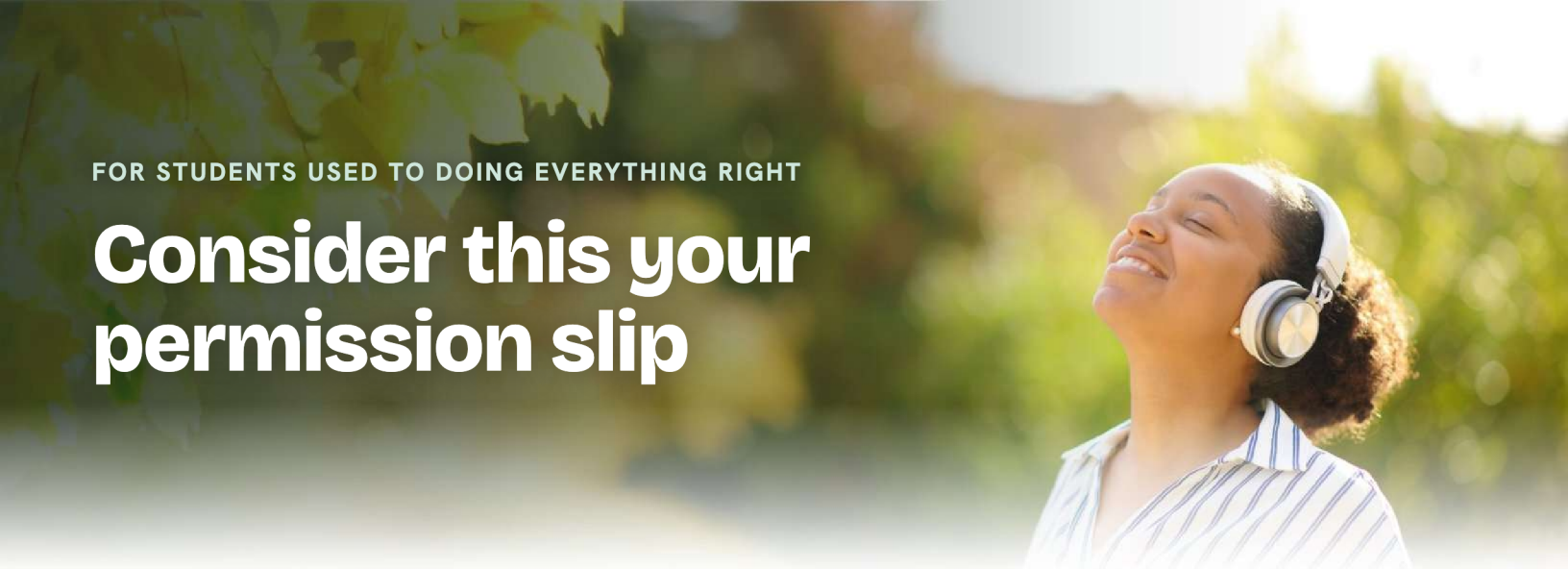




FOR STUDENTS USED TO DOING EVERYTHING RIGHT

Consider this your permission slip

If you're the student who takes the hardest classes, stays late, and still worries it isn't enough, this is for you. You don't need to do everything at once, earn perfect grades in every subject, or compare yourself to everyone else. **You are allowed to be both challenged and human.**

It's okay to...

✓ Ask questions & make mistakes

✓ Take breaks & change your mind

✓ Ask for help

What your brain needs

Too much pressure for too long makes learning harder, not easier — it affects your focus, memory, motivation, and how much you enjoy school. Your brain works best with enough sleep, time to think and be creative, and balance between school, activities, and rest.

What colleges really care about

Growth, effort, curiosity, and resilience — not a perfect transcript. Your job right now is to learn deeply, not just quickly, challenge yourself without overwhelming yourself, and build habits that support your well-being. Taking care of yourself is part of being successful.



Your abilities are real. Your well-being matters. Talk to your school counselor or another trusted adult about how you're feeling, not just how you're performing.

A JOINT RESOURCE FROM

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