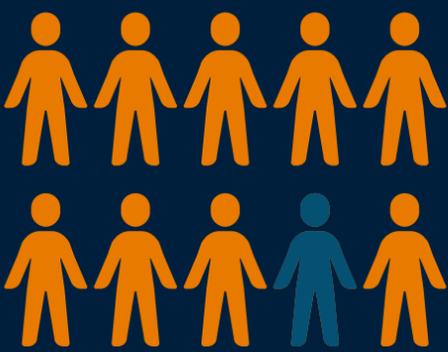


THE PSYCHOLOGY OF SENIORITIS

-THE FACTS-

9 out of 10

BHS Seniors Experience Senioritis



Definition:

A disease that affects high school seniors. Symptoms include: disinterest in school, irritability, procrastination, irresponsibility, and an excessive wearing of sweatpants.

Top Reasons for Senioritis at BHS

-  1. Stressed & Overwhelmed
-  2. College Acceptance
-  3. Done with High School
-  4. Exhaustion
-  5. Boredom

“Senioritis”

Is a term originally coined in 1950 to describe “the general lack of enthusiasm and fits of irresponsibility” displayed by high school seniors.

Burnout

Burnout and senioritis typically go hand-in-hand. It is especially prevalent in highly perfectionistic students.

Burnout is caused by consistent exposure to stressors. This increases cortisol (a stress hormone) levels over time, ultimately lowering quality of life and leading to the inevitable “burnout.”

Tips to Stay Motivated

Set Goals

Set a goal to remind yourself what you are working toward. Having a tangible end point makes staying motivated easier.

Make Incentives

Working toward a goal with a reward gives you something to look forward to after all that hard work.

Take Breaks

Allowing yourself some downtime can recharge your battery to fuel you through the next few months of school.

Cherish it

The end of senior year is closer than it appears. Try to focus on the good things in high school that won't last forever.