

PVA NEWS

TIPS ON SURVIVING YOUR FIRST YEAR AT PVA FROM THE CLASS OF 2022!



Words of Encouragement

Sometimes you may feel like you're not good enough or you don't belong here but it's not true. Think of it like this, so many people auditioned to be at this school and YOU got in, that's pretty bad ass of you, keep that energy.

*Allow yourself to find
yourself here.*

The first year you're here is always the roughest due to the adjustment. However, it does get better, and you'll learn many new skills being here. Not just in your art area, but for life, and you'll meet amazing people along the way who will help you and support you in your journey!

WHEN THINKING ABOUT COLLEGE

- Hey guys! Make sure to take all of your course work serious! Your GPA accumulates and you want a good one on your transcript. Don't hesitate to take Honors or AP courses, too many can be overwhelming, but 1-2 is good so that colleges can see that you challenged yourselves.
- Though most adults would like you to believe that the point of high school is to get into college, it's not. Don't spend your four years here stressed and depressed and caffeinated because then you won't ever learn to be present in your art and your life. Your life has an infinite amount of value and grades don't define your core.
- Turn in your work: it doesn't matter how smart you are if no one knows it.

Your soul is more important than a 4.0.



It will always work out.



BALANCE

- Don't overburden yourself, only take on what you know you can handle.
- Take it by week. Organization and knowing what you're going to do each week is helpful. Even just thinking about what you're going to do that week. If you need help don't be afraid to ask. Your upper classmates have been where you are. All you gotta do is ask.
- Please do NOT procrastinate! Believe in yourself, you are gonna do great!
- If you get most, if not all, work done at the beginning of the week (Mon-Thurs) you'll have less work over the weekend.
- Never let the stress take over! Classes will be extremely hard at times, but you'll get through it.
- It's okay to walk away from something. You should always prioritize your mental health over your academics.
- Bend, don't break - One bad grade won't ruin your life - Build a cushion using homework and minor grades in case you flunk a test - Don't focus too much on a low grade (Will you remember it when you are 100?) - Ask for help.
- Sleep, oh my god SLEEP!!! The #1 path to burnout is being super super tired all the time. Take naps when you get home if you need it. Sleep is where you get energy.

RESPECT

- Be respectful to all of your peers, especially the 11th and 12th graders who want to keep HSPVA the lovely and hospitable environment it is.
- When using the stairwell please do not have full conversations with your buddies, others are respectful of their teachers' time.
- Greet the staff, teachers, admin, and lunch ladies at the door.
- Always pick up after yourselves, and respect your peers!
- Appreciate and say thank you to the faculty.

DRAMA!

- Don't compare yourself to others. Make sure that you make the right friends. Whoever is talking bad about you, cut them off immediately. **DON'T GET INTO DRAMA.**
- Don't let other people distract you from your goals and aspirations.
- Be genuinely happy for your friends accomplishments. Being bitter is an ugly look.
- Try to not compare yourself. Everyone's different and everyone brings something different. Your talents are unique and just as special as the person next to you.
- If you are in any sort of drama, exit. That is the last thing you have energy for. Notice I said energy and not time.

TEACHERS

- Be nice to ALL teachers. You WILL need letters of recommendation from art and academic teachers.
- Be friends with your teachers! It makes everything easier.
- Your teachers are on your team. They absolutely want you to win and they're happy to help you, all you have to do is ask.

HOMEWORK

- My advice is to keep up with any school work and art area work, planning your time accordingly, while also having fun and doing things you enjoy.
- Hello Darlings! Make sure to prioritize creating a balanced art and academic work schedule during your first year here, you'll be grateful for it throughout your high school career.
- Use your planner! It will help you stay organized more than you think.



GROW AS AN ARTIST

- Don't complain too much about the journal prompts. The teachers are just trying to help you and the journals will help you in the long run.
- You might feel nervous and feel that you aren't good enough at your art area, but you should go after any opportunity you get, or else your time here will flash before your eyes and you will regret so much.
- Visual kids (or students in general), **FIX YOUR TIME MANAGEMENT SKILLS NOW**. Even if you think you're fine as is, trust me, it'll be helpful in the years to come if you brush up on time management now before it gets too late.
- If you have the opportunity to play in extra curricular bands take it. You will improve on your instrument, be forced to get better at time management and get to hang out around school a whole lot more.
- Explore! Go to other art area events/galleries and always try to learn something new.
- Don't be afraid to experiment with your art!! It's better to have fun than to work for a grade.
- You will succeed if you don't stand in your way.
- Time at PVA really goes by so fast! There will be so many moments of stress and challenges, but it is all worth it in the end. You'll be thankful for working so hard at PVA because by the time you are a senior and look back on the things you did or created as a freshman, you will have seen truly how much you have learned and grown. I came into PVA wanting to draw people all the time and now I create textile and fiber art and have been doing more sculptural artwork. You **WILL** survive. It honestly feels like I was a freshman just yesterday.

MAKING FRIENDS

- For academics in general, get together and work with people! I know. People. But, that connection makes a huge difference and saved me in classes like WHAP and Pre-AP Physics.
- Also, don't be afraid to go to clubs. You can always drop it if you don't gel with it, but it's great if you're missing something you couldn't take here, like Coding (there's a whole list of clubs).
- Remember to have fun.
- Be a wanderer. You don't know who everyone is yet. Take the time to get to know everyone! It's worth it, I promise.
- There are so many chances to explore outside of your art area and get to know other students. Sign up for clubs, participate in presentations with other students. This school is very special and has so much to offer.

GOOD TO KNOW

- Bring a jacket. It is very cold.
- This school is so fun, just enjoy it while you are here.

