

Sandra Rautavuori, graduate of Shanghai Community International School (SCIS), Pudong Campus, will go to either the University of Birmingham or Brunel University London, to study physical education.

Mixed feelings! I'm relieved to finally be done with all the hard work of the IB, but at the same time it's crazy to think I'm now done with my Secondary school education. It is an odd feeling knowing that I will no longer be going to school every day and seeing all of my fellow classmates and teachers.

I have been studying at SCIS for 13 years now (since Kindergarten!). Looking back at my experience at SCIS, these years have given me memories to last a lifetime. Since I started here at a very young age, SCIS really has become my home. I think that SCIS becomes home to anyone who joins this very warm community. My time at SCIS has been nothing short of exciting and fulfilling, year after year.

Some of my best memories from my time at SCIS come from my participation in sports teams. Whether it is the after school practices, the weekend tournaments, or the trips, my experiences on the volleyball and swim teams have provided me with great memories and experiences. China trips (to different locations each year) have also provided me with lasting memories of my time at SCIS. I am grateful that each year I was able to experience aspects of local Chinese culture, whilst bonding with fellow classmates.

I did take the IB in High School. Although it has been a very challenging two years, I wouldn't have had it any other way as it was such a valuable experience. The IB gave me the opportunity to study six subjects I was interested in, whilst also helping me develop valuable life skills including time management, organization, perseverance, etc.

I managed to enjoy my High School years by finding a balance between academics, extracurricular activities, and social time. Extracurricular activities, such as dance, swimming, and band, allowed me to take a break from my academic workload and in addition to that, they were things that I really enjoyed doing! Furthermore, my social life at school and a great group of friends helped me to enjoy even the hardest of school days.

Effective time management certainly is vital for success, as it can allow one to have a balanced lifestyle, but also allows for things to be finished in an organized and timely manner. I also consider determination to be a key to success. Once you set your mind to something, you should go for it, work hard, and not give up until you achieve that goal.

I have been at SCIS since Kindergarten, so I have undergone my entire schooling at an international school. I do think that an international school experience has better prepared me for the future, as it has not only made me much more open minded towards new experiences, but has also given me so many opportunities I would have never gotten elsewhere, such as making friends from all different parts of the world, learning 3 new languages, traveling throughout China, etc.



Advice for fellow students at school: Stay positive and motivated, no matter what comes your way. Although times can be tough and you may face challenges, a positive outlook is important and will take you a long way. I also want to advise fellow students to make the most of their High School experience. The experiences you have in High School will form memories that you will take with you wherever you go.