



Roosevelt High School

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How Are You Focusing on Fun in 2023?

Hi my name is Mary and I'm a senior here at Roosevelt. I moved here from Hawaii in 2018 and have lived in Portland ever since. Throughout my four years of high school I've been part of the Roosevelts Pacific Islander club and participated in various sports. Next year I plan on attending Oregon State University to study marine biology and physical therapy.

This year I plan on focusing on fun by living in the moment. As a senior this year I noticed that we don't have a lot of time to ourselves. We're either applying for colleges or scholarships. It never ends. Even though it's important, taking time for ourselves is also important. For me I plan on not worrying for others and focusing more on myself. It's really easy for me to forget about my needs and try to help others out so focusing on myself would help me tremendously with having fun. I won't be as drained and I'll be able to take in the culture around me.

I also plan on focusing on things that bring me joy like school activities. For example, Roosevelt's Annual Unity Fest. Unity Fest is a Roosevelt student organized event to fight against hate at our school and every year we share our culture with each other. Last year I shared my culture by performing with my family. We also shared our cultural dishes and cultural clothing. When I get to experience other cultures, it brings me so much joy and everyone has fun learning about the love of other cultures. This year I plan to participate in Unity Fest again and this is how I'll focus on fun.