

ACT Prep  
YCHS

Instructional Packet  
March 25<sup>th</sup>-April 6<sup>th</sup>

T. Cleveland

Mrs. Cleveland  
ACT Prep - Weeks 1 & 2

Student Name \_\_\_\_\_

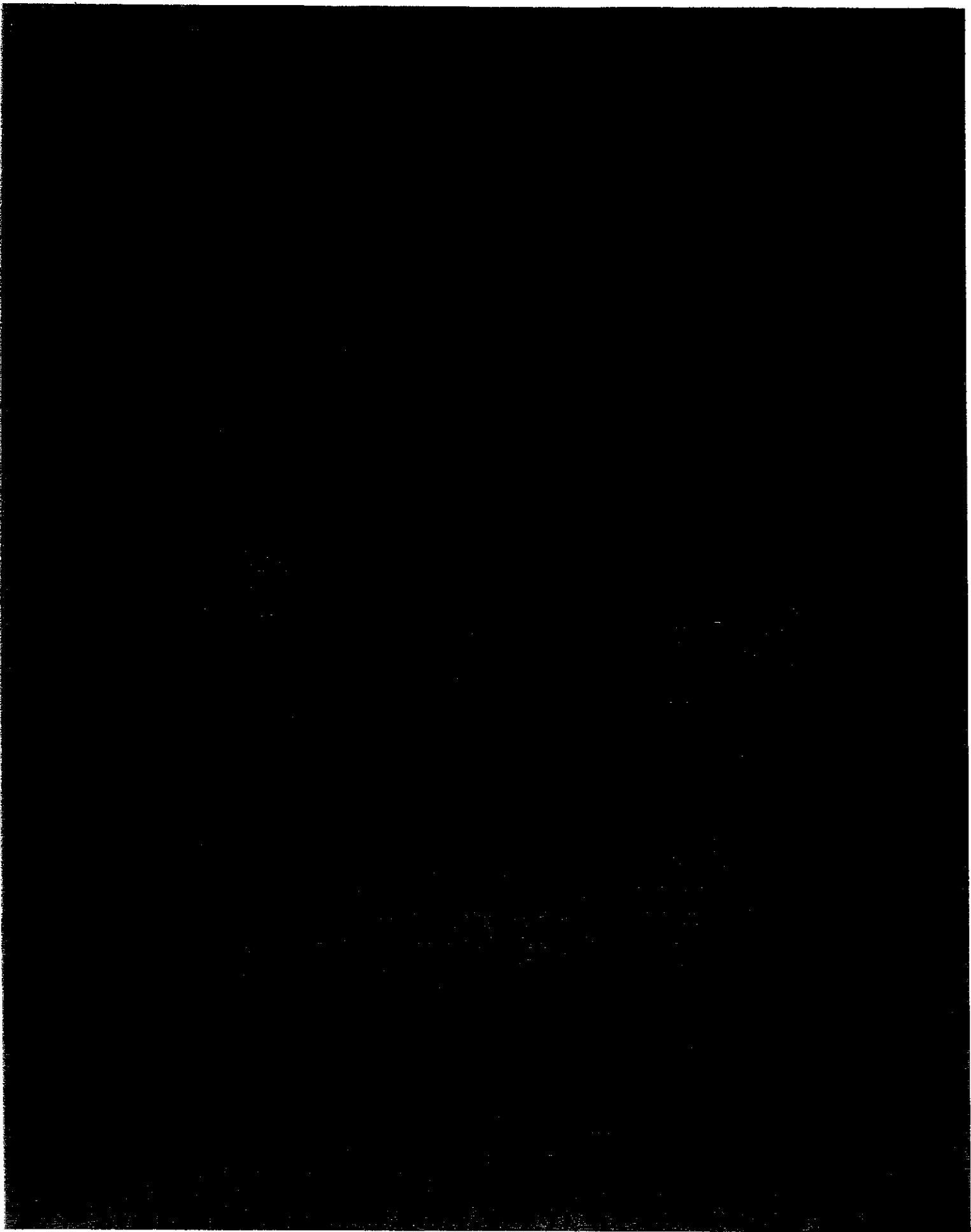
Please label all work with your name and an assignment title.

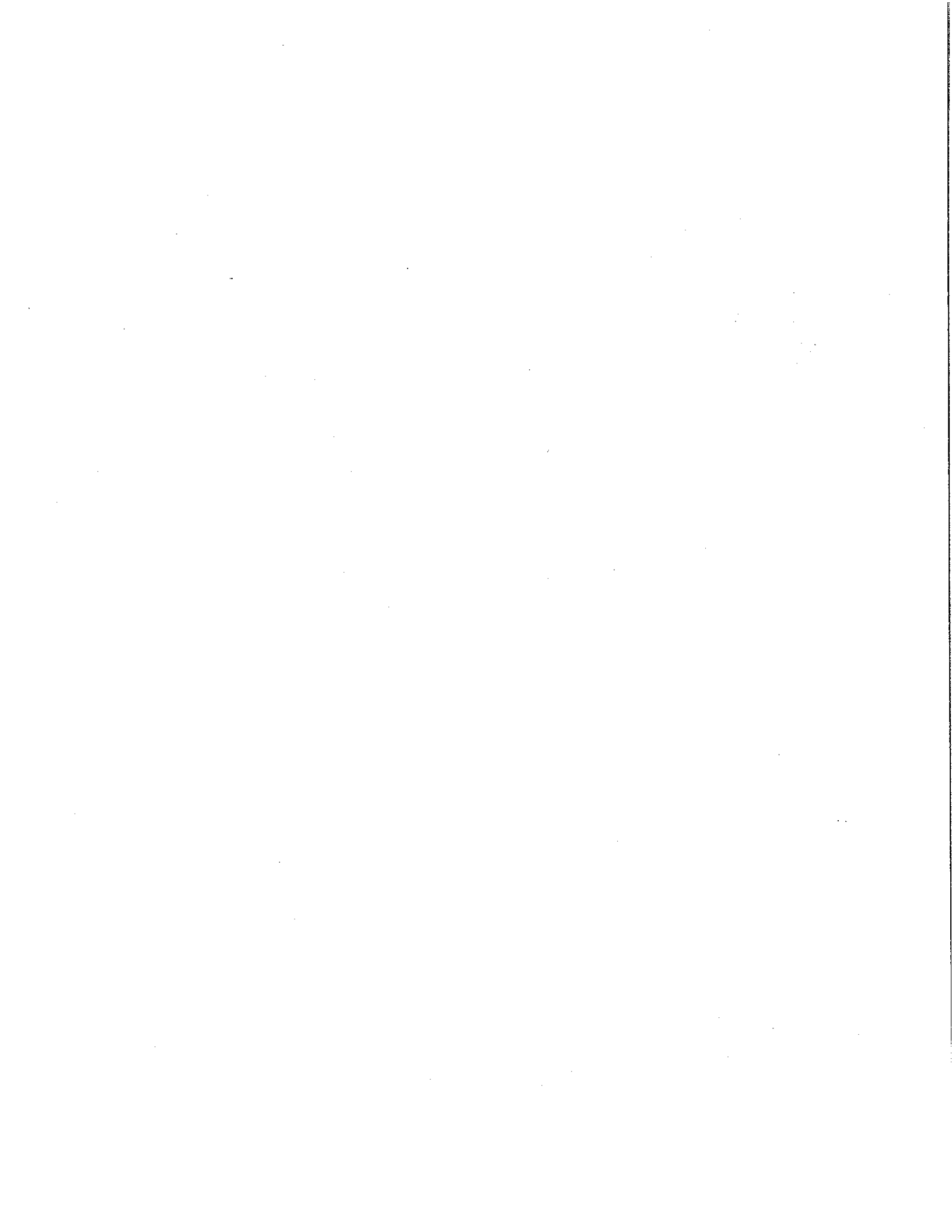
Week 1 - Please read all directions carefully.

1. Login to your [www.number2.com](http://www.number2.com) account.
  - a. Go to the Vocab tab under ACT and select Vocabulary Builder.
  - b. Select "show me some new words."
  - c. Write\type the word and definition, along with a sentence using that word.
  - d. Repeat for a total of 10 new words (you could do 2 a day, or all 10 at once.)
2. Login to your account on [www.number2.com](http://www.number2.com).
3. Select the Test Tips Tab, then click on the "stress management page" link. I know that some of you are done taking the ACT. However, there are still "tests" in life that we must take. For some of you it may be a job interview, work, upcoming college work, family\relationship situations, etc. Please take this assignment seriously, understanding that it can apply to so much more than the ACT.
4. Read through each tab, beginning with the first.
  - a. Introduction - just read
  - b. Stressors -
    - i. Read
    - ii. Written Response - Answer the 6 questions within the reading.
    - iii. Written response - What are things that stress you in everyday life?
  - c. Habits -
    - i. Read
    - ii. Written Response - What are your sleep habits like?
    - iii. WR - Do you feel as though you maintain a healthy diet?
    - iv. WR - Do you exercise regularly? What is your go-to exercise?
  - d. Relaxation -
    - i. Read
    - ii. Written Response - What are some techniques that work for you when you are starting to get stressed?
  - e. Personal Goals
    - i. Read
    - ii. WR - Do you feel that you set realistic goals for yourself?
    - iii. WR - What are some of your goals you have set for the future?
5. Submit your responses in Google classroom or return to school with other work at the designated time.

Week 2 - Please read all directions carefully.

1. Login to your [www.number2.com](http://www.number2.com) account.
  - a. Go to the Vocab tab under ACT and select Vocabulary Builder.
  - b. Select "show me some new words."
  - c. Write/type the word and definition, along with a sentence using that word.
  - d. Repeat for a total of 10 new words (you could do 2 a day, or all 10 at once.)
2. Visit the following website and read the information there. Select a relaxation technique to try daily. 6 Techniques for Dealing with Stress in High School
  - a. Make a list or screenshot the website if you need to, then try a new stress-reducing technique daily.
  - b. Written response - Create a "Journal" for 5 days, recording the technique you tried, whether you felt it worked for you or not, and whether or not you would try it again.
  - c. You could create a table in a doc, or you can handwrite and upload a picture
3. Submit in Google classroom or return to school at the designated time.





## Vocabulary Builder Set 1

### 1. What is the meaning of EPIPHANY?

A moral fault or failing; especially, immoral conduct or habit.

The personality and appearance that a person projects in public (or that an author assumes in writing).

The cause of ruin; anything that destroys life; a poison.

An appearance, or a becoming manifest. Also frequently used as a sudden idea or brainwave.

Effectiveness; efficiency.

### 2. What is the meaning of ADJUNCT?

Something joined or added to another thing, but not essentially a part of it.

An implied or associated meaning.

Person currently occupying a political office.

Nonsense; unintelligible language.

Person whose job it is to suppress immoral or offensive content.

### 3. What is the meaning of INCRUSTATION?

A covering or layering.

Very large book or volume within a collection of writings.

Someone who appeals to the prejudices and emotions of the people in an attempt to gain power.

A lawless fellow; one of a band of robbers.

Nickname

**4. What is the meaning of BEGET?**

To calm; to pacify.

To point out a cause; to ascribe.

To persuade someone not to do something.

To procreate; to father or sire.

Declare to be illegal, disallow or condemn as unacceptable or harmful.

**5. What is the meaning of SCURRILOUS?**

Able to move; (noun:) a form of sculpture with moving elements.

Subordinate; having a lower rank or status; obsequious.

Using indecent language; offensive.

Short-lived; existing or continuing for a short time only

Uncivilized; wild; crude.

**6. What is the meaning of ANTIPATHY?**

Disinclination to work; laziness.

Commotion; bustle; hurry; a light snowfall.

One who hoards money and is hesitant to spend it.

Something joined or added to another thing, but not essentially a part of it.

Strong dislike, or hate.

**7. What is the meaning of DECIMATE?**

To move to action; to stir up; to rouse; to spur or urge on.

Cause disbelief or disgrace.

To attract or entice; to draw toward.

To make worse

To destroy a considerable part of (literally reduce by a tenth).

**8. What is the meaning of JEOPARDIZE?**

To surrender the ownership of; also, to deprive of possession or proprietary rights.

To distribute, or parcel out in parts or portions; to set apart as one's share.

To criticize severely.

To place at risk.

To represent by a concrete example.

**9. What is the meaning of EPITAPH?**

Violent anger; vehement exasperation; indignation; rage; fury; ire.

A lizard that changes color to match its surroundings.

A bank or wharf jutting into water from which boats may be loaded and unloaded.

A short message on a grave stone that describes the deceased person.

A painting on plaster.

**10. What is the meaning of SOBRIQUET?**

Nickname

A blessing; a prayer wishing another favor; an invocation of happiness.

Flesh of slain animals or men; great destruction of life, as in battles.

A great amount (of something. Could refer to weight, quantity, power, influence, etc.)

Prevailing code, tenet or doctrine.



Set 2

**11. What is the meaning of CORDON?**

Describe the important or defining features.

To elude; to foil; to perplex.

Say or read aloud for another to transcribe or for a machine to record; set as a rule.

To adhere closely; to stick; to hold fast; to cling.

Surround with a barrier.

**12. What is the meaning of PLATITUDE?**

A fortified place.

A loud or pompous speech addressed to a large public assembly.

A thought or remark which is flat, dull, trite, or weak; a truism; a commonplace.

A person with discriminating taste (e.g. in food and wine).

Contempt or scorn, or the expression thereof.

**13. What is the meaning of VITUPERATIVE?**

Of the same or a similar nature; of the same family; proceeding from the same stock or root.

Containing, or characterized by, abuse; scolding.

Easily understood; clear; transparent; shining; bright.

Prone to injure, harm or diminish.

Disposed to revenge; prompted or characterized by revenge.

**14. What is the meaning of ROSTRUM?**

Bias; bent; tendency.

Excess in eating; extravagant indulgence of the appetite.

Intense volley of many things at once (as in, perhaps, artillery shelling).

A register or roll.

Stage for public speaking.

**15. What is the meaning of PROMONTORY?**

Any positive characteristic; bravery; daring; spirit; valor.

Fond recollection of a past time; homesickness.

A high point of land; a part that projects outward.

The state of lacking transparency; being impervious to light.

One who has forsaken the faith, principles, or party, to which he previously adhered.

**16. What is the meaning of CAJOLE?**

To attract or entice; to draw toward.

Deviate from the truth, lie.

To expose to contempt or shame; to represent as blamable; to calumniate; to vilify; to defame.

To flatter; coax; deceive with flattery; entrap.

To defame; to tarnish the reputation of.

**17. What is the meaning of SUBLIME?**

Rude and lacking in respect; bold.

Large in quantity or amount; plentiful; abundant; fruitful.

Relating to trends in a population.

Routinely done, done with disinterest.

Exalted, grand, of awesome quality.

**18. What is the meaning of NEGLIGIBLE?**

Capable of being bent; yielding; flexible.

Not easily governed, managed, or directed.

Hostile, opposed. Acting against, adverse and damaging.

Can be disregarded, or left out of consideration; small or inconsequential.

Not capable of being melted, liquefied or broken apart.

**19. What is the meaning of COLLATERAL?**

Dried; shriveled; withered.

Completely sealed; airtight.

Affecting wide area, or large proportion of people.

Deviating from stated methods, usual practice, or established forms or laws.

Acting indirectly; having lesser importance.

**20. What is the meaning of ENJOIN?**

To decorate or make beautiful; to add fictitious details.

To pursue steadily any project or course begun.

To trouble, worry or torment; to attack repeatedly.

To darken or obscure; to confuse.

To give an injunction to; to direct with authority; to order.

## Stress Management

[Introduction](#) ▪ [Stressors](#) ▪ [Habits](#) ▪ [Relaxation](#) ▪ [Personal Control](#) ▪ [External Resources](#)

Anxious about the ACT? That's natural. The ACT is a big deal, but it's *manageable*.

The first step is to realize that stress is a natural response. There's nothing wrong or bad about it. It's your body's way of giving you extra energy and quicker reactions. The key is to *manage* your stress, so you don't feel overwhelmed.

There is no one-size-fits-all solution to stress management. Different techniques work better for different people, so we'll give you some suggestions- try them out and use the ones that work for you.

The links above will give you suggestions for **identifying your personal stressors**, **relaxation techniques**, and ways to build a **sense of control** about your test preparation activities.

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▪ [Managing Stress](#)

▪ [How to Guess](#)

▪ [Time Management](#)

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[Exam Information](#)

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## Identifying Your Personal Stressors

Introduction ■ **Stressors** ■ Habits ■ Relaxation ■ Personal Control ■ External Resources

A stressor is a thing that causes stress. Everyone reacts slightly differently to stress and we all have our own personal stressors. Of course, the proximate stressor here is the ACT itself. What we really mean is what specific *attitudes* about the ACT might be contributing to any stress that you feel. Do you feel a lack of control? Do you worry about running out of time? Are you perhaps feeling a little overwhelmed by other aspects of going to college?

It's helpful to acknowledge any distress that you might feel. Don't ignore it or gloss over it. The first step to stress management is to recognize and acknowledge your personal sources of stress.

Notice how your body responds to stress. Do your muscles get tense (e.g. a clenched jaw or tight shoulders)? Do you feel jumpy, or maybe a little depressed? Does your breathing accelerate? One natural stress response is reduced blood circulation to the extremities, which can cause one's hands to feel cold.

Once you identify the sources of stress in your life, and how your body reacts, you're ready to begin to learn coping techniques that will help moderate your stress level and give you a sense of control.

Companion Home  
English  
Mathematics  
Reading  
Science  
Test Tips  
■ **Managing Stress**  
■ How to Guess  
■ Time Management  
Help

Exam Information  
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## Successful Habits of Stress Reduction

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In the past, the human race as a whole lived by physical labor, and *exercise* was a natural means of modulating stress. Nowadays, physical exertion is less common in everyday life. It's a great stress management technique to devote a half hour or so each day to moderate, rhythmic exercise such as walking, jogging, swimming, aerobics, cycling, or dancing.

Eat sensibly - a balanced diet is the best way to maintain your stores of energy. Moderate your intake of caffeine, alcohol, and sugary foods.

Get 8 hours or so of sleep a night with a regular schedule. It's particularly important to get a good night's sleep the night before the exam, and a regular sleep schedule will help.

Talk with your friends and share experiences and feelings about the ACT. Interpersonal support is a great way to reduce stress.

[Companion Home](#)

[English](#)

[Mathematics](#)

[Reading](#)

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[Test Tips](#)

▪ [Managing Stress](#)

▪ [How to Guess](#)

▪ [Time Management](#)

[Help](#)

[Exam Information](#)

[Word of the Day](#)

[Question of the Day](#)

[GRE](#)

[Vocab](#)

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## Simple Fix For Snoring

New anti-snoring device is even better than CPAP, improves nasal airflow ; stops snoring StopSnore Clip

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## Relaxation Techniques

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Worried about stressing out during the test? There are lots of techniques that can help you relax. Relaxation is a learned skill: put aside a little time to practice every day, and it'll come naturally when you need it.

Here's one that works well for lots of people: *regular, deep breathing*. Inhale slowly through your nose, allowing your stomach (i.e. your diaphragm) to expand outwards. Hold the breath, just briefly, and then exhale slowly through your mouth. After two or three gentle breaths, you'll begin to feel yourself relax and your mind will start to clear. If you begin to feel light-headed, then breathe more slowly.

Relaxation techniques can *reduce muscle tension*, which can also help reduce emotional tension. If you notice yourself tensing up, then allow your shoulders relax and droop. Take a couple regular, deep breaths. It doesn't take long, just a few seconds. No need to rush.

Some people enjoy *meditation*, which can be a great way to clear your mind of daily worries and rejuvenate your sense of well-being. Meditation is about acceptance and allowance. It's not so much something you *do* as it is a state of mind that you allow yourself to attain. Here's some advice... sit comfortably in a quiet place with your eyes closed. Let your attention turn towards your regular, steady breathing. Some people find it helpful to quietly repeat a calming word or short phrase as they exhale. It's ok to allow your mind to wander: let your thoughts wander to and fro as if in a dream. Meditate for about 15 minutes a day and you'll soon notice an improvement in your outlook throughout the whole day.

If you notice yourself getting wound up in anticipation of the ACT, give yourself a *chance to unwind* by hanging out with friends, taking a quiet stroll, listening to your favorite music, or taking a hot bath.

Do you get severe panic attacks? Some people suffer from such acute test anxiety that the symptoms seriously interfere with performance. If you experience anxiety that reaches this clinical level, you may wish to consult a physician.

[Companion Home](#)

[English](#)

[Mathematics](#)

[Reading](#)

[Science](#)

[Test Tips](#)

▪ [Managing Stress](#)

▪ [How to Guess](#)

▪ [Time Management](#)

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[Exam Information](#)

[Word of the Day](#)

[Question of the Day](#)

[GRE](#)

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## Building a Sense of Control

Introduction ■ Stressors ■ Habits ■ Relaxation ■ **Personal Control** ■ External Resources

Stress arises when we face a challenge where we can't see a way towards a solution. You've *already taken* a big step towards managing your test stress, just by enrolling at Number2.com and working through the tutorials. You've identified the challenge: doing well on the ACT. And you're taking action to meet the challenge. You're on the right track.

Do you find yourself procrastinating? It's an easy thing to do. Why not set up a regular study schedule that lets you break up the test prep task into bite-sized pieces? That way, you can feel comfortable that every week is bringing you closer to your goal.

Don't punish yourself if you get something wrong. We all make lots of mistakes; treat a mistake as an opportunity to learn.

Set realistic goals for yourself. Take charge of your test prep attitude. Focus on the positive: you're learning lots of vocabulary, mathematics, and reading skills, expertise that will help you both on the ACT and later in life.

Many people get distressed over things that they won't let themselves accept. There's no need to dwell on negative thoughts.

Companion Home  
English  
Mathematics  
Reading  
Science  
Test Tips

- Managing Stress
- How to Guess
- Time Management

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● Monikah Schuschu — June 13, 2017 — 9 min read — 10th Grade, 11th Grade, 12th Grade, 9th Grade, Academic Tips and Info, Academics, Grades

## 6 Techniques for Dealing with Stress in High School

Stress is a fact of life for people of all ages. If you're a teenager, however, the experience of attending high school and preparing for college may expose you to a level of stress that's higher than any you've experienced before. That's part of growing up and taking on new challenges, which is a necessary and beneficial process. In the moment, though, feeling the brunt of that stress can be quite difficult to handle.

However, the challenge is far from insurmountable. Many people have been through this stage of life before you, including those of us who now work at CollegeVine, and we've learned from the experience. Read on for some of our favorite strategies for managing your stress level, mitigating the negative effects of stress, and navigating high school in a way that will keep you healthy and happy as well as accomplished and successful.

### When stress becomes a problem

As a high school student, you undeniably have a lot going on. Schoolwork and studying take up time, especially for challenging academic classes. Your after-school hours are likely packed with extracurricular activities. Add in a part-time job, a social life, and spending time with your family, and you're potentially facing a very busy schedule.



## All

high school record will look to admissions committees.

It's no wonder, then, that many high school students feel stressed. To a certain extent, this is normal and expected—everyone experiences stress, and many challenging and valuable experiences will also be unavoidably stressful. Stress can often be part of the experience of growth, and it's not something you can or should totally avoid.

When stress becomes a problem is when it begins to affect you in negative ways, which can manifest in different forms for different people. Some might experience physical effects like headaches or stomach troubles. Others might feel overwhelmed by worries, have trouble sleeping, or be more easily irritated. Whatever combination of negative effects you personally experience, it's not pleasant, and it can get in the way of your goals.

While feeling stressed in high school may be a natural response to a busy time in your life, you don't have to resign yourself to its negative effects. There are ways to work on managing your stress that can help you to stay healthy as you pursue your dreams. Below, you'll find a few of our favorite approaches for dealing with the stress of the high school experience.

## Techniques for managing stress

### **Give yourself a break.**

Don't feel bad about setting aside time in your life to do things that you enjoy and that make you happy, whether or not they seem "productive." In fact, you should feel good about taking breaks—it's an essential part of taking care of yourself. All of us need time to rest and refuel.

What you should do on your breaks depends entirely on you. Some people find that quiet activities like reading a book or watching TV are the best way to relax. Others prefer more active breaks spent working on personal projects, exercising, or spending time outdoors. Only you can say which activities work best for letting you unwind.

Clearly, your breaks don't have to be all about you; socializing and spending time with friends can also be an important way to break up your schedule. Not only is this fun, it also helps keep you

**All**

schoolwork, college applications, or whatever else is causing your stress in the first place. Getting distracted from your stressors, even if it's just for a little while, is a great thing.

If you have trouble remembering to take breaks, there's nothing wrong with making them an explicit part of your schedule—you can block them out in your calendar or even set an alarm to help you remember. Take your planned breaks even if you don't feel like you absolutely need it right that second. Don't wait until you're already burned out to get some rest—respect your need for rest and build it into your plans ahead of time.

**Stay organized and create a good workspace.**

Cleaning your room, or otherwise organizing your spaces and belonging, can be an annoying task, and teenagers are notorious for the lengths they'll go to to avoid tidying up. However, taking some time to keep things neat can pay off later in terms of stress relief.

Keeping a clean and organized workspace makes for a more pleasant working experience, and more importantly, it ensures that you're able to access what you need quickly and easily—no more frantically digging through stacks of paper for the one document that you really need. While it can't prevent every stressful situation, and unexpected things do happen, it does help eliminate one particular source of stress.

This can apply to your electronic spaces as well as your physical spaces—when's the last time you tidied up your hard drive and made sure important files were correctly labeled and easily accessible? As college applications become increasingly digital in format, it's just as important to keep your digital files where you can find them as it is to keep physical paperwork organized.

If you're spending a lot of time at your desk studying or writing, you should also ask yourself whether it's comfortable and healthy. Is your chair supportive enough? Do you have the right lighting? Is your computer's keyboard at the right height? Having a workspace that's well-suited to your needs can only help.

You may not be able to create the perfect study bubble for yourself, but as much as you can, adjust your surroundings and your work habits to help yourself get things done more smoothly. Staying organized may not come easily to you, but you'll be thankful for having done it when it makes your daily activities less stressful.



## All

your senses, potentially providing a potent distraction from your worries. Second, they're just plain enjoyable, making them particularly pleasant ways to take a break.

A scented candle or essential-oil diffuser provides one sensory experience that you might enjoy. The warmth of a long soak in the tub can physically help to ease muscle tension or soreness that you may have accumulated due to stress. Simply taking some time to lay down and rest, away from schoolwork and electronics and perhaps with a good book or some music, can also be very relaxing and rejuvenating.

Other spa treatments are popular too, of course. Whether you're into face masks, foot soaks, saunas, or scrubs, these activities can be really enjoyable, and are especially fitting if, for example, you're experiencing skin problems due to stress. Knowing that you're taking care of your physical self in one particular way can help you to relax in other ways.



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While some people feel that they get a lot from formal meditation practices, not everyone is interested in or enjoys pursuing that kind of practice. However, there are many activities that have a meditative quality that can help to ease your mind.

Coloring has become particularly popular as a meditative stress-relief activity. Art supply stores and bookstores now stock plenty of coloring books oriented toward teens and adults, which are far more detailed and interesting than those you might have used as a child.

Other forms of art and craft, from drawing to cross-stitch embroidery to woodworking to playing a musical instrument, can have similar effects. You don't have to be an immensely talented artist to benefit, both in terms of meditative concentration and in terms of simply doing something you enjoy and expressing yourself.

Many other activities can have a meditative quality. Some people find that spending time in nature fills this need. Others find a sense of peace in everything from writing to gardening to religious observations. The range of possibilities is broad, and ultimately, only you can say what feels right for you.

### **Get outside and get moving.**

Getting outside, exercising, or participating in some other kind of physical activity can be a great distraction from stressful thoughts and tasks. Tiring yourself out physically can also help you to sleep better, and as we'll discuss in greater detail below, quality sleep is a valuable thing.

For some people, exercise feels good on a physical level, whether from endorphins or from the satisfaction of meeting a tough physical challenge. Others may find that physical activity helps ease the tension and other physical symptoms that can occur when they're stressed.

You don't have to run a marathon or join a competitive sport to reap the benefits of physical activity. Taking a walk in the park, playing fetch with your dog, or even scrubbing the bathroom tile can be helpful as well. The best physical activity is one that you enjoy, that helps you feel better, and that you'll be motivated to do consistently.

Everyone is different; not everyone has the ability to undertake significant physical exertion, and some people just don't find it enjoyable. However, if you're struggling with stress management,

**All**

over your schedule— school starts at a certain time, extracurriculars and part-time jobs may dominate your after-school hours, and then there's homework, a social life, and family obligations to juggle.

However, it's well worth the effort to prioritize your sleep and maintain a consistent sleep schedule. A good night's sleep provides your body and mind with a solid foundation from which to approach the next day's tasks. As a teenager especially, you're still growing and developing, and your body needs sleep to do this optimally.

One step that you can take is to try to eliminate things that can disrupt your sleep, such as light and sound. You may want to invest in tools that help you control these factors, such as light-blocking curtains, eye masks, earplugs, or white-noise machines. You should try to keep your room at a comfortable temperature—being too hot or too cold can also disrupt your sleep.

Caffeine can also be a problem for high-school students who depend on coffee or energy drinks to get through the day. Not only can excessive caffeine cause health problems, but getting too much caffeine, especially late in the day, can seriously affect your sleep. Try tracking your caffeine intake—you may be surprised at how much you're ingesting.

Finally, as much as you may hate to admit it, your electronic habits may be affecting your sleep. It's a good idea to step away from your screens well before bedtime. This includes your phone, no matter how strong the habit of checking for new notifications. Turning off your phone at night can help; for extra effectiveness, hide it from yourself in a drawer or another room.

Again, not everyone has the opportunity to exercise total control over their sleep habits. Whether it's your schedule or your siblings making noise at home, many factors can make your sleep less than ideal. However, whatever you can do to prioritize getting a good night's sleep is a step in the right direction.

**What if I feel overwhelmed by stress?**

Practicing better stress management is a good idea for everyone, but it's easy to neglect this form of self-care until it reaches a point where you're overwhelmed. If the negative effects of your stress level



## All

in balancing your other obligations. As we've covered previously in our blog post [Managing Extracurriculars: A Guide to Strategic Quitting](#), it's better for you to be involved in fewer activities in higher-quality ways than to spread yourself too thin and burden yourself with an excessive amount of stress.

Talking to people you trust can also help. Your friends are likely going through similar issues, and will be able to relate. Your parents, who know you well, may have advice that's particularly targeted to your needs. Your guidance counselor is trained to assist high school students with issues like these and can help you access resources at your school and in your community.

Finally, if you're feeling seriously worried about your stress level, talking to a counselor, therapist, or other professional can really help. A professional's education and experience allows them to provide you with specific tools, techniques, and insightful suggestions for how you can better manage your stress and look after your own well-being.

### For more information

If you're a fan of the CollegeVine blog's advice on navigating high school and the college application process, check out our sister blog, the [CollegeVine Zen blog](#). You'll find a lighter and more personal perspective on being a high school student and transitioning to college, with insight and humor from those who know that experience.

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