**Subject Line:** **How to Avoid Senioritis**

Dear**[Student]**,

Picture yourself on a running track—just you and the clock. Your goal is to finish a mile in your best time. You are on your fourth and final lap. The finish line is in sight. Do you slow down and walk to the end? Or, do you push yourself and finish strong?

Now, think of your senior year. Even though you might be tired and ready to be done, you know deep down that giving it your all is so much more satisfying than giving up.

**3 tips to staying on track:**

* Challenge yourself
* Get or stay involved
* Commit to lifelong learning

[Read the full article](https://www.act.org/content/act/en/students-and-parents/college-planning-articles/how-avoid-senioritis.html)for more information on how you can cure senioritis.

**[Signature]**