

# Define: High School

- Linda Fitzpatrick

High School, noun:

1. a school that typically comprises grades 9 through 12, attended after primary school or middle school.

Yes, we are all aware of what a high school is. We've been there, experienced it, or are experiencing it currently. However, high school is not just a time to learn from grades nine through twelve. It is an insane time period of life and contains massive amounts of confusion. High school is a time to become yourself, to learn far more than a textbook could ever amount to teaching. While a textbook can explain an old civil war, a grammatical sentence, or even a mathematical formula, it cannot supply the correct knowledge to survive the life we will all lead. There is a reason for everything in life, and I think that the reason for attending high school is exactly that, to learn for ourselves about ourselves. It is, of course, an important time to learn about the standard subjects we've grown up studying, yes, but to go beyond that, to search your inner soul and develop the real knowledge you will receive from high school is the rewarding outcome.

We all take away such a different experience. There are those who prefer to slip through along the sidelines, while others would rather be the center of attention. Some find themselves lost in the shuffle, while others steer clear from it. No matter the experience, though, we have all gained something. At the time, perhaps it seems like nothing truly life-impacting could be occurring, yet these moments create our futures and that is important.

For those of us still slogging through each passing day, it is vitally important to, as much as possible, pull ourselves away from the stress and the anxiety that all of our lives entail and to focus on the most important of things: ourselves. High school is filled with people telling us who to be, how to be that person, and what to do every waking hour of every day we remain breathing. It is so easy to ignore ourselves as we try to crawl out of the mounds of stress we can get buried under. We let others or schedules take control of our lives. The harsh reality is, that won't get us anywhere. This idea goes beyond just picking courses or colleges. Others will never have the same thoughts as you; they won't ever know what it is you should be doing as best as you could. The best way to overcome this stress and anxiety is to ignore them. Tap into your inner thoughts and realize then that you should take the first steps of your life path. Go out and make a million of the same mistakes over and over before you learn from them because that is high school, and the inevitability of being a teenager, might I add. Like great historians do, go deeper, beyond the surface, and find the meaning, the truth behind every aspect of your life. Live the high school years of your life the way you want to live them. Don't just become another word in a eight hundred page textbook. Allow yourself the ability to grow into you these four years, with full knowledge that things will not be as easy as any definition could explain.