

## Trade Off Between Sleep and Grades

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Editor in Chief

A typical teenager requires exactly nine hours and fifteen minutes of sleep, but a 2007 study revealed that approximately only eight percent of high school students receive enough sleep on an average school night.

This study, which appeared online in the "Journal of Adolescent Health," is based off of a national Youth Risk Behavior Survey conducted on 12,000 students in grades 9 through 12.

According to Nationwide Children's Hospital, the average amount of sleep that teenagers get is between seven hours and seven hours and fifteen minutes.

As students advance through high school, it becomes more and more difficult to attain an adequate amount of sleep. The time-consuming responsibilities they have range from family obligations and club activities to achieving satisfactory grades.

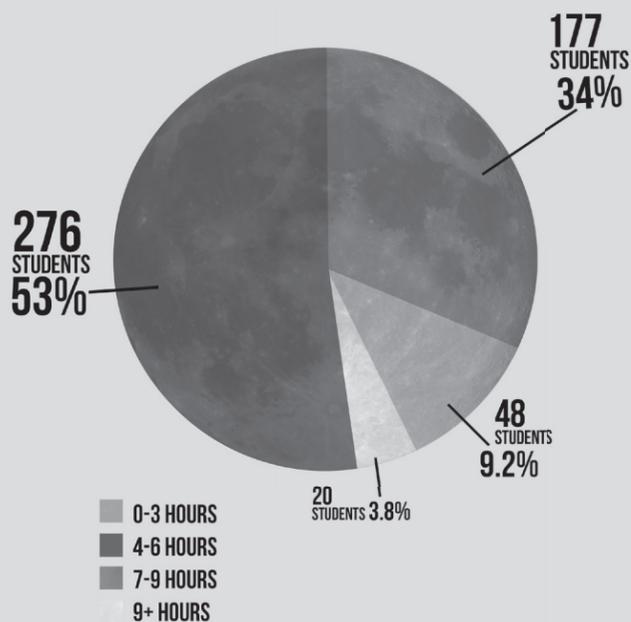
"It's always either family, grades, clubs or sleep; I can pick three of them, but not all of them," junior Larson Chang said. "During weekdays, school takes up the morning half of my day, clubs take up the afternoon, [and] homework takes up the night. On the weekends, sleep replaces school and family replaces clubs, but it's hard to feel refreshed when you only get a good dose of

sleep two times a week."

A common problem many students face is the trade-off between sleep and grades. Achieving good grades requires

the investment of study time, even if it is at the expense of sleep. However, recent research conducted by the University of California Los Angeles (UCLA) has proven that this process is counterproductive.

### SURVEY: HOW MANY HOURS OF SLEEP DO YOU GET ON A TYPICAL SCHOOL NIGHT?



TOTAL STUDENTS SURVEYED: 521

This study was conducted by UCLA professor of psychiatry Andrew J. Fuligni, UCLA graduate student Cari Gillen-O'Neel and several other colleagues and published in the recent on-

line edition of "Child Development." The study involved the recruitment of 535 Latino, Asian American and European American students in the ninth, tenth and twelfth grades from three Los Angeles area high schools. The students were asked to keep a fourteen-day period diary that recorded how long they studied, the amount of sleep they received and if they faced one of the two academic problems: not understanding something taught in class the following day or low performance on a test or quiz.

Researchers who studied

the results found an increasing association between study time and academic problems, because longer hours spent studying lessened the amount of time spent sleeping.

Sleep deprivation is also associated with more severe consequences among adults and teenagers alike. Teenagers who do not receive enough sleep are not only impacted in academic performance, but also in terms of mood, behavior, cognitive ability and driving.

According to the National Highway Traffic Safety Administration, drowsiness and fatigue are common causes of more than 100,000 traffic accidents yearly—more than half of which are caused by adolescent drivers.

Teenagers, however, can improve the average amount of sleep they get nightly through several changes. The National Sleep Foundation suggests that students maintain a regular sleep schedule even on the weekends, taking afternoon naps, turning off electronic distractions to avoid brain stimulation and avoiding caffeine, alcohol and drugs.

"Time management is an important thing, so don't jam everything together in the end," school nurse Anita Man said.

In addition, Man also suggests that students get adequate rest, nutrition, hygiene, exercise and relaxation.

MOOR graphic by ARELI ARELLANO

## Entrepreneur Pays \$100,000 to Drop Out of College

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Staff Writer

One of the greatest concerns today's high school students have is attending college. Questions such as where to go, what to learn and how to pay for college plague the minds of students across the nation. However, after all the hard work students put into attending college, would you accept \$100,000 to drop out?

Billionaire entrepreneur Peter Thiel does not agree with the idea that a higher education is worth the cost. To prove his point, Thiel began offering large sums of money to college students to drop out of college and pursue their own ideas and goals. According to Thiel, college is not necessary to become successful economically and that, unless students have defined a long term plan, students will not likely pay off their debts.

"They didn't have long-term plans about what they wanted to achieve in their lives," Thiel said in an interview with CBS news. "I think the educational system has become a major factor stopping people from thinking about the future."

Using his own money, the German-born American entrepreneur chose 20 candidates and gave them \$100,000 to skip college and pursue their own goals over a period of two years. He calls this select group of individuals the Thiel Fellowship. According to the fellowship's website, Thiel Fellows are also connected to a network with other entrepreneurs, scientists and investors who will mentor them in ways not available in a typical university setting.

"So many students are not getting the jobs they need to repay their debts," Thiel said. "My program is not—does not involve charging people a quarter of a million dollars."

Although the process of going to college is becoming much harder, some students at AHS still believe that the value of a quality education is irreplaceable.

"In the long run, college is more of an investment in your future than \$100,000 would be," senior Daniel Castaneda said.

Others expressed the belief that, ultimately, the benefits of the Thiel Fellowship are dependent on the individuals that enter the fellowship and how they subsequently apply themselves.

"The fellowship is really applicable to only a select group of people," teacher Nancy Padilla said. "It is a great portal for those who are motivated and self-disciplined enough, but it may not be as helpful for anyone without the proper training, degree or mindset."

## National Blood Supply Decreases in Summer Months

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News Editor

Summer is a much anticipated season for many students because it is an extended period of break to have fun and relax. However, for the American Red Cross (ARC) blood program and other blood banks across the country, summer is a period of anxiety.

According to USA Today, blood donations are typically sluggish during the summer because schools that host blood drives are closed and people are away on vacations.

"The blood supply always takes a dip in the summer and during the holiday months as well because our high schools, the backbone of the blood supply, are out of school," ARC Account Manager Nicole McAdam said. "We run blood drives at businesses [during the summer] but the

donors are not in the office. The blood drives we hold during the summer are smaller blood drives. It's very hard to replace our high schools in the summer."

However, the ARC's national blood supply has been hit especially hard this year; it is now at its lowest point in 15 years due to a combination of severe weather conditions across the country and a markedly slow summer of donations. In July, dozens of blood drives were cancelled because of storms, and extreme heat kept donors indoors as well.

"Every [blood] donation can save up to three lives, which is an incredible feeling," former Red Cross President Joy Chen

said. "In the summer, students and their relatives can visit a local organization to donate blood, or help host a blood drive at their church, workplace and etc."



According to the ARC's website, 80 percent of the blood donations given to Red Cross are collected at mobile drives set up at high schools, colleges, community organizations, companies, places of worship and military installations.

The ARC provides approximately 40 percent of the nation's blood supply. High schools are responsible for 30 percent of the blood supply.

During the school year, students can also help out by participating in the blood drives that the AHS Red Cross club annually hosts.

"Typically, these blood drives are pretty successful, and students help create a great turnout," Chen said. "During the last blood drive with the Red Cross, our school collected 107 units of blood, which will help out a lot of people."

The ARC serves over 160 hospitals in Southern California, and they aim to collect 1,100 units of blood products each day in order to meet hospital needs.

"We can only complete our mission to help save lives when generous people give one hour's time and their precious blood," McAdam said. "Everybody can donate whole blood every 56 days, so if you time it right, you can donate six times a year!"

MOOR graphic by SHARON XU

## IN OTHER NEWS



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