

The Knight Times

ACP Knights take on Winter!

Vol. 1 Issue 3

In our third newsletter the Knights take on Winter. With Playoff Wins and Losses for our fall sports to Winter Sports beginning, to more club spotlights, the Knights have been busy taking on the first few weeks of the last semester. As 2025 gears up we celebrate our achievements as a school and look forward into the future! Go Knights!

- COURT OF CLUBS -



Wishing Crane

In the cafeteria of Arizona College Prep High School, a group of students fold colorful origami cranes, each inscribed with handwritten messages of encouragement and hope. These small but inspiring crafts are part of the Wishing Crane project, a growing international organization that spreads kindness, one step at a time.



What time is it?

Knights During WINTER - SOLSTICE

ACP CHESS TEAM TRIUMPH!

The ACP High School Chess Team ended their season on a high, capturing the state championship in both the team and individual events. This victory describes a culmination of hard work, dedication, and unwavering commitment to improvement.



What's Inside?

Marching Band Senior Night	Pg. 03
Court of Clubs	Pg. 04
Honor of the PREP	Pg. 05
Knights in the Spotlight	Pg. 06
Girls Wrestling Senior Night	Pg. 07
Knights on the Battlefield	Pg. 08
GSA and Investment Club	Pg. 09
Chess Team	Pg. 10
FLINN	Pg. 11
Honor of the PREP pt. 2	Pg. 12
Dealing With Burnout	Pg. 13
Staff Spotlight	Pg. 14

Marching Band Senior Night

By: Clairet Riesgraf

As the marching band season comes to a close, we take a moment to celebrate our four outstanding seniors who have dedicated their time and talent to our musical family. This year, we have the privilege of honoring students who play clarinet, trumpet, saxophone, and mellophone. Each of them has made a lasting impact on our band community through their hard work and passion.

In a memorable performance featuring the music from *The Mask of Zorro*, our seniors showcased their skills and teamwork, even forming a giant "Z" during their routine. This creative touch not only highlighted their dedication but also added a visual flair to their already impressive musical arrangement. They demonstrated remarkable talent and coordination, especially after just three days of practice leading up to the performance at halftime for our last home football game.

Looking ahead, the marching band has more exciting events planned. We encourage everyone to support our seniors and the entire band as they prepare for their upcoming performances. The final showcase will take place soon, and we look forward to celebrating the achievements of our seniors and the entire band. Let's make these last moments together unforgettable!



Spreading Hope One Fold at a Time: Wishing Crane

By: Aaron Lim

In the cafeteria of Arizona College Prep High School, a group of students fold colorful origami cranes, each inscribed with handwritten messages of encouragement and hope. These small but inspiring crafts are part of the Wishing Crane project, a growing international organization that spreads kindness, one step at a time. Victoria Xu, a junior and the ambassador of the Wishing Crane Project, serves as the president and founder of ACP's chapter. With a passion and vision for brightening other's days, Victoria has created and led this chapter into a vibrant atmosphere with volunteers dedicated to making a change. "I loved the mission of the project and wanted to be a part of it," she shares. "However, the only chapter at the time was at Hamilton High School, so I decided to start my own chapter here at ACP." Since its founding, the Wishing Crane Project has grown immensely. With over 50 chapters spanning from Thailand to Brazil, more than 1000 volunteers contribute their time to making these heartfelt notes to reach those who need them the most.



A Mission of Impact

Wishing Crane is all about the simplicity and thoughtfulness of its actions. Volunteers not only fold origami cranes but also craft meaningful messages. Victoria and her officers emphasize empathy in this process, reminding members to write in the perspective of the receiver. "I encourage them to think about where these cranes and cards are going and write the messages they would want to receive," Victoria explains.

To make sure each crane meets the organization's standards, Victoria and her officers hand-count and review every message they receive before delivering them to hospitals. From there, volunteers distribute the cranes to patients with the goal to bring some joy to their day.

The organization also measures their impact through feedback from hospital volunteers and members. "We maintain close contact with the hospital volunteers and check in on how the patients are doing," Victoria says. "We also have a feedback form for our members to share their experiences."

Another key to their mission is collaboration. The ACP chapters have partnered with clubs like Red Cross, National Spanish Honors Society, DECA, and Girl Up, as well as culture clubs from neighboring schools like Campo Verde. "Each volunteer event is personalized to merge the different aspects of each club together," Victoria shares.

Inspiring the Community

The impact of the Wishing Crane Project extends beyond the patients who need them. Members of the organization gain a sense of accomplishment and fulfillment through their contributions. By writing these uplifting letters and folding cranes, they experience how small acts of kindness are much bigger than what some might think. Victoria hopes the project inspires others to spread positivity in their communities. "I hope the Wishing Crane Project can help brighten someone's day and bring the community closer together," she says. Focusing on collaboration and having a meaningful impact, Wishing Crane stands out as more than just a school club. It is a display of the power of small gestures making big differences. As Victoria and the ACP chapter continue to grow the Wishing Crane Project, they prove that even the smallest act of kindness can leave a lasting impact.



Honor of the PREP

Every year, ACP is always growing whether it be our students, clubs, or our staff, it is endlessly growing which goes to show our diverse community we all love. ACP has about 2300 students and each and every one of them are unique in their own way. With an ambiance of school pride and positivity, our community is overflowing with many students who are involved in the community or always are trying to find ways to become involved. Our esteemed school has a multitude of diverse individuals with different backgrounds who have an opportunity to be recognized for their stellar character. Something new that the Newspaper staff is doing this year is that the Knight Times will be recognizing ACP's students, teachers, support staff, and admin for exemplifying the ACP prep way and being a great example of what values students should display at school. Many students throughout all classes are all people who have the PREP way in the bag. ~

Relationships - Mr. Schaffar

Mr. Schaffar has been a teacher for over 20 years, but his last three years have been spent teaching AP World History and AP United States History here at Arizona College Prep, through his unique methods of teaching and overall demeanor help him foster relationships with his students that last a lifetime, which is exactly why he is this month's staff pick for Honor of the Prep.

Q: How do you foster positive student relationships

A: I try to consistently communicate and check in with my students during the year. I think it helps being honest and genuine with kids. I think fostering a strong rapport with students encourages them to do well or take chances in my class.

Q: What is your favorite part of teaching

A: Working with students is my favorite part. I enjoy watching kids succeed and gain confidence.

Q: Do you/How do you maintain Student relationships after they've left your class?

A: At that point, it is up to the student if they want to reach out to me. Fortunately, I have been invited to graduation parties and family events over the years. Parents will keep in touch with me and give me updates about their kids. A former student of mine is currently a student teacher at ACP (Mr. Irwin)!

Rylann Cravatta- Relationships

As being a student athlete is already hard, Rylann takes the task of being president of the best buddies club. Best Buddies is a club where students attend and host events to build relationships with each other and special needs students. They meet with other students around Maricopa county and Phoenix county. As president, it means that you manage the club, schedule everything, and make sure everyone is cool and comfortable with each other. "Relationships between all of the club members are really good". They even played trivia at the beginning of the year so that everyone felt comfortable and had a good time within the club. Rylann is a good example of being friendly with everyone and maintaining her relationships. She values "honesty and kindness" in all of her relationships. When asked to give advice to students who have conflicts with maintaining relationships and making friends, she says "be yourself because if you join clubs that you're interested in and take classes that they want to take, they will automatically find people with the same interests and similar passions". She also says "always be kind, kindness can go so far and make someone's whole day, just by being kind you'll find others who are too".



Donya Fournier - Writing, Archery, and More

By: Clairet Riesgraf

Sophomore Donya Fournier is proof that passion and perseverance can create extraordinary results. Now in her second year at Arizona College Prep (ACP), she has already achieved impressive accomplishments, from publishing two books to winning a state title in archery. With interests that span creative, athletic, and intellectual fields, Donya is carving her unique path and setting a high bar for her peers.

The Writer's Voice

Donya's journey as a writer began with a simple yet profound desire: to be heard. As she grew more aware of the complexities of the world around her, she felt a pull to put her thoughts into words. Writing became her way to channel her observations and reflections, allowing her to craft a voice that reflects her inner world. "I started writing because of the world around me, and I want a say and my voice to be heard," Donya shares. This purpose has fueled her creativity and led her to publish two books by her sophomore year.

Her first book, *Happiness is Inside of You*, is a self-help guide, exploring themes of self-acceptance and resilience. Through this book, Donya encourages her readers to look within for happiness and strength, believing that inner peace is the foundation for a fulfilling life. Her second book, *Scraps of Healing*, is a collection of poetry, each piece a glimpse into her thoughts on healing, growth, and personal transformation. Despite her busy schedule, Donya remains committed to her craft and hints at future projects on the horizon. School commitments may have temporarily put her writing projects on hold, but she's excited about exploring new ideas and even expanding her work into other languages. Fluent in English, Spanish, French, and Farsi, Donya has hinted that her next book might embrace a multilingual approach. Her passion for storytelling has opened doors to endless possibilities, and she's excited to continue growing as a writer.

From Hobby to State Title

While writing is a significant part of her life, Donya's interests extend far beyond the page. A natural athlete with a competitive spirit, she was drawn to archery after watching her cousins practice the sport. "My cousins did archery, and I thought it was really cool, so they taught me," she says. This initial interest grew into a passion, leading her to invest countless hours into practice and refining her skill.

Her dedication culminated in a remarkable performance at the Arizona state archery competition in the U18 women's division. Competing against seven others, Donya's journey to first place was filled with moments of challenge and triumph. Over the course of 72 arrows in the qualifying rounds, she showcased both skill and mental resilience. She recalls a critical moment in the elimination rounds when she scored a 5 on a shot, a result that could have rattled her focus. Instead, she rallied, refocused, and followed up with two perfect 10s. "I'm proud of my mental perseverance," Donya reflects. "It was a test of staying focused and pushing through."

Winning first place in her division was an accomplishment that highlighted not only her skill but also her mental toughness, which she credits as essential to her success. As she continues with archery, Donya is setting her sights on even higher goals, confident in her ability to face whatever challenges come her way.



Girls Wrestling Senior Night

Celebrating Seniors: How Sienna Whittington and Madison Lee Leave a Lasting Legacy in Wrestling

By: Clairet Riesgraf

The girls wrestling team's Senior Night celebration honored two exceptional athletes, Sienna Whittington and Madison Lee, whose leadership and achievements have defined this season. Both athletes have made a lasting impact on their teammates, coaches, and the overall program, demonstrating leadership, perseverance, and dedication.



Sienna Whittington

State champion Sienna Whittington's journey in wrestling exemplifies how the sport transforms athletes both on and off the mat, fostering deep friendships and personal development. "Many of my close friends I have met through wrestling," she shares. Her success on the mat is a result of determination and hard work, whether it was winning an intense match in her sophomore year's state tournament or mentoring younger teammates. Her advice to others: "Never give up. Wrestling is an incredibly difficult sport, and there are going to be times where you want to quit. You have to find a way to push through and get 1% better every day."



Madison Lee

Madison has also faced her share of challenges, including injuries that tested her resilience. She credits wrestling with teaching her discipline and balance, which helped her juggle academics and athletics. "Wrestling shaped my high school experience because it taught me things like discipline and resilience," Madison explains. Her favorite memory came this year on Senior Night, where she celebrated her final season alongside her teammates and family.



Coach Bartz

Their contributions haven't gone unnoticed. Coach Bartz highlighted how both seniors have set an example for the team. "Sienna has been an incredible leader and mentor to a lot of the younger girls on our team," he says. Madison, though newer to the program, has also taken on a leadership role, balancing her college applications with her commitment to the team.

The impact of these seniors extends beyond their personal achievements. Sophomore Samantha shared how they've inspired her: "The seniors have taught me to work as hard as I can during practices and to have a good mindset to push myself to improve every day." She also noted Sienna's milestone as the school's first female state champion, which has set a high standard for the team.

As Whittington and Lee graduate, the valuable lessons learned through wrestling will guide them through their ambitious next chapters. Sienna is heading to Arizona State University to play Division I lacrosse while studying marketing in the Barrett Honors College. Madison is pursuing admissions to the Air Force, Merchant Marine, and Coast Guard Academies with plans to major in engineering.

The legacy these seniors leave behind is one of hard work, resilience, and mentorship. Senior Night was not only a celebration of their accomplishments but also a reminder of the foundation they've built for the future of the program.

Knights on the Battlefield

Spotlight on Seniors: Boys Wrestling Team's Memorable Day

By Rahaell Ikram

Wrestling is a type of martial arts that involves grappling an opponent to obtain an advantageous position to be victorious. It is a sport that calls for active concentration and fosters continuous logical thinking during matches. Known as the world's oldest sport, wrestling helps students at ACP develop basic athletic skills, and mental toughness, and teaches control, not violence. There are many muscle groups, each with its strengths and weaknesses, that enhance agility, balance, and reflexes that can dramatically improve anyone's ability to perform to the best of their abilities in other sports. Wrestlers have the expertise to remain composed while under any kind of pressure, a skill that transcends a sport and comes as an invaluable component in all aspects of daily life. To be successful on the mat, perseverance and endurance are penultimates that bring individual priceless lessons that are applied to the real world and therefore train you for life. Because of their hard work ethic and dedication, ACP's Boy Wrestling team, won both against Horizon High School and North Canyon High School, on January 8th, 2025, marking them as undefeated so far as the new year begins.

I got the chance to interview Huy Nguyen, a senior, about his experience at the Wrestling Senior Night. What he loves most about wrestling is "the many friends I have made and how wrestling is both a team and individual sport." He then goes into how exhilarating it was to win his matches last week. He highlights that he always feels a sense of pride and happiness when beating his opponent. I asked him how exactly he got into wrestling to which he responded, "I've always been interested in being involved in this sport and when I got recruited by Coach Huffman during my freshman year PE class, I happily accepted." Next, I asked Huy about how much time he dedicates to wrestling to which he responded by explaining that he has been on a "non-stop grind from my freshman year since this sport is a year-long." He explained from his own perspective that the most

challenging part of this sport is once he is about to wrestle, he always has a bout of nervousness. He also explains the practices and jaunts that take place almost everyday after school days are sometimes mentally and physically hard to push through. Wrestling requires a lot of effort to ensure that each wrestler is at their top game because it all comes down to facing off against opponents on the mat. All the work and practice done is paid off when individuals achieve their best results.



The Boys Wrestling team at this school continues to display how hard they work through how they wrestle on the mat. As a combat sport, wrestling can be a vital part of anyone's life because of the many benefits this compelling sport offers. Indeed this sport is the most physically demanding sport especially in high school, it does heavily influence one's mental mindset and furthers an individual's self mastery and focus. Students like Huy Nguyen, create a sense of community and sportsmanship that creates well-deserved respect for fellow wrestlers. The knowledge and lessons this sport teaches are endless , training individuals for life.

Club Highlight: Gay Straight Alliance

By: Xiomya Tobo

With over 100 clubs at ACP, there's plenty of opportunities for students to express themselves and identify with others in their community. One of such clubs is the Gay Straight Alliance, a club that “gives people a safe space to be themselves,” according to president Anya Morman. They have weekly meetings after school, where they educate and allow people to come together and connect. Students are encouraged to join the club for the community. “If you’re going through some things, chances are someone else in the club has gone through something similar,” Anya says, and elaborates on how those people can go on and provide support and advice if needed to that person. On top of that, it allows members the chance to learn more about the LGBTQ+ community, or even teach about it to others. “We can learn about our [LGBTQ+] culture and our history, and educate each other about our different experiences,” Vice President Allyson Gerard says.

The environment the officers have created allows them to do so in an open and educational way/ Additionally, the club has several events, the most notable being the Day of Silence. Taking place in April, the day of silence is when members of the club stay silent throughout the day as a form of protest of bullying of LGBTQ+ students nationwide. Both officers mentioned how this was a meaningful event for them, and others in the club and overall community as well.

The Gay Straight Alliance is a club on campus for anyone wanting to learn more about the LGBTQ+ community, as well as a safe space for students to come to, either to seek advice and help from a community, or just to be able to be themselves.

Investment Club

By: Dylan Wolfswinkel

At ACP, we have over 100 clubs at the school with many of the students taking multiple. If you are interested in learning more about investing your money into smart things, I have a club for you. The investment club is a club where they do different challenges where it makes you have to learn about the responsibilities and how to enhance your personal finance. While you are in this club, you learn about economics and the stock market. They also do competitions.

In their meetings, the officers create lessons of what they have to learn and master before their upcoming competitions. In the competitions, there are several online competitions and in the end there is an in-person one. They take the scores of all competitions and the best of the best will go to nationals in which they can earn real money. Most of these competitions are based on group scores, the groups are usually 4-6 people. This past year, ACP investment club gained the honor of being the “best in state”.

As of now, the club holds 16-17 members and the head of this club is Samik Mathur who is currently a junior at ACP. Every member of this club partakes in competitions and the club also makes sure that everyone is involved. If you're looking for a club to join and want to learn how to smartly invest your money and learn more about economics, join the investment club.

Chess Team Triumph!

By: Aaron Lim

The ACP High School Chess Team ended their season on a high, capturing the state championship in both the team and individual events. This victory describes a culmination of hard work, dedication, and unwavering commitment to improvement.

Jayden Lee, who secured 1st place in the individual competition, reflected on his achievement, crediting much of it to the balance he holds between academics, extracurricular activities, and chess. “I make sure to create a schedule that helps me manage my time throughout the week by setting time aside for both chess and schoolwork,” Jayden shares. This disciplined approach was a key to his success, especially taking into account the challenges of competing at a high level.

For Jayden, preparation was crucial. Although he was confident that his team had the potential to win the championship, he made sure to put preparation as a priority to ensure victory. “I felt that preparing and practicing was a way to solidify our gameplay and ensure we wouldn’t be surprised by what our opponents played,” he explained.

In his individual competition, Jayden acknowledged that his competition was going to be stiff and difficult. “I knew that this year’s individual championship would not be easy since there were various people I knew of that were of similar skill to me, and it would be a tough competition,” he said. Jayden’s planning and preparation included familiarizing himself with different strategies to combat his opponent’s moves, showing his skill set and depth in adapting in real time.

The strength of ACP’s chess team has been strongly rooted in its camaraderie and team support. Jayden attributes his motivation to performing his best with his teammates who push him. “My team always encourages and motivates me to try my hardest and play at my best level. It’s always fun to go to tournaments because I can hang out with my friends,” he said. Throughout this season, the ACP chess team has always been strong in supporting each other. Whether it is during tournaments or just at practice, everybody plays a role in this team support.



Drew Martin, who finished 6th in the individual competition, also played a significant role in the team’s victory. Martin reflected on the challenges the team faced during the season, especially with scheduling issues that often left the team incomplete. “In several of the competitions, we did not have our varsity team and needed to use our depth and support our team,” Drew says. This depth was instrumental in securing the state championship, as even when the team was missing key players, their JV team stepped up to fill in the missing gaps.

Drew’s journey to 6th place was the result of sharpness and resiliency. “The major thing that contributed to my success was sharpness in my games. I did not lose any games in which I got an advantage,” he said. His standout moment was a victory over BASIS at state, a team who had defeated ACP the previous year. “My favorite moment was probably my win against BASIS. They were the team that beat us last year, and I had lost to them despite being higher rated than them,” Martin says. “This year, I was playing someone decent again, but I managed to win in the penultimate round, almost securing the state championship.”

By: Donya Fournier

ACP has the honor to say that 3 of our students were semifinalists for the Flinn Scholarship. Divya Natarajan, Tara Hojjati, and Jishnu Nayak worked extremely hard to call themselves Flinn Scholarship semifinalists and we are so proud of them. They were interviewed in order to see what advice they would have in general and toward this scholarship specifically, what they did to earn the Scholarship, how the ACP community helped them grow, and what they wished they would have known going into the application process.

As you may know, in order to achieve something like this, one has to stand out. The advice Divya would give to someone in order to stand out is to just be yourself. “As simple as it may sound, writing in your own voice is the best way for your personality to shine through.” Divya suggests making it a priority to declare your passion, follow it, and pursue it in any way you can, whether it be through your community or bigger. In addition to what Divya said, Tara Hojjati agrees that “giving back to the Arizona community as well as to communities in need is an important aspect of my life which I highlighted in the Flinn Scholarship.” The importance of having an impact on your community is amplified throughout so many different types of applications. Having a positive impact on your community shows admissions officers and scholarship givers what kind of person you are and want to be, as well as what kind of impact you’ll make in their community in the future.

Personally, in their applications each of them amplified what made them unique in their own amazing way. Divya really wanted to amplify her leadership strategies “as the sole representative of the CUSD district for the Arizona Board of Education Student Advisory Panel” she has been the voice of students throughout CUSD and across the valley. She learned so much by serving on this council regarding leadership, teamwork, and how the system works. Tara included her impact on our community in the scholarship by mentioning her non-profit Thirst Project club where she earned leadership skills and community hours. The Thirst Project works to provide clean water to places that need it. This makes a great impact on not only the community but communities all around the world. Tara also made sure to address the great connection she has with people around her as she believes that this is important because “connections with every person you interact with in order to be not only an effective leader but also a trustworthy companion.”

ACP, as a school and a community, helps many students in so many ways strive for the impossible and be extraordinary. For Divya, the community has been “excellent from the start” and she is so grateful for “the help and support” that she has gotten throughout her years here by allowing her to take part “in various opportunities from Girl’s State to Speech and Debate” which helped her follow her passion for public service and law. In Tara’s case, the ACP community has always been there to support her and her goals especially when it came to her participation in extracurricular activities. Starting Thirst Project and joining Speech and Debate have all helped her with the scholarship and in learning and many valuable lessons.

In difficult times or times of growth, we often wish we had known things that we realized or learned after experience. Regarding this scholarship and its application process, Divya Natarajan would have wanted to know “how tightly knit the community of scholars” was. She mentioned that “by fostering this culture, everyone feels supported and excited for the journey ahead.” Tara agreed with Divya and would recommend remembering that there is no perfect answer to how to answer the questions on the application, “Flinn is looking for authenticity and compassion.” The key to following in their footsteps is to just be your amazing self and let your personality shine in your application.

Margot O'Donnal - Purpose

Many people don't understand the purpose of counseling, so they often dismiss it as an easy, unimportant job. However, high school counselors play a pivotal role in the success of their students. The entire essence of being a counselor is there for your students, no matter what they need, whether that be reaching their academic goals, keeping them on track for graduation, or providing social and emotional support. They are also expected to balance the dependencies of the students and teachers to ensure that things continue running smoothly. Arizona College Preparatory's counseling department has seen many changes throughout the last couple of years, including a new yet familiar addition, Mrs. O'Donnal.

Mrs. O'Donnal has been a part of the ACP family for over a decade and has been a part of all three campuses: Oakland, Erie, and ACPHS. However, she wasn't always a counselor. She has worked in education for 26 years and has only been a counselor for 14 years. Before becoming a counselor, she worked as a teacher, teaching all subjects from 3rd to 6th graders, but she mainly focused on history. She also spent a year in Qatar teaching English to students. Working closely with all her students made her want to take it a step further and focus on helping as many students as possible, which led her to become a counselor.



JJ Horne - Purpose

Purpose can be described as a mindset. To know and be adamant about what you want to achieve is an important virtue, not only in school, but in life as well. JJ Horne, a beloved varsity football player and gifted student, has showcased purpose time and time again here at ACP. When asked about his inspiration for pursuing football, he stated that it was his father who introduced him to the sport and got him involved. "Without my dad's guidance and support," he says, "I wouldn't have gotten this far." His purpose is making his family proud. They've been with him through the highs and lows and never once doubted his abilities. Though, with his prominent role as a student athlete, he now has more responsibilities and tasks to manage. So, the question is, how does he balance school, football, and his personal life? JJ has a structured schedule he goes through each week. By prioritizing certain tasks, taking breaks when needed, and maintaining healthy habits, he's able to balance different aspects of his life while making sure he doesn't get burnt out. His ability to manage his time wisely and remain a hardworking individual is one of his greatest strengths. His substantial talent and discipline should be applauded, as it's obvious he takes pride in being the best version of himself. Overall, JJ Horne is an incredible athlete. His showcase of purpose here on campus has not gone unnoticed, and his gift for football is bound to take him places.



By: Donya Fournier

Burnout is something people of all ages and in all stages of life deal with all over the world as hustle culture takes over. People are overworked, chronically exhausted, isolated, and anxious and there must be additional solutions to try in order to finally feel better. To address a burnout, it is essential to find the source of it. Often, the biggest component is different aspects of mindset. According to Oxford Language, burnout is “physical or mental collapse caused by overwork or stress.” In a burnout, some may feel trapped and in a chokehold of all the responsibilities and stress they carry with them. There are studied solutions suggesting the importance of self care, going on a walk, or reconnecting with loved ones; however, in some cases there is something else missing.

Burnout is especially common among highschool and college students, nurses, and teachers because of the constant demand both mentally and physically. One of the sources and results of a burnout may be a lack of personal organization. A study analysis by Zeinab Rahmati from the Department of Psychology at Allame Tabatabaee University explained the relationship between self-efficacy and burnout. People with lower self-efficacy are more likely to experience burnout because they have less ability to adjust to changes compared to those with a higher self-efficacy. She mentioned that the relationship between academic burnout and self-efficacy is closely related. It is also possible that while experiencing burnout, one may have lower self-efficacy due to mental exhaustion. In short, if self-efficacy is the problem and needs to be improved in order to prevent or reverse a burnout, it is suggested to increase organization in a way that is not too overbearing while burned out. This might look like making different types of lists that feel more enjoyable than overwhelming. These ideas align with an article by Harvard Business Review that proposed three components of burnout: exhaustion, cynicism, and inefficacy which are all caused by extreme pressure on oneself. Furthermore, exhaustion is mainly what people feel in a burnout and how most people describe it and cynicism goes hand in hand with lack of hope and distrust.

Solutions to academic burnout, specifically, are extremely hard to find. Most sources say to just “seek help” and “make time for yourself” but in reality after having tried everything, one may still feel hopeless. Managing stress and anxiety is one thing, but making sure they don’t become ingrained in your soul is another. With everything that has to be done, it is difficult but necessary to always make time for yourself to unwind and find some guilt free time to relax.

The hardest thing is to find an effective way to rest that you can use consistently without it feeling like a chore. Ultimately, according to an article by the University of New Hampshire, being kind to yourself by using positive self-talk, forgiving yourself, staying present, and focusing on what you can control can be steps to gracefully getting out of this rut. You could do this by reassuring yourself that mistakes are normal and letting go of them when you make them so that you’re not carrying more pressure. There are countless ways to revert burnout, but the key to making coping strategies effective is to be consistent. This may just be the problem. Having one day off a week, doing nothing and then always doing something, or taking a mental health day are not what will help revert this burnout. Time needs to be put more frequently towards doing little things that don’t feel like a chore but bring joy, perhaps like things you enjoyed as a child. The question is, how can you integrate that into your routine?

Staff Spotlight



Rahaell Ikram (11) Staff Writer

Fun Facts about Rahaell:

- I have a cat named Pearl
- I would like to be a doctor when I'm older because I've had experience with being a patient so I'd like to give back and do what others have done for me.
- I like reading
- I have loved to paint since I was six years old
- My comfort food is chocolate

Aaron Lim (11) Staff Writer

Fun Facts about Aaron:

- I was a dual sport athlete from age 5 to age 14 (swim and soccer)
- I have a dog that's a Jack Russell
- I have been on Varsity Swim for 3 years
- I am published in the Wharton Sports Analytics Journal Spring Edition 2023
- I have a brother that goes to ACP as well

