

Striving For Success

Personal Growth Motivates Teens

(NAPSA)—A teenager's life isn't what it used to be. A growing number of college-bound teens are using their free time to strengthen their resumes with academic, athletic and community-related achievements.

Still, despite the pressure-filled college admissions process, teenagers say fun and personal growth are their top motivators. "I do this for myself—not to impress parents, teachers or college admission boards," says Princeton University student and former Wendy's High School Heisman National Winner Katie Zaeh. "It feels good to get involved, meet people and learn from them. This lifestyle has helped me achieve success in multiple aspects of my life."

Zaeh is not alone. Conduct an informal survey of teens and you'll find many giving up video games or TV time with friends to participate in new and innovative activities that can help them reach future vocational goals. From an internship at a hospital with the hope of enrolling in medical school to participating in a performing arts program with the goal of Broadway or Hollywood stardom, teenagers are taking proactive steps to positively impact their futures.

Zaeh and Wendy's High School Heisman, a recognition program that honors high school seniors who are citizen-scholar-athletes, recommend these tips for students eager to pursue excellence and take advantage of their time outside the classroom:

- Athletes, there's no such thing as "off-season." Don't just wait until your school's sport is "in-season" to play. Get involved in sporting camps and intramural leagues



throughout the year. Whether you coach younger athletes or participate in a traveling league, the year-round training will show your dedication to the sport and pay off with improved skills, too.

- Need to work? Make your work work for you. Ever dream about opening your own restaurant? Start by getting experience with traditional hostess and wait-staff jobs. Later, ask if you can shadow the owner for a few days.

- Get involved and give back. Love kids? Try mentoring or tutoring. Long to be an architect? Join a group to help rebuild communities. You'll feel great about volunteering and learn more about your area of interest.

- It's okay to take a break. A little rest and relaxation does the body—and mind—good. Get lost in an interesting book that might spark conversations—whether it's an autobiography by your favorite athlete or musician or the latest best-seller.

- Don't just dream about it, live it. School vacations and weekends are a perfect time to look toward your future. Spend some of your time surfing the Web for free, online scholarship services and recognition programs. For more information on the Wendy's program, visit www.wendysheisman.com.