



THE
little book
OF
big advice

2016

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ADVICE FROM ST. ANDREW'S SENIORS



Don't forget to sleep at the end of all the festivities! The first night I stayed up talking with my roommates until 2:00 in the morning.

there will be so much excitement but remember to take care of yourself.

I had a difficult time focusing in the activities at Echo Hill, especially when it came to memorizing people's names!

YOUSAF KHAN '16



Go into this school year, and everything else you do, with a completely open mind. Never write anything off immediately — you could potentially be limiting yourself from a friend, story, or passion you never anticipated having. *embrace every opportunity with optimism and boldness!*

MASON SHERIDAN '16



don't do something just because everyone else is doing it. I realize this sounds like a quintessential counter-high school thing to say, but I want to reimagine it specifically for St. Andrew's. Ask someone about their parents. Tell someone something you notice about them. Don't say stuff that everyone always says just to go along with how the conversation has always been — say exactly what you think and feel, especially if that means disagreeing or challenging someone or some idea.

BROOKIE MCILVAINE '16



When I first arrived at St. Andrew's I was obsessed with how people would think of me. I thought that by wearing the right outfits, styling my hair correctly, and decorating my language I could make the most friends. However, I was also very shy when I first arrived as a freshman, and so these false attempts at recreating myself left me even more uncomfortable. *express yourself as who you are from the get go.* You were given the opportunity to come here because we thought that you would fit into and benefit our community as you were. Always remember that you're not here by accident and that you are wanted here; you belong just as much as everyone else.

TAYLOR JAFFE '16



I encourage you to *choose the
finite group of friends to invest
in, or interests that matter most,*
rather than attempt to be a mile
wide, only to go an inch deep.

KIERAN MURPHY '16



You can become great at whatever you want at St. Andrew's. Freshman year I was a dedicated individual, but I had no idea what I was capable of.

The upperclassmen were so good at everything and in comparison to them it seemed that i would never attain such a level of achievement in the classroom, in athletics, or in the arts.

i wish i could have realized their secret sooner: hard work. A force through a displacement. Whether that be electrons through the brain flowing through developing synapses or the conversion from chemical to kinetic energy through the blade of the oar,



it is all the same. No skill is innate; each is cultivated. As a freshman, I looked for shortcuts, unconvinced that simple dedication could lead to these complex achievements. For too long I mistakenly kept the lingering thoughts of ‘natural talent’ in the back of my mind whenever I observed an exceptional skill. As a freshman I would have considered these achievements impossible, but as an alum I see they are absolutely realistic. *you have been given the gift of opportunities* and the ability to follow your passions. All stories have to start somewhere, so find what you love and get to work.

XANDER GEIERSBACH '16



Spend less time stressed out about homework and more time engaging with what energizes you — more time outside, more time reading, more time running, more time talking with my teachers. In a similar vein, *i would tell myself to be more spontaneous, to worry less about what other people think.* As a senior, I learned that upperclassmen don't care about half of the things you might think everyone is noticing when you're a freshman. Don't be self-conscious. If anything, upperclassmen respect and love it when you put yourself out there authentically.

ALEXANDRA KING '16



*like good ol' Thoreau said, "beware all
enterprises that require new clothes."*

Don't panic about buying dress code
clothes. You could wear the same outfit
every day and no one would care,
but for the smell. Come as you are.

CAMY HINES '16



One piece of advice that I would give my freshman year self is to take advantage of and dive into the arts! I so wish that I was a part of Noxontones and the Senior Band earlier. Some of those concerts have been my most cherished memories at St. Andrew's because my friends and I could just let loose and have fun making awesome music together. I really wish I had more of those memories. *i would tell myself to not be afraid to try something*



new and embrace those moments of breaking out of my shell. One of my favorite quotes is "life begins at the end of your comfort zone," and i can say for a fact that this is a true statement.

I am so grateful because if it weren't for my incredibly musically talented friends and Ms. Kerrane I would have never met this side of myself and knowing who I am now, I would have missed out on so much if I didn't break out of my comfort zone, especially in the arts.

LUKE FORSTHOEFEL '16



Freshman year, I was worried that I would not fit in and find my supposed friends for life immediately. I was more concerned with aligning myself with people that I wanted to be more like than being myself and letting friendships naturally develop. My camp's motto is, "My own self, at my very best, all the time," and I have always tried to live by this saying. But freshman year, I was caught up in the pressure I put on myself to be 'liked.' *if i could go back and tell my freshman self one thing, it would be that when you are your best self, those around you will be the best versions of themselves as well and goodness will follow.*

CAROLINE FRY '16



This space is just as much yours as it is anyone else's. Walk the cross-country path and loiter in the sunny space outside of the gym. *Respect these places and take pleasure in existing in them.*

CAMY HINES '16



Don't worship empty titles or some invisible hierarchy. Pursue whatever it is you're thinking about when you go to bed and then wake up and ACT! *Take initiative!* St. Andrew's is special in that you can have an idea, and then the next day it can be a reality.

BROOKIE MCILVAIN '16



My advice would be: don't take anything too seriously. That includes St. Andrew's.

Work hard to develop a strong work ethic, but don't feel like homework is the reason you are here. It isn't. Figure out what is important and prioritize it.

PARKER THOMAS '16



I wish I knew I could say ‘no’ my freshman year. So much of St. Andrew’s is being involved and connected with people, but freshman year I spread myself way too thin. I felt like I was disappointing people if I didn’t volunteer for everything or always have a hand in something. But I have realized that it is okay to say ‘no’ because if I don’t do the job someone just as amazing will fill the need.

That is the beauty of St. Andrew’s, everyone here can contribute. *do what you love and love what you do.*

GRACE EGAN '16



My piece of advice is: *never stop looking for friends.* Keep making close ones. You might think that you are perfectly happy with your friend group at the end of freshman year or sophomore year or even junior year, but don't be. You will no doubt keep those friends, but add more. I didn't make a few of my best St. Andrew's friends until my senior year. So when you're placed at a table with a stranger, introduce yourself. When you're on a team without any of your close friends, make some more. Embrace everyone. You will be pleasantly surprised.

NEELY EGAN '16



While St. Andrew's could easily be the best years of your life that you will have experienced by the time that you graduate, it is not always easy to go here.

The coursework is challenging and we have a demanding schedule. There will be times when you feel like the world is on your shoulders and you are being asked to take three tests, write a 5-page paper, and also feel simultaneously drawn to your friends and to your bed. You have to be mindful and find



a balance that works to minimize stress and maximize happiness.

Finally, *spend your time gaining knowledge that excites you, making friends both with your classmates and the faculty that will last a lifetime,* and create memories that can only be created here. Embrace the weird traditions and the little moments, try new things and get even better at what you're already good at.

TAYLOR JAFFE '16



get to know, spend time with, and appreciate staff members. Many have been here for 20 or more years because they believe in St. Andrew's students. Say thank you and take the time to say hello. You'll be a better person for it.

GARRETT HANRAHAN '16



Relax!

*you were chosen for a reason:
because you're intelligent and
capable and a perfect fit for
the st. andrew's community.*

Rather than freak out about the workload, like I did, take advantage of the beautiful campus, the people around you, and the opportunities outside of St. Andrew's. But most importantly, I think, really get to know the faculty — the teachers, administrators, and facilities workers. They all have so much wisdom and joy to share, so really get to know these adults while you can!

JENNA JAQUEZ '16

