

Lesson 1 Hi, High School

Getting Off to a Good Start

High school is the best time to spark your curiosity and passion. You can explore, try new things, and learn more about yourself. The three years pass quickly, so use this time wisely to set yourself up for the future. Here are a few ways to do just that.

Establish an Exercise Routine

Making time for exercise with a busy schedule is not easy. However, it's important to exercise regularly because it offers countless benefits. You can have more new experiences and complete more challenging tasks with increased energy. The benefits are not limited to physical strength; exercise also boosts confidence and fosters a positive attitude. Whether you like lifting weights at the gym, jogging through the park, or riding a bicycle, establishing and sticking to an exercise routine will strengthen your body, mind, and spirit.

Connect with a Role Model

Choosing your career path is one of the most important decisions you can make, and having a role model can be a powerful tool for making your dreams come true. Looking into the lives of the people you admire can be an inspiration in itself. Your role model can be someone you know personally, such as a teacher or family member, or someone you admire, such as a famous athlete or artist. If you pick someone in your social circle, you can directly ask for their guidance. If it is someone you can't meet in person, you can study their actions and observe their strategies. What you learn from them will benefit you both during and long after high school.

Give the Technology a Break

These days, many teenagers spend too much time staring at smartphones and computer screens. Some even stay up late playing computer games and watching videos. This is fine as long as these devices enrich your life. However, excessive reliance on technology can exhaust your mental energy. To make it easier to focus on important things, set aside your devices for some time. For example, it's a good idea to finish surfing the Internet, watching videos, and sending instant messages during the week and turn everything off on the weekends. You can use your newly found time to connect with friends, family, and yourself. You might be surprised at how much more productive you can be when not glued to a screen.

Write a Letter to Your Future Self

Who you are now says a lot about who you'll be in the future. However, as the years pass, some of your current interests and perspectives may fade. You could try sending a note to your future self. Writing a letter to your future self will allow you to take a moment to reflect on where you are, where you're heading, and what's important to you right now. Furthermore, when you're older, this letter can serve as a reminder of the person you used to be. It might even give you a new sense of strength to live a more meaningful life.

The high school years can be overwhelming at times, but the challenge is there for a reason, and you don't have to be perfect every step of the way. During your high school days, have a great time trying out different things and discovering what works best for you. More importantly, however, don't forget to have fun along the way!