

Catherine Cojocaru: Quick — only 3 months until graduation

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**Catherine
Cojocaru**

As February nears a close, one dreams of chirping birds, spring break, sunshine and a variety of other exciting experiences.

Flipping through the calendar, one might count the number of days until vacation, realize they never did that one thing they were supposed to do a week ago, or remind themselves of projects that must be done — and then it hits them. For "them," as in high school seniors, graduation is a measly three months away.

Three months! To the more worldly people in our lives, such as parents and teachers, three months is a very trivial amount of time. They tell us that it will "go by in a flash" and that we will wish we hadn't spent this whole time waiting for high school to end.

And while there is probably merit in what they are saying, when we seniors have multiple day-to-day challenges and have to make extremely important decisions about which school we will attend, where we will live and what career path to take — every day is a new challenge.

How do we survive this next trimester of our lives without spontaneously combusting or dropping out of society to live with the koalas? While I definitely do not claim to have everything figured out, I do know what has worked during my process.

First, to parents of second-semester seniors, we really do appreciate what you have done for us all these years. Remember that as time goes on, we will have to make more and more decisions — some of which we can handle on our own, and some we may need a little help with.

Communication is key. If your teen seems

overwhelmed with decisions, offer to help with something, like examining college housing options.

Conversely, if for some reason or another your son or daughter isn't taking the reins of their future, sit down with them to get to the root of the problem. The transition from high school to college can be scary for both student and parent, and in these years of our lives, our maturity levels and relationships are always changing.

Even if we don't show it all of the time, most of us understand that your care for us is unlike any other, and no matter how tough we act, we will miss you when we go off to school.

Now, for my fellow seniors, I know it's tempting and even seemingly justifiable to procrastinate. But the truth is that the large majority of colleges are going to want your final transcript, and may even rescind their admission decision if they see you've failed classes or if your GPA has significantly decreased.

So how does one cope with the stress? Get as much sleep as possible. Eat less junk food. Talk it out with a friend, or read a book you actually enjoy.

Doing things for others is remarkably satisfying, too. Buy somebody a flower or be their shoulder to cry on.

It'll be over before you know it.

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