

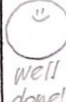






February
& March

Academic High School Program
Student Report

Name Yuriko Seike


<p>2/26 Sat Fancy Girl</p> 	<p>I went hangout with Emily and Imani. It was so much fun!!! We went target first, and I could get some pretty cards. Also, we went ULRA to find some make up tools. I just love target bc it has everything. No kidding. I guess some products are little bit more expensive than walmart though. I enjoyed shopping, food, and girl's talk hehe. I felt like I was fancy girl bc of high heel haha.</p>	<p>bit mor.</p>
<p>2/27 Sun Good</p> 	<p>My leg is literally dying bc of yesterday...! I felt so good when I wore high heel because the world looks different from tall height (Well... exaggerate too much? haha). I know that I'm short anyway, but making myself little bit prettier improve my self estimation. I don't wanna devote too much time for my appearance though.</p>	
<p>2/28 Mon Well done!</p> 	<p>I went gym to do some workout. I did body pump today. I'm gonna miss this class and instructor so bad. Her class was so much fun even though it include tons of push ups haha. Workout is the best way for me to refresh both physically and spiritually. I wish I could have more time for workout after.</p>	<p>go back too.</p>
<p>3/1 Tue Time flies!</p> 	<p>OMG TIME FLIES. I CAN NOT BELIEVE THAT IT IS ALREADY MARCH. I went cafe with Loney. It's strange that we are close friend even though we have never took same class. But I feel comfortable when we are together. She is always so sweet. It's fun to talk about Japan. I'm glad that she is interested in my country.</p>	
<p>3/2 Wed Chill</p> 	<p>I went gym this morning and I did 2 classes. I did body pump as usual, and I tried body flow this time. Body flow was totally different. It's slower, and calm. I love doing both, but for mental care, I guess body flow is better. I'm so happy to go to the gym frequently. I really appreciate it! ♡</p>	
<p>3/3 Thu Happy</p> 	<p>Today is traditional day for Japanese girl! It's Hinamatsuri. My Japanese mom told me that she decorated my Ohinasama even though I'm not in there. I'm so loved by my parents. I'm so blessed. We made Ohinasama by Origami paper. It looks so good. I love to share my culture with kids. I love them!!!</p>	
<p>3/4 Fri Stressed out</p> 	<p>I'm so stressed out. I guess I'm carrying too much. So many things going on right now, and I just can't handle my feelings any more. Sometimes, it happens. I have to learn how to cure my mental haha. Exchange student is so emotional and hard to operate their feelings. Just like I learned before, now I'm feeling exactly same way.</p>	


**Academic High School Program
Student Report**


March


Name Yuriho Seike


Japanese call


3/15 Sat

 Arr
 I did long talk with my Japanese family. I could finally talk to my mom and dad at the same time...!. I was so impressed by modern technology innovation. It's easy to communicate with someone across the ocean. This was impossible several years ago. I will not write what we talked for reasons, but


3/16 Sun

 WORK HARD
 I was happy to talk with them. I'm thankful for my host family because they always let me talk in the night. Only once a month, but I wanna show them my change, and process of growing up. I wrote so many things yesterday, so I'm gonna just write little bit haha. I made protein shake for the breakfast, and it was so good. My host mom always tell me the best way to do something. Love it!!

3/17 Mon

 happy
 It was interesting to learn about WWII from other part. I didn't know that American students learn about history but from totally different persepective. Thesedays, many people ask me about my opinion or background in history class, so I'm so happy to share my thoughts. I'm excited about

3/18 Tue

 I did
 Today's coffee house was amazing! I sang few song with choir class, (bc Ms. Hopkins suggested me to join the group :)) and I also played the piano. It reminded me 3 years ago, I played piano in Washinton. It was embarassing bc I was not good at it. But tonight, I could play it better! Yay!

3/19 Wed

 Busy
 Today was so busy day. I'm stressed out again. I have three exam tomorrow (I hope it's not 4) bc I will go to the choir competition on Friday. US History is literally killing me... I love my teacher, learning with my classmate. BUT!!! I don't like test haha. I know I don't have to feel pressure, but

3/20 Thu

 Busy
 I took three exam today. I was just so busy because I had to take USH & Eng III test. Piano test didn't matter at all because it was basic level, but!!! US history is killing me. I really tried to take all A, but I can't. Learning history in English, also from anothe perspective...! It is interesting, but so hard!

3/21 Fri

 Fun.
 I went choir's competition as an assistant singer haha. Actually, Ms. Hopkins asked me to help, and I wanted to help. I'm not sure about the result, but I did my best! That's everything! I love singing, and I am so happy that I could sing French, and English song. Oh, lunch was delicious too :)

bit haha

tomorrow too!

I'm pushing myself.

FBLA MT

Mid term Exam

Choir Competition

Academic High School Program
Student Report

March

Name Yukiho Seike

<p>3/12 Sat Fun</p>	<p>We had a senior dinner theatre today! I just love this show I'm not in the show because I'm not senior (I wish I were senior... 😊) But!!! I'm trying to help the show by making sandwiches. My seniors did amazing job today, and I'm so proud of them! Love y'all seniors!!!</p>
<p>3/13 Sun Joy</p>	<p>Today was ordinally sunday... so I had nothing to do! haha I had a lot of homework, so I couldn't do something fun at all... but! I became good at finishing homework earlier. In the English class, we are reading new material. It's so interesting. However, we have to do so many activity with it.</p>
<p>3/14 Mon Love show</p>	<p>Today was the last senior dinner theatre! And it was the best show in this 4 days! Senior worked so hard! I really respect them. Ms. Bartos's soup (Chicken soup) was great! She is very good at cooking...! I'm glad that I could eat country food of Southern US. I hope I can make it for my family someday.</p>
<p>3/15 Tue excited</p>	<p>I am so excited about this week! I have a field trip, and prom this weekend! Awwww I can't wait! My host mom is always trying to help me. This time, she is trying to fix my dress for me. I really appreciate it. I really want to be like her. She is amazing mom, and I respect her!</p>
<p>3/16 Wed Tired</p>	<p>I am so tired. Of course I'm super excited, but there are too many things happening right now. I don't know how to handle it! I have to think about next culture meeting. I'm trying to do something about cardgame, but I didn't bring any game. I will ask other people about foreign games.</p>
<p>3/17 Thu Fancy</p>	<p>I went nail salon for the first time in my life. I really loved it! I hurt me little bit, but I'm satisfied with the result. I can't stop looking at my nail! I got my pedicute done by myself. It looks good. The only thing I have to do before the prom is... fixing my promdress!!! It's a big deal! haha</p>
<p>3/18 Fri excited</p>	<p>I went field trip to the Walter Anderson Museum. I had been there in september, but this time was totally different from last time. Because, I could understand almost everything what museum guide said. It was surprising thing. I felt little bit of confidence. My listening skill is improved.</p>

Senior Dinner Theatre!

Nail Salon

Field Trip

Academic High School Program
Student Report

March

Name Yuriho Seike








☆ Prom ☆

3/19 Sat Fun!	My long time dream came true!!! Prom was amazing experience. I did flashy makeup, so it tooks 2 hours! Haha. I really enjoyed dinner at the Italian restaurant. My group is the best because everyone is so sweet and beautiful!!! I danced like I never did. I was insane! It was a magic night...!
3/20 Sun chill	I was so exhausted because of yesterday. I had so much fun, and I still remember the feeling I had yesterday...! I'm still in the after glow * = I had nothing to do today, so I could take a break and nap... 😊 Now, I'm kinda sad because big event is done...! The last big event is going to be graduation.
3/21 Mon normal	It became back to normal school days. I'm still in the after glow of the prom though...! Please, someone bring me back!!! Anyway, I have ACT tomorrow, so I need to concentrate on what we are studying for ACT. I hope my score improve this time. I studied hard, but I'm scared.
3/22 Tue OMG	I have a talent show this Friday. Since I'm gonna perform piano, I had to go to rehearsal. It was insane. People who are going to perform are amazing. I felt guilty to being there. Now, I'm so scared to perform my song in front of people. Do I deserve it? Why did I pass the Audition?
3/23 Wed Awrr	I AM SO EXHAUSTED. I can't speak English as well as last week anymore. It's just wired.. My brain doesn't work...! I tried to sleep early last night, but it didn't help me at all. I couldn't sleep!!! I don't know why it happens to me. I guess I'm thinking too much. I need to calm down.
3/24 Thu Yay	I made a A in the US history's test! Yay! I'm so happy to be a honor student, so I hope I can be a honor roll student while this whole semester. I don't wanna see any B or C. Only thing I need is "A". I'll never give up to reach my goal. Even my grade doesn't matter for school in Japan, it's big deal for me.
3/25 Fri I did it!	Today's talent show was awesome! I played song which I composed front of many people...! I felt like I was in the movie. Also, I got 2nd place!!! I can't believe it! I did it!!! I was so nervous, but everyone encouraged me:) I was soooo happy after I played my song! And I got tons of compliments! I can fly to the moon!

Academic High School Program
Student Report

March
& April

Name Yuriho Seike

3/26 Sat 	I really enjoyed Crawfish! It was cool experience to have a chance to eat local food. Also, I was able to eat it for free as a judge! How lucky I am! I had so much fun today, but my feeling inside is... just so somber. Am I doing well? Am I doing enough as a exchange student? Other exchange students are going many place, and doing so many amazing thing. But... what about me?
3/27 Sun 	I went art festival at the downtown. There are bunch of pottery, paintings, handmade soap, aroma oil, and so on! I got a lapel pin of red snapper! haha It was so unique, and I thought I have to get it as a memory of fishing. I'm gonna put it on my letter man jacket. I'm so excited.
3/28 Mon 	It was normal Monday... I had no test, fortunately. So I could do my English project most of the time. In the production class, I have a role in the new show!!! I am so happy! I've been working so hard to remember the line because the term is so difficult for me. I'm so thankful for teacher. She is always trying to let me have a role :)
3/29 Tue 	I was so busy. And I was so stressed out too... I don't know. I should write down this, but I feel pressure. I'm so terrified. For everything. I'm not sure I'm doing well as an exchange student. Tomorrow, I have a culture club meeting. I can't show my depressing face. I need to handle my emotion. I'm just... I wish I were more wonderful person.
3/30 Wed 	I'm trying. I'm trying again and again and again... to be better. But I'll never be able to be enough. I hate this. I know that I have to know that there is a limit to the level I can teach. I'm doing my best in this place, but I feel like I'm inferior to other exchange students. Why, I have to stop thinking about it, but I just can't.
3/31 Thu 	Ohg, I thought I'm gonna be better in few days, but it's not easy this time. I'm usually optimistic person... well, maybe so. Because I'm trying to be optimistic, not think too hard. I don't know how to explain. Many people are asking me "What are you gonna be?" But, I can't answer. Please, tell me the answer. Tell me what I can be.
4/1 Fri 	The only thing I needed was talking to somebody who understands my feelings. Same age, same situation, same personality... umm, maybe it's not exactly same, but she is very similar as I am in Japan. I felt like I was talking to myself in Japan. I will not mention her name, and I will not say anything about our conversation, but

all I can say is, she made me relieved. For now, I'm fine.

P.S. 4/3

Minami Nihon Culture Center

And I'm super fine now!!!

*: I'm sorry that I wrote down my negative feelings in this report, but I tried to be honest!