BEING PRODUCTIVE OVER THE SUMMER: FOR TEENS

Youth Employees from left to right: Mia Nanita, Rylee Gellner, Braley Hix, Jaxon Roop

School Ends, Summer Begins:

As the school year comes to an end, teenagers often are unsure how to fill their schedule to stay productive throughout the summer. Without a job or an extracurricular it becomes easy to feel like you're stuck in a cycle characterized by boredom and excess screen-time. It's crucial to find things you're passionate about to eliminate these feelings. In this article, we will give tips on how to spend your time wisely and how to get involved whether that's a summer job or a new hobby.

Finding Your Passion:

One thing you can start doing over the summer is identifying activities that genuinely interest you. Not only does finding your passions benefit you now, but will also help prepare you for the future. To find your passions, you can start by considering your hobbies or interests. Begin to ask yourself questions like; “What do I enjoy learning about?,” “What am I good at?,” and “What skills do I want to develop?.” Some examples include art, sports, writing, technology, or fitness. Discovering your hobby will lead you to new opportunities, new skills, and an improved time management.

Exploring Job Opportunities:

After finding your passion, you can start researching job opportunities that align with your interests. Finding a job that you are passionate about will improve your performance and lead to greater career success that will build a foundation for future careers. As teenagers its important to get introduced to the workfield early rather than later to build your resume, teach time management and responsibility, and create social skills.

ONABEN intern, Mia Nanita, shares her experience of entering the workforce as a teenager. “It wasn’t easy at first, but the skills it taught me made it all worth it. I had to learn how to balance a job and a sport, plus leaving time for fun during the summer. Having a job, I was truly passionate about let me explore my interests and even made me figure out what I wanted to do in the future. Before having a job, I felt like I had too much time to spare during the day, and a job broke me out of the cycle of unhealthy habits.”

Mia's experience showed that a job is not only for financial benefits but to discover who you are as a person. As Mia mentioned in her interview, a job broke her out of a "cycle," as it is something new and fun to explore! Our tip to you is to sacrifice your comfort for growth.

Extracurricular activities:

Another way to cure your boredom during the summer is to get involved in extracurricular activities, whether that's a new sport, a theatre arts program, or getting involved in the community. Finding an activity that you enjoy can bring you happiness, and help you to stay productive during the summer. Also, another aspect of doing extracurricular activities is that you can continue to do it during the school year or in the future. You may have a hidden talent waiting to be unveiled!

High School student and ONABEN intern, Jaxon Roop shares his experience with extracurricular activities over the summer. "As an athlete myself, I feel like it is important to find a sport or extracurricular activity that you personally enjoy. For example, I do cheerleading and it is something I take pride in and enjoy doing everyday. Finding this athletic endeavor has helped me feel productive and accomplished over the summer. Since it is something that I am passionate about, I look forward to going to cheer and it helps keep me motivated to push myself and overcome obstacles."

Building Healthy Habits:

Another key factor to having a productive summer is to learn to invest in a routine and build healthy habits. Healthy habits can be going for a walk, building a consistent sleep schedule, eating a balanced diet, and maintaining relationships. Not only is it important to create healthy habits but to build a routine as well. To create strong routines, you have to prioritize consistency. If you struggle with motivation, start by taking baby steps and working up to a consistent routine. It does not always have to be something big but instead small achievable goals.

Braley Hix, a youth intern for ONABEN, creates a routine by participating in cheer stunt privates weekly to build technique and focus on consistency. By building this repeated routine, she has created an improved positive mindset while bettering her athletic abilities. This consistency has set her up for success.

Conclusion:

In conclusion, there are many ways to navigate boredom during the summer. Find your passions, build routines, and stay consistent. Remember to enjoy these experiences and recognize the bigger picture of participating in activities over the summer.