



Upper School Update

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Keeping an open mind and learning new things are important to me. We want the same for our students and children. Recently, I read an article and learned another meaning for an "Easter egg." Video gamers know the term [Easter Egg, aka Cheat Code](#) as "a code (such as a button combination or password) that activates a hidden feature or capability in a computer video game." In his article, [15 Cheat Codes for Life: Jump 7 Years Ahead of People](#), Jeff Rose shares fifteen cheat codes that we can all use to get to the next level in life. Unlike in video games, cheat codes aren't a tricky advantage; rather, they can benefit everyone involved. I know that we are always looking for ways for our children to do their best and stay on top of their game, and I also know most parents are looking for ways to connect and converse with their children, and this article may help with both.

The next time you're driving in the car with your children or when you're having dinner, share [these Easter eggs](#) with them and see what they think. Ask them which ones they think make the most sense and which eggs they can use. I'd suggest that unlike in video games, where Easter eggs can be used usually with the touch of a button, going to the next level in life takes a bit more work; we need to open our minds and realize how much power we have over ourselves and our emotions. And, likely, we need to continually and consistently apply the concept for it to take hold and for the change to happen.

Cheat Code 11: *How you react is much more important than what happens to you.* Rose explains, "You can't choose what happens to you, but you can choose how you react to it. How you respond to conflict and challenges will say plenty about you." As adults, we know this, but we might need to remind ourselves that we have so much more control over our emotions than we realize. Likely, most teenagers may not believe this is true. They may want to blame circumstances and even others, but the sooner they realize they do have the power and they try to control their responses, the easier life will be for them and likely the happier they will be. This concept is so simple, yet it escapes so many.

Cheat Code 2: *Pay attention to how people treat service workers because this reveals their true colors.* In the article, Rose quotes Mohammed Ali who stated, "'I don't trust anyone who's nice to me but rude to the waiter. Because they would treat me the same way if I were in that position.'" We know that it's also very telling to know how people act when they don't think anyone is looking. These are all indicators of a person's true character, and we should always strive to be the best person that we can be and also intentionally surround ourselves with those who are caring and considerate. Cheat Code 2 complements catchy code 15: *Your vibe attracts your tribe*. This is a reminder that who you are and "how you present yourself to the world will determine what kind of energy you attract in your life." What you get from others will have a direct correlation to what you give. Again, every day, we all have opportunities to make thoughtful choices that will make a difference in our lives.

For me, I need to work on Code 6: *Never stop investing in yourself because this is the most important thing you can do.* It reminds me of what the flight attendant tells the passengers before takeoff: when experiencing an emergency, always put on your oxygen masks first. In order to care for others, we need to be physically (and emotionally) capable; we need to take care of ourselves. It's a win-win.

All fifteen cheat codes are worth conversation and application. I know that it's not always easy to have meaningful conversations with our children, and they can sometimes be resistant to parental advice, but this article might help spark dialogue that can be beneficial to them and to you.

