



# 4 WAYS SENIORS CAN KEEP CALM AND FINISH STRONG!



MICHIGAN  
ACHIEVEMENT  
SCHOLARSHIP



FAFSA.gov

## SENIOR YEAR SHOULD BE EXCITING —

not a stress-fest! Here are some easy ways to stay on track and keep your cool as you wrap up high school.

### KEEP CALM TIPS

1. **STAY ORGANIZED.** Keep a planner, set phone reminders or use sticky notes — whatever works — to keep track of deadlines and to-dos. Knowing what's ahead will help you feel in control.
2. **USE YOUR CALM STRIP.** Feeling overwhelmed? Take a deep breath and run your fingers over your Calm Strip. Stick the sensory sticker to your phone, laptop or notebook to help you stay grounded wherever you go.
3. **TAKE BREAKS.** Whether it's a walk, a favorite playlist or a few minutes to stretch, short breaks can help you refresh and refocus.
4. **FILL OUT YOUR FAFSA.** Unlock peace of mind — and free money for college or career training — by submitting your FAFSA. Finish up your senior year knowing you've taken the first step toward your future.

### ALL YOU NEED TO DO IS:

1. **Gather Social Security numbers** and income info (like bank balances and tax returns).
2. **Create StudentAid.gov accounts** for you and your parents/contributors.
3. **Fill out the FAFSA!** It takes most families 30 minutes or less to complete.

**BREATHE EASIER. FILL OUT YOUR FAFSA TODAY!**