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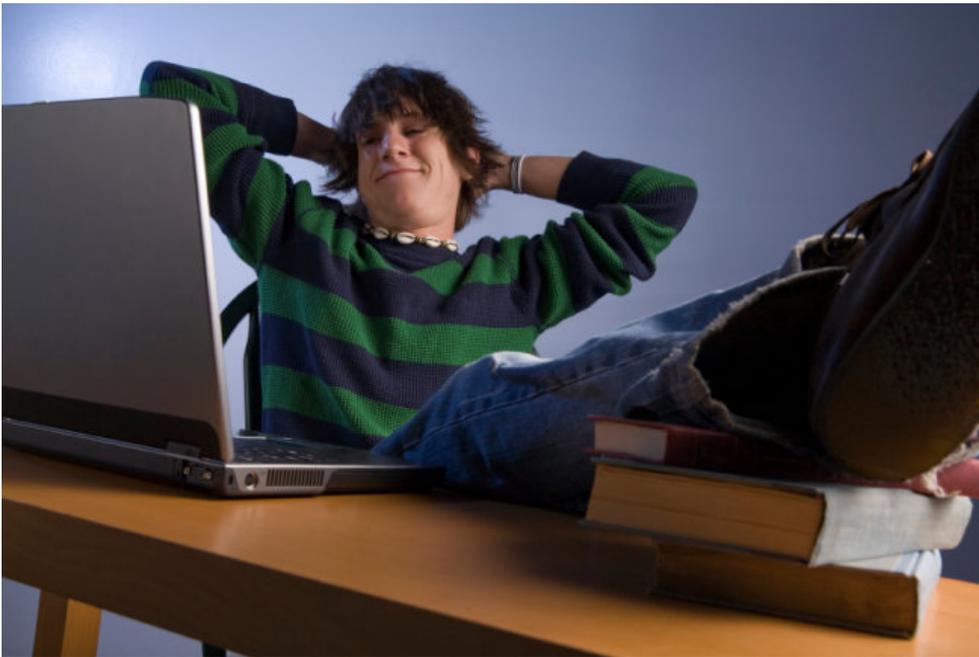
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High School Teachers Share Tips to Cure Senioritis

Setting high expectations is one way teachers can help seniors susceptible to the condition.



The school year is winding down for many seniors, but it's not time to slack off.

By [Alexandra Pannoni](#)

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College applications have been mailed and acceptance letters have started to arrive. It's the second half of the school year and some [high school](#) seniors have mentally checked out.

"They start feeling the anxiety of the newness that's coming on, and I think what that does is trigger somewhat of an attitude once in while," says Stephanie Lint-Perez, a Spanish teacher at [DeWitt High School](#) in [Michigan](#).

She says her students are generally well-behaved, but the pressures of life after high school, along with cases of senioritis, can cause some students to behave unlike their usual selves.

"They tend to drift off," and some students may decide not to do certain things because they have already been accepted to college or have chosen a roommate, for example, says Lint-Perez. "They start to pick and choose and they start to put things on the back burner."

[Find out [how students can avoid losing their college admission offers](#).]

But even as post-high school plans are cemented, there is still one task left for senior students – graduation.

Until then, keeping seniors focused on academics can be challenging.

Teachers can keep seniors interested in learning by making course work relevant and valuable to them, says Lint-Perez, who also teaches a homeroom-style senior seminar that covers job interviewing, resume building and other life skills.

The other way she makes real-life connections in class is to let students take charge of their learning, she says. "There's a lot of choice-based tasks that I can assign and allow them to have that freedom to choose various activities or guided lessons."

Educators on Twitter agreed:

Teachers should set high expectations and show their students they care about their success throughout the year to keep them motivated, says Justin Reese, a history teacher at the [J.P. McCaskey High School Campus](#) in Lancaster, [Pennsylvania](#).

"The students may not care so much day in, day out about your subject, but they care about doing their best for you as an educator and preparing themselves for whatever is next," he says.

The first school day of the new calendar year can offer a fresh start too, he says.

"When you come back on that first day you can set the tone with engaging activities, high expectations," he says. "And you can absolutely get that kick back up in terms of, 'OK, we have half a year left.' That's almost like, for many students, a hundred days of school left. 'And for those hundred days I'm going to ask you to work as hard as you possibly can, focusing every day on giving your best.'"

Educators on Twitter shared similar sentiments:

Those who teach seniors in college-level classes can use the [Advanced Placement and International Baccalaureate exams](#), administered in the spring, as a way to keep students motivated.

"They've really got to stay on the ball until May," says William Dobbie, who teaches history to seniors in the IB program at the [Utica Academy for International Studies](#) in Sterling Heights, Michigan.

There's a bit of built-in motivation at the school since it administers the rigorous IB program, he says.

Students who earn the full IB diploma may be able to earn scholarships or college credit too, he says, but they'll need to pay attention in class until the end as the exams could include content covered in the last weeks of the course.

[Check out [five things high school seniors must do now to prepare for college.](#)]

Lint-Perez, the Spanish teacher in Michigan, tells seniors who think the end of the school year isn't important to focus on the goal.

"When you start something you don't leave it," she says. "You are not allowed to quit. You know, that's not the real world. If you were in a real situation and your employer would ask you to carry on a task at work, you would not have the option to say that."

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