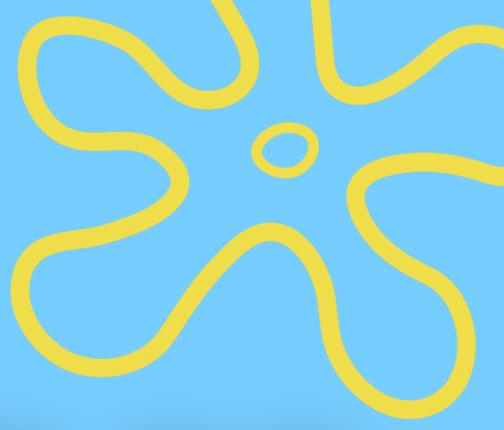


# 2023-2024 FRESHMAN HANDBOOK



**BIG SIBS X THE STUDENT UNION**

# THE BIG SIB HANDBOOK

2023-2024

YOUR BIG SIB CHAIRS:

BISHESH SHAH

ERICA LIU

EUGENE PARK

ALEX ZHENG

KYLE HON CHAN



STUYVESANT HIGH SCHOOL

345 CHAMBERS STREET

NEW YORK, NY 10282





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# IMPORTANT CONTACTS!

**DR. SEUNG YU**

Principal  
SYu5@schools.nyc.gov | Room 105

**DR. GARY HABER**

AP of Organization  
GHaber2@schools.nyc.gov | Room 207

**MR. BRIAN MORAN**

AP of Security, Safety, & Physical Education  
BMoran@schools.nyc.gov | Room 103

**MS. CASEY PEDRICK**

AP of Pupil Personnel Services  
CPedrick@schools.nyc.gov | Room 222

**MS. DINA INGRAM**

Business Manager & Director of Family Engagement  
RIngram3@schools.nyc.gov | Room 273

**MS. MARIANNE PRABHU**

AP of Biology, CS, Music, and Special Education  
MPrabhu@schools.nyc.gov | Room 802

**MS. ELIZABETH FONG**

AP of Physics, Health, & Library  
EFong@schools.nyc.gov | Room 701

**MR. ERIC GROSSMAN**

AP of English  
EGrossm@schools.nyc.gov | Room 601

**MR. ERIC SMITH**

AP of Mathematics  
ESmith42@schools.nyc.gov | Room 402

**MS. JENNIFER SURI**

AP of Social Studies & Research  
JSuri@schools.nyc.gov | Room 302

**MR. SCOTT THOMAS**

AP of Chemistry, Art, & Technology  
SThomas24@schools.nyc.gov | Room 901

**MS. GINA PAULSON**

Assitant Principal & IA of Student Support Services  
gpaulson@schools.nyc.gov | Room 502



# GUIDANCE

## COUNSELORS

Ms. Yang (1AA, 1BB): [ceciliayang@stuy.edu](mailto:ceciliayang@stuy.edu)

Ms. Guthrie (1CC, 1DD): [uguthrie@stuy.edu](mailto:uguthrie@stuy.edu)

Ms. Rhiman (1EE, 1FF): [srhiman@stuy.edu](mailto:srhiman@stuy.edu)

Mr. Colon (1GG, 1HH): [acolon@stuy.edu](mailto:acolon@stuy.edu)

Ms. Kornhauser (1JJ, 1KK): [skornhauser@stuy.edu](mailto:skornhauser@stuy.edu)

Ms. Parris (1LL, 1OO, 3JA): [aparris@stuy.edu](mailto:aparris@stuy.edu)

Ms. Brandan (1MM, 1NN): [sbrandan@stuy.edu](mailto:sbrandan@stuy.edu)

Mr. Feola (1PP, 1QQ): [jfeola@stuy.edu](mailto:jfeola@stuy.edu)

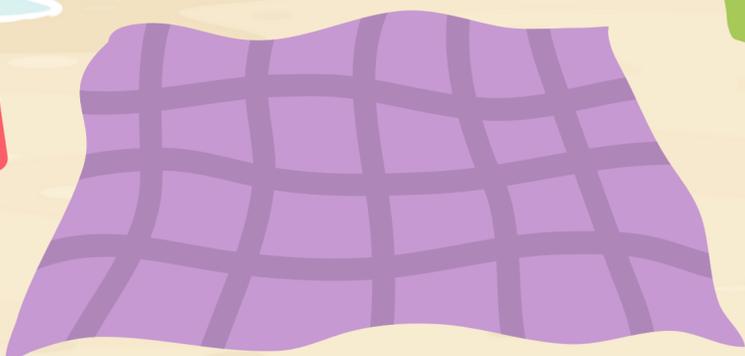
Mr. Goldsman (1RR, 1SS): [pgoldsman@stuy.edu](mailto:pgoldsman@stuy.edu)

Ms. Uy (1TT, 1WW): [kuy@stuy.edu](mailto:kuy@stuy.edu)

Ms. Mahoney (1XX, 1YY): [jomahoney@stuy.edu](mailto:jomahoney@stuy.edu)

Mr. Walkes (1UU, 1ZZ): [gwalkes@stuy.edu](mailto:gwalkes@stuy.edu)

find the guidance  
suite in room 236!

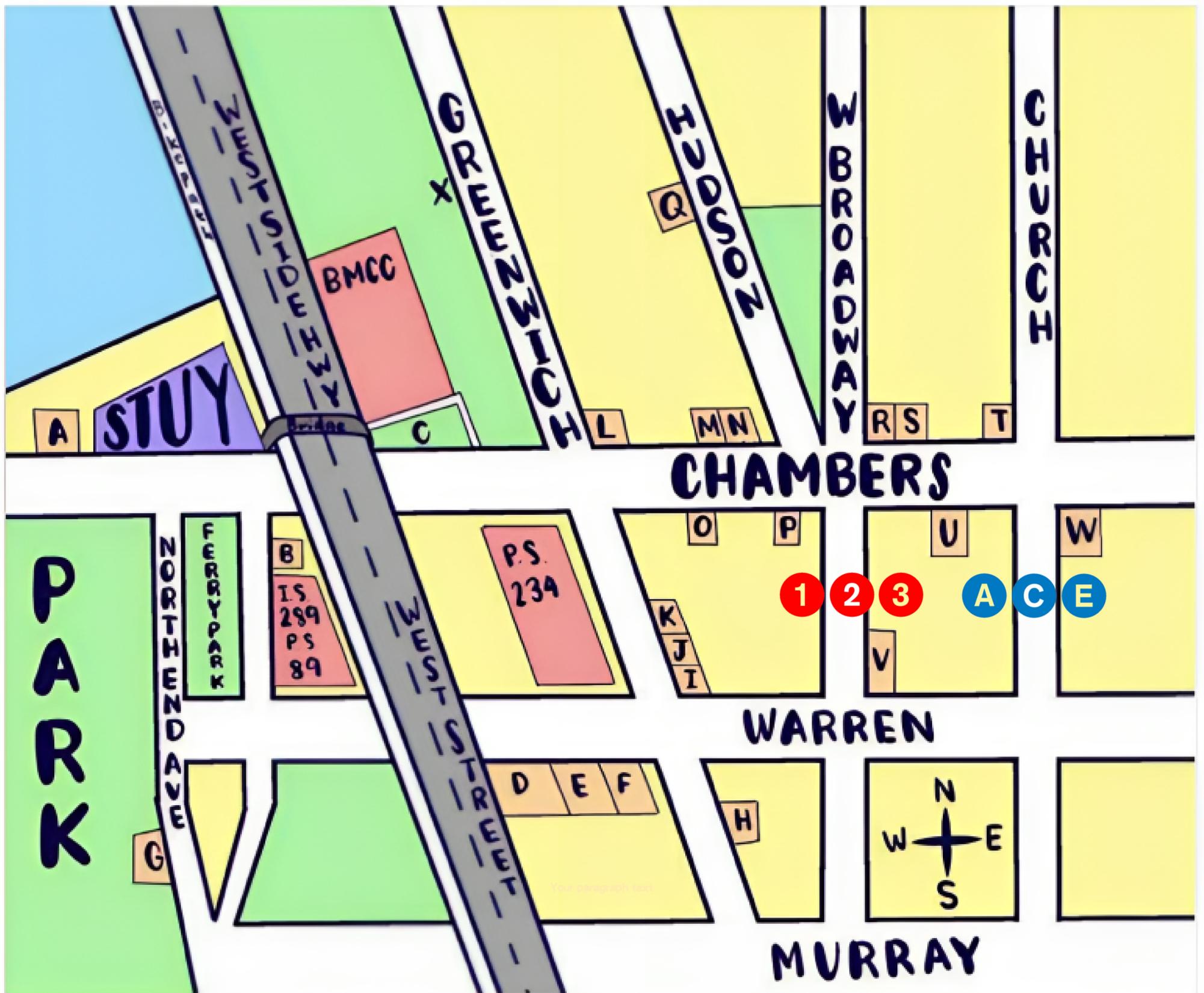


# BELL SCHEDULE!

Regular		Homeroom		Conference		Extended Homeroom	
1	8:00	1	8:00	1	8:00	1	8:00
	8:36		8:35		8:32		8:36
	8:41		8:40		8:37		8:41
2	8:45	2	8:45	2	8:41	2	8:45
	9:21		9:20		9:13		9:20
	9:26		9:25		9:18		9:25
3	9:31	3	9:29	3	9:22	3	9:29
	10:10		10:04		9:54		10:03
	10:15		10:09		9:59		10:08
		H <sup>1</sup>	10:13			EH <sup>2</sup>	10:12
			10:25				10:33
4	10:20	4	10:30	4	10:03	4	10:37
	10:56		11:05		10:35		11:11
	11:01		11:10		10:40		11:16
5	11:06	5	11:14	5	10:44	5	11:20
	11:42		11:49		11:16		11:54
	11:47		11:54		11:21		11:59
6	11:52	6	11:58	6	11:25	6	12:03
	12:28		12:33		11:57		12:37
	12:33		12:38		12:02		12:42
7	12:38	7	12:42	7	12:06	7	12:46
	1:14		1:17		12:38		1:20
	1:19		1:22		12:43		1:25
8	1:24	8	1:26	8	12:47	8	1:29
	2:00		2:01		1:19		2:03
	2:05		2:06		1:24		2:08
9	2:09	9	2:10	9	1:28	9	2:12
	2:45		2:45		2:00		2:46
	2:50		2:50		2:05		2:51
10	2:54	10	2:55	10	2:09	10	2:55
	3:30		3:30		2:41		3:30
	3:35		3:35		2:46		3:35
					2:50	C <sup>3</sup>	
					3:30		
Teacher Time	1 - 9	8:00 am - 2:50 pm					
	2 - 10	8:45 am - 3:35 pm					
		8:00 am - 3:30 pm		Conference Day – Faculty/Department Meetings			

H: HOMEROOM  
 EH: EXTENDED HOMEROOM  
 C: CONFERENCE

# THE NEIGHBORHOOD!



map courtesy of BSC'21

- A- 🥪 Terry's (Deli)
- B- 🥪 Ferry's (Deli)
- C- 🏀 Basketall court
- D- 🥑 Whole Foods
- E- Bed, Bath and Beyond
- F- 📖 Barnes and Nobles
- G- 🛒 Duande Reade
- H- 🚩 Target
- I- 🌮 Chipotle
- J- ☕ Kaffe Landskap
- K- 🍣 Bondi Shushi
- L- 🍟 McDonald's
- M- 🍕 iPizzaNY
- N- 🥯 Zucker's Bagel
- Q- 🥪 Morgan's Market (Deli)
- R- ☕ Starbucks
- S- 🥗 Sweetgreen
- T- 🍕 Dona Bella Pizza

**YOUR  
BIG SIBS'  
ORDERS!**

# Your Big Sibs' Orders!



## terry's! mikayla (1cc)

"Terry's, either a bacon egg and cheese or a pizze bagel. The pizza bagel is the cheapest option. Terries is super close by, just a 5 minute walk. After buying lunch I like to eat it in the nearby park."



## morgan's market! maya (1xx)

"A block up from the 1 train. Bacon Egg and Cheese on an everything bagel with chipotle mayo, best quality and most affordable."



## halal cart! santino (1aa)

"Chicken over rice, right in front of the McDonalds a block away, should be \$8 dollars. Fast service, fast line, great flavors, and so so so so much food."



## whole foods! munem (1ll)

"My favorite place to eat is at the upper level of Whole Foods because of the fact that I can take a nap there for as long as I want with less people judging me, from what I can tell."



## donna bella pizza! ava (1jj)

"It has good, fast pizza that comes out so hot it'll burn your mouth (the best way to eat pizza) and pretty good garlic knots."



## chipotle! yoonha (1qq)

"I love going to Chipotle! I usually order three tacos with rice, steak, guac, lettuce, brown beans, cheese, soy sauce, and salsa!"



## ferry's! grace (1ff)

"At ferrys the roma on a bagel or panini (chicken, chipotle sauce, and mozzarella +tomatoes) is a classic. You can also never go wrong with a Baja wrap!"



## shake shack! kate (1tt)

"I love Shake Shack, which is a 5-10 minute walk from Stuy! I usually order cheese fries, chicken nuggets, and a small lemonade (Shake Shack has the best lemonade y'all!)."

HELLOOO CLASS OF 2027!



WE ARE SO PROUD OF YOU and how well you're adjusting to Stuy so far! It feels amazing to see all your faces—you're the next generation of Stuy students! We can't wait to see what you do in your next four years at this school.

We're the Big Sib Chairs, the five people in charge of the Big Sib program at Stuy! "Big Sibs" is short for "Big Siblings" because we're essentially your first family at Stuyvesant—the six or so Big Sibs assigned to your homeroom are among the first faces you've seen at this new school. As upperclassmen who know the ins and outs of Stuy, we're here to give you advice, share our own experiences, and help you adjust to a whole new environment! High school can seem daunting, but we are here to make that transition easier.

As you read through this handbook, we hope you get an idea of the general resources in and around Stuy. You'll see our student leadership, our amazing faculty, the awesome spots around the neighborhood, and advice and experiences from our very own Big Sibs! Your high school years are going to transform you, and we'll be here as you grow. <3

Love,

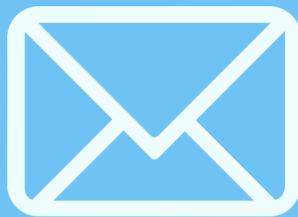
Your Big Sib Chairs 2023-2024

Bishesh Shah, Erica Liu, Eugene Park,

Alex Zheng, & Kyle Hon Chan

[big sibchairs24@gmail.com](mailto:big sibchairs24@gmail.com)

# LETTER FROM THE SU PRESIDENT



**DEAR STUYVESANT FRESHMAN,**

**Congratulations on your acceptance to Stuyvesant! You should be proud of yourself for all of the hard work it took to get here.**

**As freshmen, I think the first thing you should know about Stuyvesant is that you will be able to find a community wherever you look. We have so many different sports teams, Clubs and Pubs, and fun things to do in the area. Now is the time to explore your interests!**

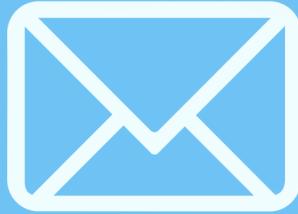
**Even if you aren't sure yet whether you're a math kid, a sports kid, or a theater kid, I encourage you to check out and join any of Stuyvesant's 150+ clubs that you are interested! Becoming engaged in the school community from your freshman year is a great way to make an impact and set yourself up for success later on.**

**Wherever you go at Stuyvesant, you will be able to find students who share your experiences. Everyone at this school has had a rough test or has gotten their headphones taken by Mr. Moran. Stuy has a vibrant student body, and we are always willing to help each other. If you are struggling with your academics, you can reach out to an ARISTA tutor. If you have questions about the school, your big sibs can act as a mentor. If you want to make changes to the school, Fin and I (and the rest of the Student Union) are always willing to hear what you have to say!**

**I'm excited to meet you all, and please know that the Student Union is here to support you in whatever you do.**

**Best,  
Amanda Cissé  
Stuyvesant Student Union President  
[amanda.cisse@stuysu.org](mailto:amanda.cisse@stuysu.org)**

# LETTER FROM THE SU VICE PRESIDENT



**DEAR INCOMING FRESHIES,**

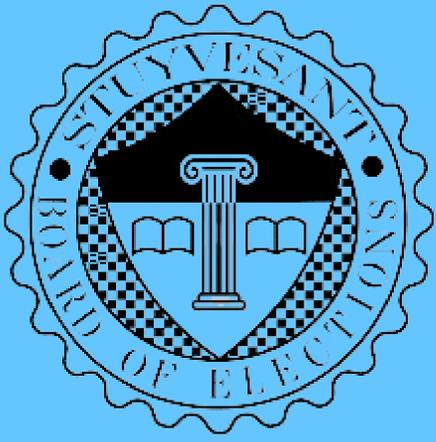
**Congratulations on making it into Stuy. We are thrilled to welcome you into the community! I hope you're ready for an exciting first year of High School because we have so many fun plans for the upcoming school year.**

**You might've heard about the numerous homework assignments, sleepless nights, and seemingly unending tests. But academics is not all there is to Stuyvesant. The wonderful community of students that we foster here is more than enough to make up for the challenging workload. You might make some of your best friends here at Stuy.**

**Even if some days might seem tougher than others, just know that everyone else around you is going through the same thing and will be there to support you. There is an abundance of support from your teachers, guidance counselors, faculty, and us, the Student Union, so don't feel like you are going through this alone. It's hard work, but at the end of your 4 years, it will be such a rewarding experience and you won't regret your choice.**

**If you ever feel like you need someone to talk to, Amanda and I are always available. Don't be scared to reach out to us because the Student Union is here to help you. I hope you all have an amazing time here and really make the most out of your High School experience. We are so excited to have you here, and be sure to say hi if you see us around**

**Best,  
Fin Ying  
Stuyvesant Student Union Vice President  
[fin.ying@stuysu.org](mailto:fin.ying@stuysu.org)**



# STUDENT UNION: FRESHMAN CAUCUS!

If you are interested in creating policies and representing your class of 2027, you might want to consider running for Freshmen Caucus President! The Freshmen Presidents will appoint and work with the Freshmen Caucus to propose and implement new policies for the freshmen student body.

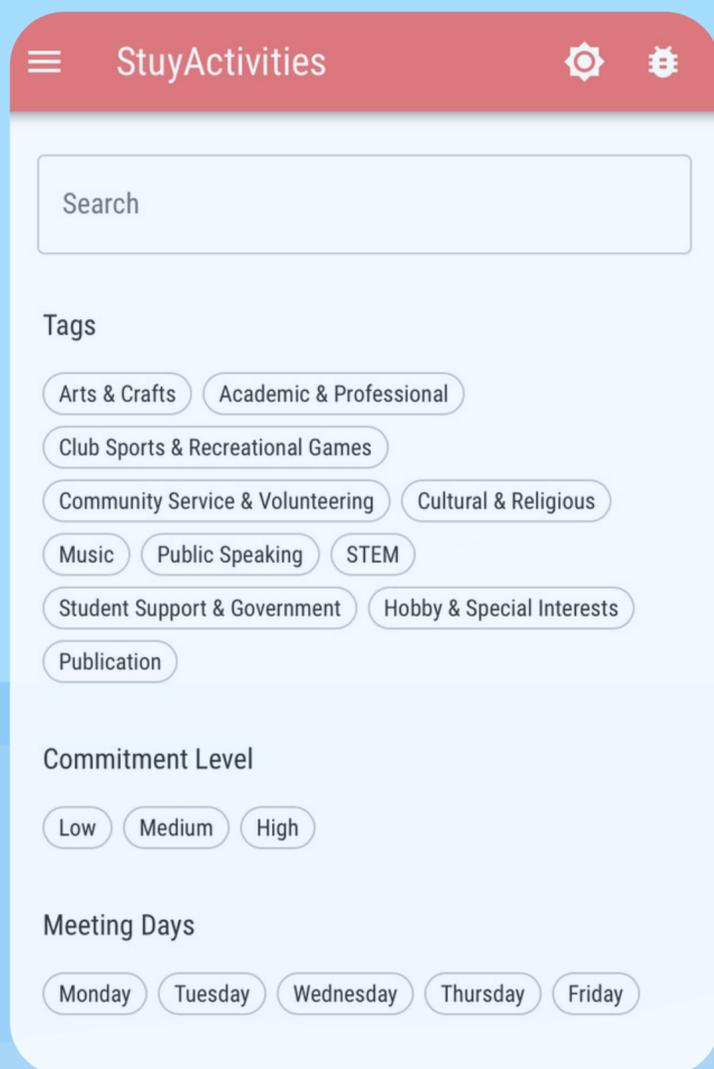
Keep a lookout! The Board of Elections (BOE) will notify those wishing to run for Freshmen Caucus elections in late October. Those interested must attend one of two interest meetings held by the Board of Elections. Further instructions will be given at the meeting.

There will be two phases. Phase 1: Petitioning. Phase 2: Campaigning. The petitioning phase serves as a preliminary way for the Board of Elections (BOE) to gauge student interest in your candidacy. Campaigning is when you will be allowed to start distributing and advertising materials such as posters, policy platforms, and social media accounts. There will also be in-person debates between the tickets.

Once the campaigning phase has ended, election day will occur, where members of the class of 2027 will be able to vote for their top candidates using a ranked choice voting system.

For more information, feel free to contact Vanessa Chen or Niamh Werner on Facebook or email [boe@stuysu.org](mailto:boe@stuysu.org). You can also visit their website: <https://vote.stuysu.org/>

# STUYACTIVITIES



The Student Union Clubs and Pubs Department, in partnership with the IT department, manages the StuyActivities.org, a website for discovering student-run clubs and publications tailored to your preference. Within the catalog section, you have the ability to browse clubs based on their categories, commitment levels, or meeting schedules. Additionally, if you don't find a club that aligns with your interests, you can even establish your own! Should you have any questions or concerns, please don't hesitate to reach out to the directors at [clubspubs@stuy-su.org](mailto:clubspubs@stuy-su.org).

[www.stuyactivities.org](http://www.stuyactivities.org)



Dear Incoming Stuyvesant Class of 2027... WE HAVE ADVICE! >

The Stuyvesant Facebook groups are also an amazing resource to find in-school & out-of-school opportunities! Students can ask questions, and peers and upperclassmen will often respond to the post if they know the answer. Posts are not limited to activities! If you need any assistance with anything related to school, try utilizing the Facebook groups :)

<  Dear Incoming Stuyvesant Class of 2027... WE HAVE ADVICE! ...  
Top contributor Valerie Chun · 7h · 

Hii, where and when are debate tryouts taking place? Like what time?

4 answers



William Tang  
New contributor

Hey Valerie! Tryouts will be on the 18th for debate and 19th for speech + debate make ups. They'll take place on the 6th floor, and everyone who filled out the interest form will receive an email with the specific room they'll be in

# SECRETS

# OF STUY!

- 1) **It's okay to ask for help.** In a sea of 900 students, you may feel a little lost or confused. We'll let you in on a little secret: everyone feels the same way. If you're struggling to find a club that suits you or need help with a class, the school network is here to help and we encourage you to use it. Whether that's emailing your **Big Sib**, setting up an **ARISTA** tutoring session, or reaching out to your **guidance counselor**, know that help is there for you when you need it.
- 2) With a heavier high school workload and a new environment, the importance of **organization** cannot be stressed enough. To manage your due dates, assignments, club meetings, and external commitments, your planner will become your best friend. Whether you prefer online or physical calendars, make sure to set one up before the pace of everything speeds up.
- 3) At Stuyvesant, our **grading system** may be a little different from what you're used to. There are two semesters and three marking periods within each semester, making for a total of six marking periods. Every marking period you will get a number grade out of 100. The third and final marking period will be written on your official high school transcript and also out of 100. Physical education is not factored into your GPA but will still show on your transcript.
- 4) **StuyActivities** is a SU-run club portal that is usually up-to-date with club meetings, inquiries on how to join, and a master list of the clubs available. And no, not all are academic! From Pokemon Go clubs to nonprofits and literary magazines, there is something for everyone.
- 5) **Stuy is not all about grades!** We know that Stuyvesant has a reputation for academic rigor, but at the end of the day, high school is more than a set of numbers. These are the years that you meet new friends, find subjects that interest you, and explore yourself as a person—all of which come independent of the grades you receive. High school only lasts for four years, so make sure to make the most of it!
- 6) Do things that interest you! You shouldn't be choosing classes/clubs based on how they would look to colleges.
- 7) Get to know your **teachers**. They want to help you, but they can only do that best if they know you as a person, not just a numeric grade.

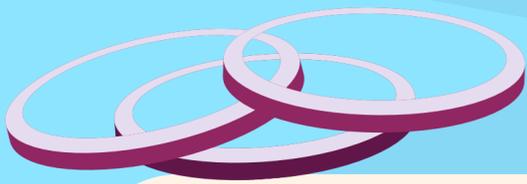
**CONTINUED**

- 8) One of the best ways to meet new people is by **joining clubs**. There is no limit to the number of clubs you're a part of, but make sure you join a couple that you're interested in by the end of your freshman year. Clubs are also a very good way to find out what you enjoy doing outside of class.
- 9) **Escalators** at Stuy cover two floors instead of one (except for the 2-3). That means that some escalators only go on even floors and others only on odd. There are markers at the end of each escalator so you can figure out where you are. No escalator reaches the first or tenth floor (you'll need to take the stairs).
- 10) Getting to know your **guidance counselor** is extremely helpful, as they are also a great resource to go to if you need to vent, ask for advice, or need academic support.
- 11) **Mr. Blumm** sends out elaborate newsletters each week. They are super helpful for helping you find internships and other opportunities outside of Stuy.
- 12) **Stuyvesant runs on an A or B schedule**. This means that every day is either assigned an A day or B day and it alternates. There are also other variations of A or B days, with A, A1, or A2 day and likewise B, B1, or B2 days. These different letter days correspond to variations in the classes you may take. Your teachers will make sure you're aware of these changes.
- 13) Stuyvesant High School is only a 15-20 min walk from **Chinatown!** Make the short trip to get tons of delicious food from \$1.25 dumplings to a classic Stuyvesant-favored restaurant, Wok Wok! Take advantage of the location of our school and explore neighborhoods you haven't visited often.
- 14) There is always tons of **free space** to study, complete work, or just relax. The 1st floor always has room and the upper floors have benches scattered near your next class. You are not allowed to look at your phones in the hallways! Make sure that you are never blocking the hallways and stay aware of the classrooms around you. Find a quiet space to sit down and relax your mind until you have to get up and learn again, safety regulations permitting. You can also reference page 17 for grade-specific places to hang out.
- 15) **Don't be late** to school or classes! You may be suspended from sports teams, barred from extracurriculars, and your grades can be lowered as a result. It is imperative that you maintain good attendance.
- 16) **Absence/lateness notes** and **early excuse forms**, which need to be signed by your teachers, and working papers can be printed off of the "Students > Forms" section of the Stuyvesant website. Hand in your forms as soon as possible!

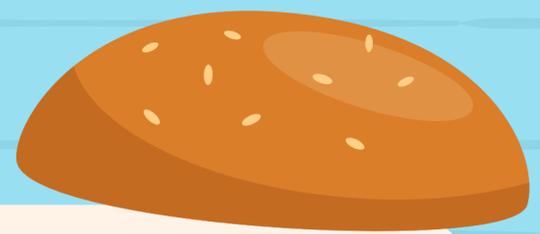
# WHAT'S THAT?



2) **Open Mic** occurs on the first Friday of every month in the library, and allows students to share their writing, music, and other talents. You can perform or watch! Remember to catch the last performance that is sure to have special performances by faculty and is all seniors!



4) **The Spectator** is our school newspaper! Departments include News, Features, Opinions, Arts & Entertainment, Humor, Sports, Photos, and Science. If you aren't into writing, no worries! Join departments like Copy, Business, Layout, or Art! Pick up your biweekly copy in front of the bridge exit!



1) **Get involved in SING!**, a competition between the grades where students create entire original musicals of their own. You can act, direct, sing, dance, play an instrument, paint, build, and more! An annual performance, this pits SophFrosh against Juniors and Seniors! This is an amazing way to be a part of something that connects a huge number of student in a fun and exciting way!

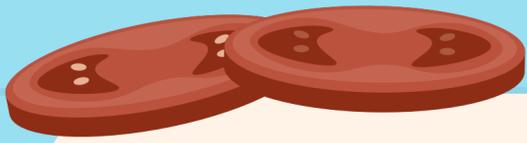


3) **The Stuyvesant Theater Community (STC)** is a great way to get involved at Stuy during any time of the year. Students in all grades can participate in any of the three productions (fall, winter, and spring), and you don't necessarily have to be a theater person to join! Be a part of the lights and sound or set crew—there's something for everyone!



5) **Stuyvesant Science Olympiad (StuyOly)** is one of the largest STEM clubs at Stuy, including various events in biology, chemistry, physics, tech and inquiry. Explore your interests and become an expert at it! Participate at different universities like Cornell and MIT and win medals!





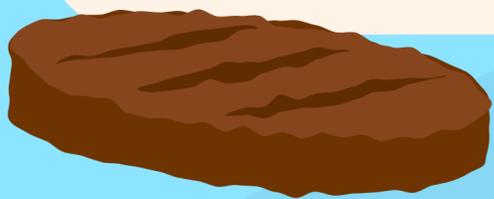
6) **ARISTA**, which you can apply to join at the end of your freshman, sophomore, or junior year, is an excellent resource for tutoring and volunteer opportunities! Go to “Students > ARISTA” on the Stuy website to find a peer tutor or visit the ARISTA website: <https://stuyarista.org/>



7) **The Speech and Debate Team** is where you improve your public speaking skills and compete! In Debate, you can choose to join Policy, Public Forum, Lincoln-Douglas, Parliamentary, or Congressional. In Speech, you can participate in Interpretation, Original Oratory, Declamation, Extemporaneous, and more! Visit Room 627 to see all of S&D’s trophies and awards!

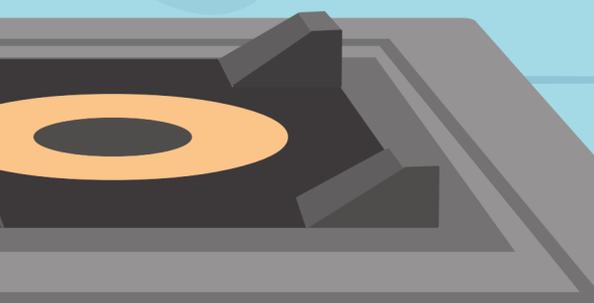
8) **StuyMUN** (Model United Nations) is always looking for more delegates to help tackle the world’s most pressing issues! Develop a love for public speaking and international affairs at conferences hosted by either local high schools or colleges a bus ride away. You will find yourself in the shoes of important decision-makers from all throughout history, debating with your counterparts represented by high schoolers from all over the world.

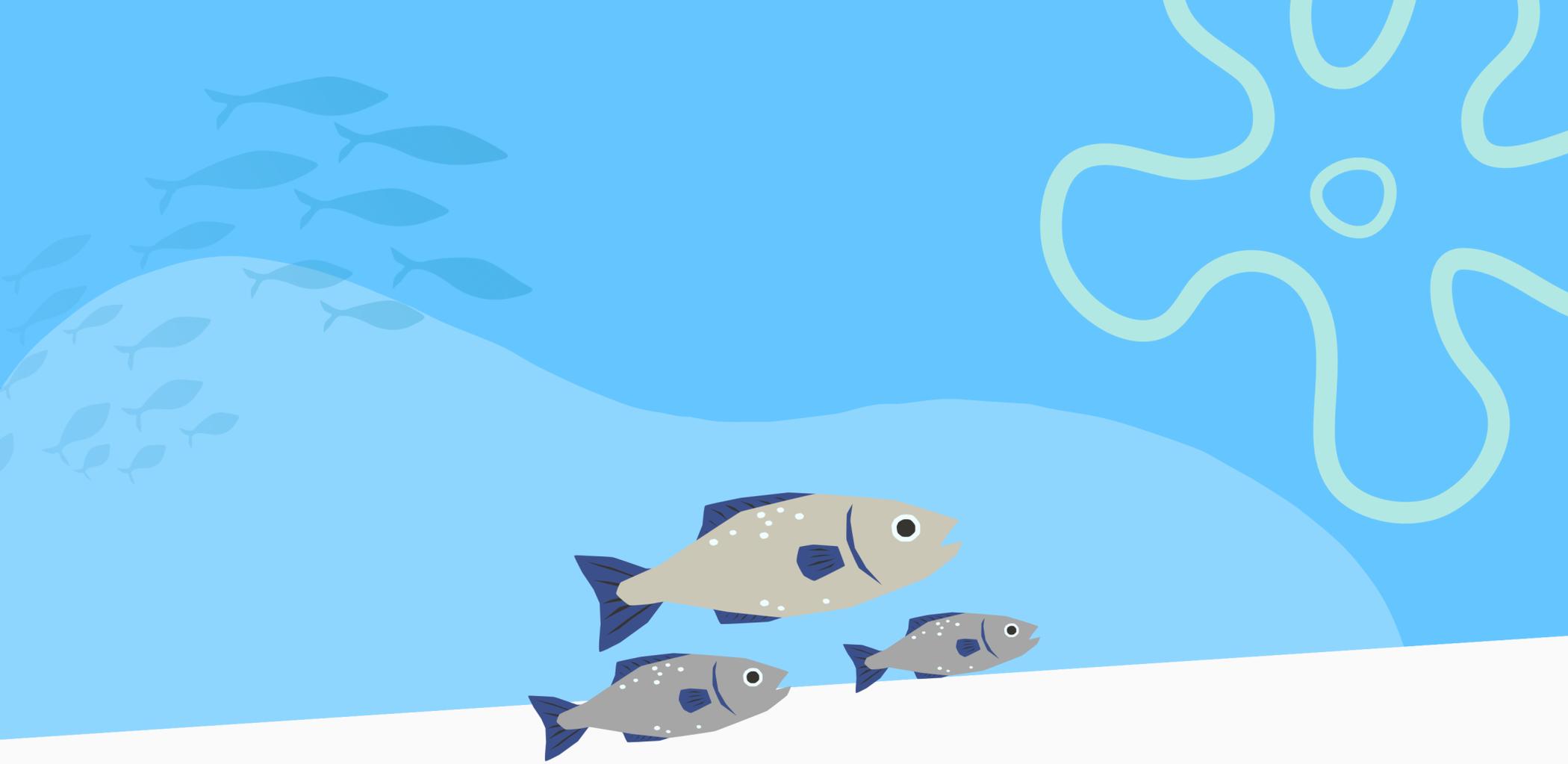
9) If you are having trouble in a class, attend an **AIS session** after school! Meet with both teachers and upperclassmen to receive some extra guidance or even practice for your next test or perhaps homework you are struggling with. Find the schedule on a bulletin board right next to Ms. Pedrick’s office (room 222)!



10) There are “designated” **grade hangout spots**: the half-floor for freshmen, the Sophomore Bar, the Junior Atrium (3rd floor outside the gym), the Senior Bar, and the Senior Atrium (2nd floor)! These are areas students from each grade may come to hang out in. Take the “designated” title with a grain of salt, though —nobody’s stopping you from entering another grade’s hangout spot!

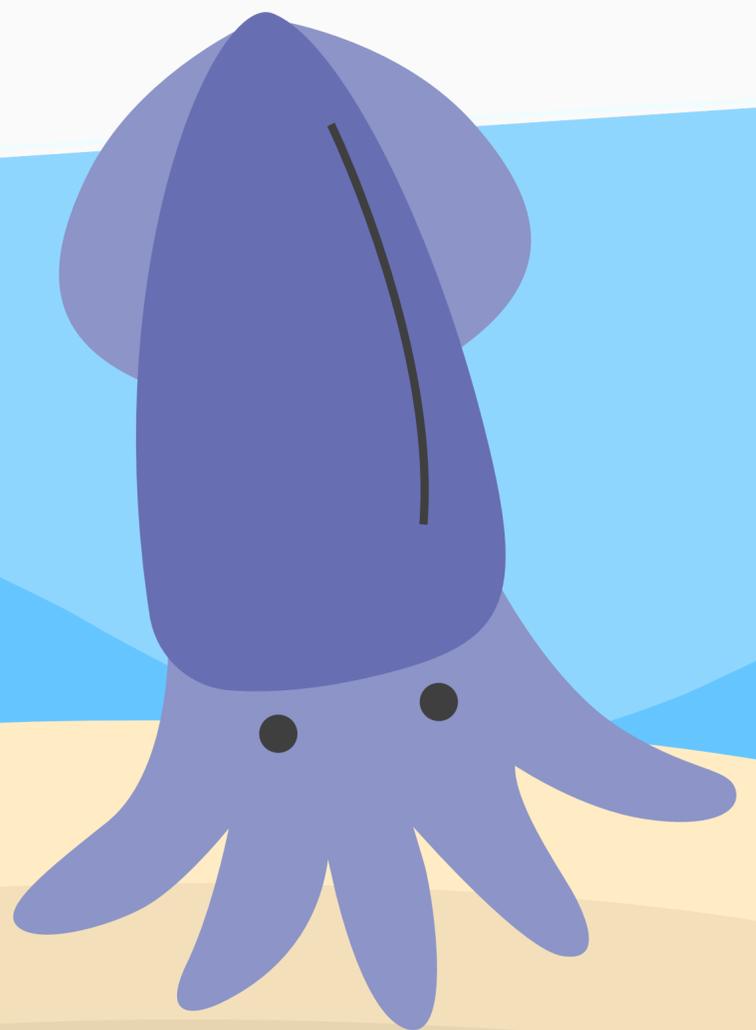
**Most importantly, don’t forget to apply to become a Big Sib at the end of your sophomore or junior year!**



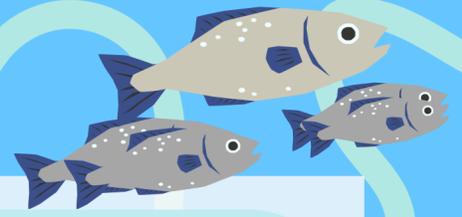


# BIG SIB

## EXPERIENCES!



# FAVORITE THING ABOUT STUY?



**"The variety of food options, extracurriculars, classes, and communities here at Stuy! It's overwhelming yet exhilarating, stimulating yet slightly terrifying. I genuinely believe that there is a niche for almost everybody at Stuy."**

**Kai Xuan Li, 1FF**

**"I love how everyone has a different background, and everyone is interested in something different — there's so much to learn."**

**Ushoshi Das, 1GG**

**"I love our location and building! It allows us to get really amazing views of the sunset over the Hudson! Also, having a new and modern school building has its perks (ex: express elevators and the fact that everything being bright just encourages productivity and work)."**

**Angela Lin, 1EE**

**"I love the fact that despite its competitive reputation, we all respect and understand that each of us have a speciality and have worked hard to get into this school."**

**Luca Bistrong, 1GG**

**"There are so many clubs and teams that students can join, all filled with super supportive and passionate people."**

**Kaileen So, 1CC**

**"I've never done a STEM class at Stuy that I didn't have to. The creativity offered in the class choices allowed me to focus on humanities and the arts, where my interests lie."**

**Brandon Phillips, 1HH**

**"My favorite thing about Stuy are the guidance counselors! They are so welcoming and will try their best to help you when you need them!"**

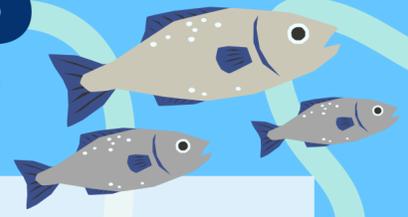
**Nasif Attiq, 1JJ**

**"I have really enjoyed the teachers at Stuy. They are really educated and helpful, and have been really crucial resources to utilize. I have found that going to office hours and reaching out via email concerning opportunities or questions has been really fundamental to building relationships."**

**Lucien Clough, 1NN**



# MOST EMBARRASSING MOMENT AT STUDY?



**"My croc got stuck in the 5-7 escalator at the beginning of my sophomore year, and the escalator broke with a bunch of people on it!"**

**Helen Mancini, 1ZZ**

**"On the first day of freshman year, I thought that I had to change for gym, only to discover that everyone else was wearing normal clothes, and that it wasn't even my gym period. I then forgot my locker combo and was 25 minutes late to a 35 minute class that day :)"**

**Adrian Turkjidev, 1UU**

**"I accidentally swiped my metrocard instead of my ID at the scanners in the morning. The people behind me were likely laughing at my oblivion."**

**Chloe Kim, 1UU**

**"During freshman year, I broke my ankle, so I had to use crutches around the school. One time the elevator was really delayed so I decided to just take the stairs. As I was going up, I saw one of my upperclassmen friends so I said hi, but I ended up falling down the stairs..."**

**Grace Rhee, 1FF**

**"One time I needed to use the bathroom during Freshman Comp. I went to open the bathroom door when a classmate of mine, a guy, walked out. My eyes went from his to the "Boys" sign on the bathroom door and back to his as we stood there for an awkward 4 seconds. He finally broke the silence by asking "are you okay," to which I responded "no" as I turned and walked to the girls bathroom."**

**Sophia Tom, 1SS**

**"I once forgot to go on a trip for a class."**

**Sarah Lin, 1SS**

**"Once my friend made cupcakes but lied to her mom and said it was for her friend's birthday. The next day at school she told everyone who was sitting with us at lunch to sing happy birthday to me and for me to pretend my name was Catherine so that she could video it and send it to her mom."**

**Niamh Werner, 1RR**



# FAVORITE WAY TO RELEASE STRESS?



**"My favorite way to release stress is to hang out with friends. Sometimes we talk about it, which is helpful, especially because it usually makes me realize that everyone is in the same boat and also helps me put things in perspective."**

**Ayla Irshad, 1UU**

**"I Love exploring the city. Definitely recommend Chinatown for cheap prices and the West and East village! Try to find places to study outside of your neighborhood so you can be in a fresh new place + you can get snacks which are honestly the best when studying!"**

**Nathalie Cuevas, 100**

**"I try not to procrastinate so I won't develop stress. The work is manageable if you do it as soon as you get it."**

**Gary Huang, 1PP**

**"One of my favorite ways to release stress is to journal about my stress whether on paper or digitally. It helps me vent about my stress and pinpoint whatever is actually bothering me so it hopefully doesn't happen again."**

**Filie Chen, 1HH**

**"I like to take 30 mins to just color while listening to music. Like coloring in a coloring book :) HIGHLY RECOMMEND it's super relaxing :D 🧑🏻"**

**Nicole Ni, 1YY**

**"I love love love crocheting! It's super relaxing after you get the hang of it and it usually distracts me because I get busy counting stitches :D"**

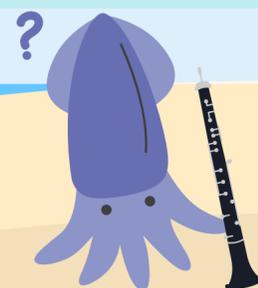
**Atiya Firooz, 1PP**

**Participating in the school shows! Even if they may be stressful at times, it's very rewarding and fun to be a part of Sing, Stuy Squad or SOS!"**

**Mehruba Tithi, 1ZZ**

**"SLEEP. Do NOT underestimate a good nap or a full night of sleep. It's not cool to flaunt the amount of hours you didn't sleep, and it certainly won't make you more productive while learning. In fact, not sleeping will create more stress so um, please sleep."**

**Fiona Li, 1NN**



# HOW HAVE YOU GROWN SINCE FRESHMAN YEAR?

**"Besides the obvious academic aspects of knowledge and developing study habits that work for me, I've definitely emotionally evolved a lot. I've met so many new people that are so unique and it's allowed me to explore new parts of myself and embrace all of them."**

**Shirina Rong, 1JJ**

**"I became a lot more comfortable talking to adults, especially with the assistant principals and my counselor for program changes."**

**Gary Huang, 1PP**

**"I've become a stronger student through prioritizing my studies and extracurriculars in a way that makes me happiest and most efficient."**

**Sophia Dasser, 1EE**

**"I've learned to study in a way that works for me! Everyday, I brain dumped onto the chalkboards in my math class, which really helped me retain material for my history classes!"**

**Jessica Liu, 1DD**

**"I've realized how valuable time is, whether it's free periods or commute time, because if you wanna do many things and do them well, you need to be able to make use of all the time."**

**Victoria Cheung, 1ZZ**

**"I do think that I've grown in that I try not to let fear prevent me from trying daunting things or thinking that 'no way I could do that'."**

**Carol Hon, 1JJ**

**"Finding a close circle of friends has helped me discover a deeper sense of belonging and joy, fundamentally changing my outlook on life and adding layers to my character that were previously undeveloped."**

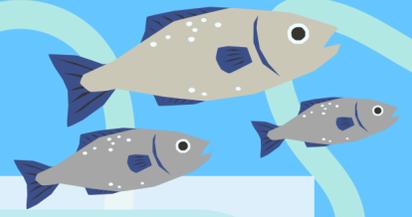
**Olivia Callahan, 1PP**

**"Oh my god, when I reread some of my emails from freshman year I CRINGE SO BAD 🤔, I used to be so so awful at writing emails. I'm definitely a lot better now - although there is of course room for improvement 🙄."**

**Tamiyyah Shafiq, 1BB**



# A SPECIAL EXPERIENCE AT STUY?



**"My most immediately memorable experience at Stuy is when a teacher said I gave the best definition of imperialism that he had heard in 27 years, after writing my answer on the board and photographing it."**

**Petra Dijur, 1ZZ**

**"One experience was when I went to talk with my teacher for advice. They were so understanding and were willing to listen and give me honest advice."**

**Jonathan Wun, 1BB**

**"I LOVED my first Clubs and Pubs Fair. I went with a friend I'd had online class with freshman year during COVID, and it was actually kinda intimidating but really fun."**

**David Siniscalco, 1SS**

**"Going to the Met for art appreciation! I still remember having so much fun that day, hanging out with new friends and exploring the museum."**

**Ibtida Khurshed, 1WW**

**"Definitely participating in Sing! last year and being part of the first SophFrosh group to win."**

**Kaileen So, 1CC**

**"One of my teachers emailed me the sweetest thing during AP week, she said that she felt that I wasn't as energetic as usual and wanted to check in with me and see if she could do anything to help, and honestly during that stressful week that was really sweet of her to say."**

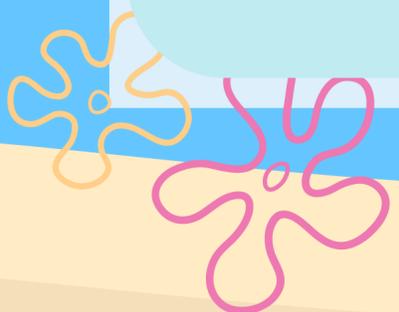
**Tamiyyah Shafiq, 1BB**

**"Being part of Junior SING! Modern was a truly special experience :) Even though Junior SING! got last place (...again 😞) it was really cool to be part of such a cool, nuclear community.👍"**

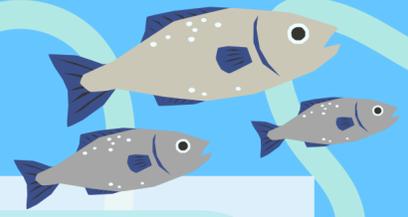
**Lucas McGarvey, 1AA**

**"A special experience that resonated with me was the first time the volleyball team had a team dinner. Before going to Stuy, I was really worried that I wasn't going to make friends or be part of any group so I was really happy at the team dinner."**

**Ziyue Wang, 1EE**



# WHAT WOULD YOU HAVE REDONE?



**"I would say be more involved/ joining more clubs. Not to say that you should overwhelm yourself with extracurriculars!!! If it's unreasonable there's no need to force it into your schedule."**

**Ellen Yu, 1AA**

**"I regret absolutely nothing. I think that there is something truly special about trying things out and learning more about yourself, whether it's about what you enjoy doing or what you absolutely hate."**

**Aleksey Olkhovenko, 1XX**

**"I never used my locker as much as I should have until sophomore year. It's super convenient to store any snacks or daily goods you might need throughout the day."**

**Josephine Yoo, 1DD**

**"I would reach out to more people freshman year! There's literally no downside of doing so-- everyone is just as desperate as you are to meet new people."**

**Margaux Scandura, 1BB**

**"I'd make sure to take better care of myself. Health should always be your #1 priority and you should never be sacrificing it for school."**

**Ethan Ma, 3JA**

**"Make the most of the opportunities you have and don't be afraid to make your own opportunities. You do not know how far a small "Yes" can go."**

**Farzad Hoque, 1WW**

**"I regret feeling pressured to make all my friends right at the beginning of school. I've found that not only did I meet some of my closest friends months into the school year but I also am still meeting new people now!"**

**Eden Lewke, 1MM**

**"I wish I had stressed less often and lived a bit more! The memories I'm going to remember from high school won't be when I got a point higher on a test, but staying in school at 10 pm for SING! and singing "Let It Go" from Frozen with my little sibs!"**

**Mirei Ueyama, 1BB**



# WHAT STUY RESOURCE DO YOU RELY ON MOST? PART 1

**"The library is such a great place to spend time. Even if you don't want to read a book, it's a very productive place to work since it's so quiet."**

**Mikayla Lin, ICC**

**"Mr. Blumm's opportunity board! Super great for finding internships, jobs, and academic programs."**

**Kikyo Makino-Siller, 1HH**

**"My teachers! I email them all the time and they're almost always happy to answer questions."**

**Olivia Haven, 1PP**

**"The Guidance Department! They are extremely supportive and a great resource. It is also a great place to eat lunch and they also have computers that you can borrow to do work!"**

**August Petry, 1YY**

**"I rely the most on the Writing Center. It was a great way to improve my writing and grades in English class."**

**Shwetlana Jha, 1OO**

**"Definitely my peers! I'd say I learn the most from them whether that be through them motivating me to study/learn, or them literally helping me through topics or sharing study guides/resources!"**

**Malka Lubelski, 1QQ**

**"I mainly use Facebook as a resource, specifically, the "Dear Incoming Class..." group chats, as questions are constantly posted and answered there. Clubs are also constantly advertising themselves, so it really is the center of all information."**

**Antonietta Baerga, 1YY**

**"ARISTA tutoring and office hours! There are ARISTA tutors for every subject and during office hours, teachers are more than willing to help you out! Most of the teachers at Stuy are insanely passionate in what they teach, and they love talking about their classes!"**

**Mehruba Tithi, 1ZZ**



# WHAT STUY RESOURCE DO YOU RELY ON MOST?

## PART 2

**"Study guides made by different clubs (ex: AP Chem study guides made by the ACS Club, ARISTA, Sophomore Caucus, etc!)"**

**Josephine Yoo, 1DD**

**"Easily my friends. Sharing classes, knowing whether or not it's a gym day, figuring out if there's a test or homework I haven't done yet, or a project that we can work together on, it's all about my friends!"**

**Esayah Edghill, 1AA**

**"THE WRITING CENTER. I've used it for literally EVERY assignment during sophomore year (sometimes even 2-3 times for one piece!), and I regret not using it earlier during my sophomore year."**

**Lenny Metlitsky, 1ZZ**

**"Stuy Schedule app"**

**Amaryllis Sun, 1DD**

**"The escalators for sure"**

**Carol Hon, 1JJ**

**"I rely most on social media, usually Facebook and Instagram. I get the quickest updates about school events or announcements from my peers or organizations at Stuy this way."**

**Tanisha Jinnat, 1SS**

**"Ingram's Weekly Update and Blumm's Weekly Bulletin Board! The documents are long but there are so many great opportunities and important information/reminders on them :)"**

**Rebecca Bao, 1UU**

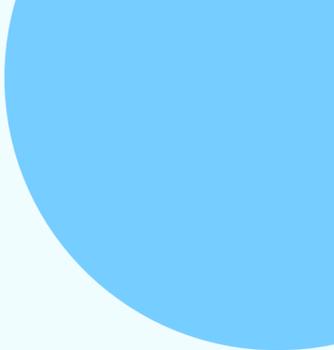
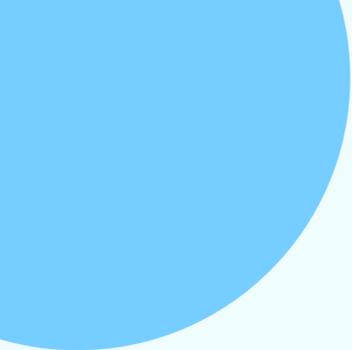
**"Stuy's free subscriptions to newspapers and academic journals."**

**Simone Raleigh, 1FF**

**"The SU weekly emails! Having the weekly schedule is super helpful, because I'm able to figure out what days I have gym and if there's a special schedule to follow (conference day, homeroom schedule, etc)."**

**Kate Bondarenko, 1TT**





# thank you!

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The 2023-2024 Big Sibs Program would like to thank:

**The 2022-2023 Big Sib Chairs!!**

*Sabiha Amin*

*Efe Kilic*

*Ava Rem*

*Suki Ferguson*

*Elicia Chau*

And our counselors, Ms. Pedrick, Principal Yu, Ms. Ingram, Mr. Moran and all the wonderful faculty who work tirelessly to make the Big Sib program what it is. We also thank the Student Union and BOE for the provided information and Mr. Polazzo for supporting the SU. It is an absolute pleasure to work with all of you. Thank you for everything, and we are excited to continue our work into the new school year!

