

Senioritis?

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Is your senior student getting, or already experiencing, "Senioritis?" Do you see or feel like your senior student is losing motivation and not getting their tasks at school or home completed? Welcome parents to the end of the school year challenges!

As parents, we need to keep tabs on our students. I know our students are ready for us to "back off," but we need to provide them with continued positive support, love, and care. At the same time, we need to hold them accountable. So how do find the balance between all while keep in considering their anxiety about leaving BD.

There is a wide range of symptoms with senioritis. These are possible symptoms you may see: decrease in grades; not completing assignments; wanting to or cutting class; lack of motivation; not wanting to get up and go to school; and procrastination on deadlines. There are various tasks we can do to help our Saints when they are experiencing any of these symptoms. Such as, help them with organizational skills and following through with short term goals. Provide positive support with time management skills with your senior and let them know you will work on them, too. This provides a support system and for them so they do not to feel like they are alone. Help them to set their future goals, which could include a certain type of job and continued education. Work with your senior student on coping skills. Such as when they come home from school, stop and take time to talk with them about other topics that are not school related. Offer to go for a walk together or make dinner together. Spending daily, quality time together as a family is important. You can help your student outline a daily strategy on how they will study at home. Such as which subject they will work on first and taking breaks between homework assignments.

As we provide the support and direction for our Saints, it is always good for us to take a few steps backward and remind ourselves they are young adults whose minds are still being molded. Our influence we have on them is huge. We as parents, teachers, staff, and administration all have frustrations. It is okay to share with them (in a healthy manner) our frustrations with their "senioritis."

The Lenten Season is also about a time of change. I ask you to keep in mind during this Lent Season and the reading from 1 Corinthians 13:4-8 New International Version (NIV). "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away." What a remarkable reading for us as parents, staff, teachers, and administration to keep in mind as our Saints face graduation day. As our youth may show signs of senioritis, we need to give them even more of our love and positive encouragement.