

Senioritis

Senioritis is the colloquial name for the decreased motivation toward education felt by students who are nearing the end of their high school, college, graduate school careers, or the end of a school year in general. Senioritis can be described for any grade, although it is mostly said to occur in senior-level students. Senioritis is not a recognized medical condition, but a colloquial term in the United States and Canada that combines the word *senior* with the medical suffix *-itis* to denote a medical condition.

Consequences

In some cases where students allow their grades to drop significantly, it is possible for universities to rescind offers of admission.^[1] However, most colleges rarely rescind admission offers; even the most elite schools only revoke them from a very small number of students.^[2]

The time gap between college and university admissions, which are usually decided by March or April, and final exams, which usually are not until early May (e.g. Advanced Placement and International Baccalaureate classes), may cause a lack of motivation in seniors.

Strategies to avoid senioritis

Several purported pedagogical strategies have been proposed to mitigate the impact of senioritis. For example, the practice of setting goals, including both short and long term, is said to motivate students to remain on track academically.^[3] Another strategy is taking breaks during mentally exhausting tasks, which may alleviate some sensations of stress, and decrease burnout.^[3] Rewarding accomplishments, no matter how small, can provide a sense of pride in one's achievements.^[3]

Proposed solutions

James Coleman, writer and Chairman of the President's Panel of Youth, urged changes in the high school curriculum to address the problem of senioritis. Continued concerns gave rise to the implementation of a "Senior Semester" in many high schools throughout the United States, which allowed seniors to spend time outside the school or attend seminars within their specific interests.^[4]

The College Board, the National Youth Leadership Council, and other youth-serving organizations have suggested ways in which schools can help young people make the most of their senior year instead of succumbing to the temptation to take it easy once graduation is assured. Giving young people opportunities to make their academic work more meaningful through service-learning, or other forms of experiential education, can increase students' academic aspirations.^[5]

See also

- Sophomore slump
- Student syndrome

References

1. Schevitz, Tanya (October 10, 2006). "Colleges crack down on taking freshmen with 'senioritis' " (<https://www.sfgate.com/education/article/CALIFORNIA-Colleges-crack-down-on-taking-2468392.php>). *The San Francisco Chronicle*. Archived (<https://web.archive.org/web/20071107032602/http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2006/10/10/BAGL9LLT7J1.DTL&hw=senioritis&sn=031&sc=511>) from the original on 2007-11-07. Retrieved 2008-06-09.
2. Mathews, Jay (February 4, 2008). "In Praise of Senioritis" (<https://www.washingtonpost.com/wp-dyn/content/article/2008/02/03/AR2008020302355.html>). *The Washington Post*. Archived (<https://web.archive.org/web/20080727013803/http://www.washingtonpost.com/wp-dyn/content/article/2008/02/03/AR2008020302355.html>) from the original on 2008-07-27. Retrieved 2008-06-06.
3. nair, madhu (2020-08-05). "What Is Senioritis? Need-To-Know Causes And Cures" (<https://www.uopeople.edu/blog/what-is-senioritis/>). *University of the People*. Archived (<https://web.archive.org/web/20221215163037/https://www.uopeople.edu/blog/what-is-senioritis/>) from the original on 2022-12-15. Retrieved 2022-12-15.
4. Marks, Julia (12 April 2020). "Head-To-Head: Should We Implement Senior Month?" (<https://parkerweekly.org/9243/opinions/should-we-implement-senior-month/>). *The Parker Weekly*. Chicago, Illinois. Archived (<https://web.archive.org/web/20221114023240/https://parkerweekly.org/9243/opinions/should-we-implement-senior-month/>) from the original on 14 November 2022. Retrieved 13 November 2022.
5. Martin et al. "The Impact of Service-Learning on the Transitions to Adulthood", *Growing to Greatness 2006* (http://www.nylc.org/inaction_init_downloads.cfm?oid=3698) St. Paul: NYLC, page 19. Archived (https://web.archive.org/web/20071218185622/http://www.nylc.org/inaction_init_downloads.cfm?oid=3698) December 18, 2007, at the Wayback Machine

External links

- The College Board: What to do About Senioritis (<https://web.archive.org/web/20060615173155/http://www.collegeboard.com/student/apply/the-application/8626.html>)

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