



Frontier Charter School Sponsors
‘Steps to Your Future’
with Mari Jo Parks, M.Ed., Career & College Coach



Dear Students and Parents,

This past week I heard the fear and crisis in most of the voices of the parents and students I talked to. The words like failure, stupid, out of control, giving up, undecided, distant, angry, unhappy, and will not talk to me were a common theme.

For so many teens the overwhelmingness of life is hitting them. They are ending a school year of stress, confusion, change, aloneness and uncertainty. You have lived through a very tough year and survived. That alone should make you want to celebrate.

I offer some thoughts:

- If grades are not as good as you want them to be, decide if it is worth the extra effort to improve them, then go for it. But if you are beyond the repair point then let it go. Your grades do not tell the whole story of who you are!
- Please stop comparing yourself to others! Although things may look perfect for your friends or classmates, I promise you they are struggling too.
- Your high school journey is your journey. Use it to your advantage, keep things in perspective.
- Remember high school is only 4 years of your life. (You are going to live to be 100)! This is a steppingstone. **Yes, grades are important, but knowledge is far more important.** What have you learned this year? How have you succeeded? What did you learn about yourself and the world around you?
- Family relationships are important. Stop being angry with one another and embrace the struggle. It is natural for teens to rebel against parents at this time, it is how they cope with becoming independent. If possible, hug more, find ways to laugh and cherish each other. I also recommend a crazy dance to get rid of the stress!

Here is a little perspective... Famous Successful People Who Failed at First

Walt Disney: Today Disney rakes in billions from merchandise, movies and theme parks around the world, but Walt Disney himself had a bit of a rough start. He was fired by a newspaper editor because, "he lacked imagination and had no good ideas." After that, Disney started a number of businesses that didn't last too long and ended with bankruptcy and failure. He kept plugging along, however, and eventually found a recipe for success that worked.

J. K. Rowling: Rowling may be rolling in a lot of Harry Potter dough today, but before she published the series of novels she was nearly penniless, severely depressed, divorced, trying to raise a child on her own while attending school and writing a novel. Rowling went from depending on welfare to survive to being one of the richest women in the world in a span of only five years through her hard work and determination.

Albert Einstein: Most of us take Einstein's name as synonymous with genius, but he didn't always show such promise. Einstein did not speak until he was four and did not read until he was seven, causing his teachers and parents to think he was mentally handicapped, slow and anti-social. Eventually, he was expelled from school and was refused admittance to the Zurich Polytechnic School. It might have taken him a bit longer, but most people would agree that he made a difference in the end, winning the Nobel Prize and changing the face of modern physics.

Oprah Winfrey: Most people know Oprah as one of the most iconic faces on TV as well as one of the richest and most successful women in the world. Oprah faced a hard road to get to that position, however, enduring a rough and often abusive childhood as well as numerous career setbacks including being fired from her job as a television reporter because she was "unfit for tv."

I am going to say to you for now, **“Stop planning the future and live each day. IT really is one step at a time!”** I am here to help, please contact me at future.incl@gmail.com.

Don't forget Tuesday, April 20 **at 1:30 – For 8, 9, 10, 11 Grade Students - Opportunities for High School Students** – Planning for next school year to get the most out of high school through taking various classes and enhancer courses, joining organizations, volunteer service, mentorships, and more. Join me on Google Meet at: meet.google.com/mxg-rinm-jkg.

I hope you have a great week! Mari Jo Parks, Career & College Coach.