active when coming to college! working out has become a great stress reliever for myself. staying physically and mentally healthy is so important. most importantly, i advise you to take advantage of every moment! time flies by so fast and you only get 4 years! have so much fun and enjoy every second of it! good luck!

♥ Abby

1/10/15

My name is Riley & I'm a sophomore
at JSC! Congratulations on starting
high school - you're going to love it!
Be as involved as you can - go to as
many football games, band concerts,
club meetings as you can to meet
people & make the most of your 4 years.

I know school can feel overwhelming
at times, but just keep working hard
& remember it's all so worth it!

Make sure you always take time to
do things you enjoy too

Best of luck - you're going to do great!

Riley

Dear younger self,

Don't take life too seriously. Have fun,
make friends, be you.

Do your school work and put effort into it.
Try to do your best but if it won't matter in
5 years, don't spend too much time on it.

Be active and find the adventure in life. Try
new things and new hobbies. Learning is key in life.

Find a good core group of friends, but you
truly only need one bestie. Be friends and nice to
everyone, but don't let meanies tear you down.

Be yourself and be comfortable within yourself.
Be kind to your family, because one day you
will go off to college and miss them every day.

Give hugs to people you love.

Tell people you love them.

Have fun, make friends, be you.

XOXO,

your college self

Woof!!

Welcome to High School! (I'm sorry to tell you it isn't all like the movies) These are your last 4 years until you go into the "real world." Enjoy every moment because you will be graduating before you know it! Remember, if you are nervous, everybody else is too. My first day in 9th grade my backpack split open in the middle of the courtyard, so your first day will hopefully go better. Here are a few pieces of advice from a college girl who survived high school!

1. School comes first

- Don't forget school is your job and these grades will help you in 3 years to get into your dream college!

2. Get involved!

- Don't be nervous to join a club or committee. It's a great way to meet new people and take on a leadership role.

3. Love yourself

- There will be some tough days, and don't forget to take care of yourself. High school gets busy, so let yourself recharge.

4. Be a good friend

- It seems obvious but don't get caught up in rumors, gossips, and cliques. Find people who love you for you!

Have a great year ♡

Dear younger self,

A lot of things are easier said than done, but I wish I could have listened to this throughout middle and high school...

Life is so special, and the things you surround yourself by - whether it be family, friends, sports, school, art, etc. ~ make up that life. There is a balance to it all, so stop stressing about every small thing because then, the big special life, starts to get lost. Nobody is perfect, nor near close to it, but be honest and intentional with yourself and the people you care about. This life is so special because it has a way of working things out. It's not that what is going on now isn't important, but don't lose sleep and think it defines you because in the end, we keep growing and it's beautiful. So here's to our special lives that we cannot plan out, but should embrace it all!

LOVE, present self ♡

Dear my younger self,

Try not to worry about the little things too much, but focus on ^{or did not do} the big picture. What you did ~~last~~ weekend or what that girl said doesn't matter. What matters is your happiness. Prioritize it. Surround yourself with people who fill you with joy and support you.

When you make a mistake, take time to think about it, then learn from it. Move on and grow. ~~Take~~ cherish time with family and listen closely to what they have to say. They know more ~~know~~ than you know! And don't forget to live in the moment!

Love,
future self

Dear 9th grade me,

Looking back on high school I probably spent a lot more time than necessary overthinking the little things that didn't really matter. There's no need to sweat the little stuff because as long as you're a good friend to all and true to yourself + your values, you're doing great. Focussing on the big picture will ultimately be what sticks with you in the long run and have fun with it!

Love others & yourself!

Love,
Future You!

Dear younger self,

Live in the moment as much as possible, but also realize your current reality is not permanent. Don't get too caught up in stuff that will bite you in the butt later and realize that things & life will drastically change. Good & fun can go to stressful & sad and vice versa. Enjoy the now, but be ready for the future. Change is inevitable, so take everything with a grain of salt.

Love,

Present self 

Dear Younger me,

I know it's so easy to feel overwhelmed by school work, family, and social life, but I promise that everything works out in the long run. The most important thing is to live life in the moment and enjoy each stage of life. Try to stop looking forward to things like getting your driver's license or going to college, and enjoy being able to spend time with your high school / middle school friends, and more importantly your family. It's all about the little things!

Love,

Future You ♡