

CONCLUSION

Although teenage and young adult years are an exciting time in your life, it is normal to have some anxious feelings as you are transitioning into more independence and taking on responsibilities. Know that many of your other classmates are also going through similar experiences and you are not alone. Sometimes it helps to talk to senior students who have already gone through the hoops. It is also important to surround yourself with the support of your family and close friends, even if it's from a distance.

Although there may be a lot of social activities going on while you are in school, it is critical to learn how to create a balance with your social life while keeping up your academic responsibilities. This is key to becoming a responsible adult and achieving success.

With the right attitude, not only may you be successful in school but you will also develop a whole new appreciation for what it means to mature.

It's important to know that if you need help to deal with problems — help is always there! Visit your counselling services office or student services office for guidance.

Good luck. You will be surprised at how fast the years will go. Graduation will be here before you know it!