

2023 Valedictorian/Salutatorian Words of Wisdom

We asked our valedictorians and salutatorians to give us their best piece of advice for incoming freshmen. Here is what they had to say.

- Push yourself, but also put your mental health first.
- Don't wait until the last minute - it doesn't help.
- Keep curious. There's nothing you can't accomplish if you stay curious.
- Don't be afraid of challenges - they can help push you to where you want to be.
- Try your best, put in some effort and it's going to work out.
- Have fun, do all the things. It will be over sooner than you think so have fun with it.
- Sleep more - you're not getting enough.
- Enjoy the years you have in high school because it will go by fast.
- Go to as many school events as you can and have fun.
- Have fun - enjoy high school! (x4)
- Enjoy life while you're young.
- Have fun and don't procrastinate.
- Just do it.
- Don't be afraid to fail - it's how you learn.
- Don't give up when things get tough.
- Don't stress out too much.
- Learn to live without regrets. You can't control what life throws at you but you can control your reaction to it, so just roll with it.
- Turn in your stuff on time.
- Focus on yourself. These years will go by fast - it's scary.
- Breathe and relax - it goes by too quickly.
- Hang out with people - don't sacrifice your social life for grades.
- Don't wait until senior year to look into college applications.
- Do what you want to do, not what other people want you to do. It's your life.
- Plan for the future but don't forget to live in the moment.
- Find what you're interested in and challenge yourself.
- Find something you enjoy early - clubs or activities - it really makes a difference.
- Try new things - find out what you do and don't enjoy.
- Surround yourself with good people.
- Don't be such a perfectionist on assignments. Try your best and don't worry too much if you make mistakes.
- Live life in a manner you're proud of, not what others expect of you.
- Take risks and don't be afraid of failure.
- Branch out of your comfort zone - you won't regret it.
- Keep your circle small.
- Go ham!
- Join the clubs and sports you want to join - it helps you build the community you want.
- Get as much work done in class as possible.
- Make goals early on and always work toward them.

- Get involved in as many things as you can because time goes by fast.
- Stay focused but also have fun.
- Don't rush the four years - they go by so fast already.
- Try something new because you won't know whether or not you like it until you do.
- Make time for the things you're passionate about - not just school.
- Be kind to each other.
- Don't let perfect be the enemy of good.
- Don't forget to learn. Learn about yourself, how you work, what works best for you, what intimidates you, etc. And learn in class - don't just check boxes.
- Work with your teachers to be successful.
- Stay curious.
- Learn time management skills.
- Challenge yourself in sports, activities, and harder classes.
- If you're not sure if you're the right person to be a valedictorian - just go for it! I never thought I could be here, but I'm here and you can be, too.
- Communicate with your teachers if you can't finish an assignment on time or need additional support.
- High stakes are part of success. Challenge yourself now - it will help you later.
- Do absolutely everything extracurricular - sports, classes - it pays off in the end.
- It's ok to make mistakes, it's ok to get a "B" - it's not the end of the world.
- Never give up.
- Try your best.
- Be kind to yourself.
- Cultivate self-compassion.
- Always look for opportunities to serve, it will make your life more meaningful.
- Try new things but don't burn yourself out early on. Do it all for yourself.
- It's much easier to stay caught up than to have to catch up.
- Use your first two years of high school as a time to make mistakes, but don't slack off because it will hurt your GPA.
- Ask for help, use your resources, and don't let fears stop you from treating people with respect.
- Be aware of biases, be open to multiple perspectives, and don't forget to eat lunch.
- Don't be afraid to ask questions - not just about what confuses you, but what you want to learn more about.

Many thanks to all of you! Congratulations and best wishes for a bright and successful future!

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