

THE COLLEGE APPLICATION PROCESS

Senioritis: Don't Let This Happen To You!

**Senioritis: Defined
Common Indicators
Natural Consequences
Common Cures**

Senioritis Defined:

The Merriam-Webster Dictionary defines Senioritis as “an ebbing of motivation and effort by school seniors as evidenced by tardiness, absences, and lower grades”. Some students begin suffering from senioritis as early as freshman year and acknowledging its existence is the first step toward eliminating it from your life. Don't dismiss the potential for an “elephant in your room”; especially after your college applications are mailed and acceptances begin to arrive.

Common indicators of senioritis include:

- Little or no homework completed
- Procrastination
- Lower Grades (than you're capable of achieving)
- Inability to concentrate on academics

The Natural Consequences of Senioritis

All offers of college admission are provisional. This means that colleges expect students to continue achieving grades at the same level through graduation. Senior year performance is equally important to colleges as the previous three. A final transcript is sent through Docufile and reviewed by the college admission office. When there is a significant drop discovered, students could receive notification that their admission offer has been rescinded. Rather than allow this to become a possibility, students should be careful not to get lost on a slippery slope of senioritis.

In most cases, colleges will contact students to ask about their grades. Students in this situation are always better off to be proactive rather than reactive and contact the admission office right away to discuss their final transcript and provide context. Many colleges are satisfied when a student takes a mature approach like this and they remain on the list of incoming students.

There are additional considerations to the effects of senioritis. Students who drop their interest level and withdraw themselves from actively participating in their education will be challenged to do so in college. They may not be as well prepared for the curriculum nor for the expectations. Remedial coursework to help students catch up may also become a requirement. Also, students who transfer from one college to another in the midst of their education will likely need to submit a high school transcript. Poor senior grades will not be a promising sign for a college transfer student.

Common Cures

Senior year culminates in college acceptance for most students. Admission to college is a direct reflection of all of the time and effort put into high school. It can be very tempting to succumb to senioritis and coast through to graduation. Unfortunately, this is not usually so easy to overcome.

Admit it's happening!

Naming the problem is the first step to finding the cure. Sounds cliché, but it's true.

Get a Reality Check

If you think you are falling into the lull of senioritis talk about it. Often having a conversation with your counselor to discuss your concerns and establish a concrete plan of action to get back on track is all you need. Talk to your parents as well. This is an excellent opportunity to demonstrate your ability to take responsibility for your choices and make the necessary changes to overcome challenges.

Consider your Senior Course Load

If you have just started your senior classes (within the first 10 days) and can see that you are going to struggle with the material, talk to the teacher. Sometimes, students need some extra help at the beginning, other times students have taken on more than they realistically should have. Acknowledging any confusion with subject matter and taking the time to gain better understanding of the material is a key component in avoiding and curing senioritis.

Make Time for Fun

Balancing academics, extracurricular activities and a social life is always a challenge. As high school graduation draws closer, students sometimes forget about a healthy balance and show signs of senioritis due to burnout. Healthy eating, regular sleep, exercise and time for family and friends are all essential components of maintaining a healthy lifestyle.