



Attributes of Teen Suicide

JANET GUAN
JOSEPH NEY-JUN
Staff Writers

Teen suicide is a growing issue in America. Approximately 4,600 adolescents take their own lives annually; however, 157,000 people receive medical care for self-inflicted injuries. The Center for Disease Control and Preventions recorded the adolescent suicide rate in 2010 as 10.5 percent, up from 9.7 percent in 2007. Suicide is the third leading cause of death in adolescents. Recently, a girl from Florida committed suicide after being cyberbullied.

On Sept. 10, 12-year-old Rebecca Sedwick committed suicide after being cyberbullied from the end of 2012 to the day of her death. Two of her former classmates, Guadalupe Shaw and Katelyn Roman, began targeting her on Facebook. Sedwick is not the first case of cyberbullying leading to unforeseen consequence, nor will her story be the last, but was far from the worst-case scenario.

In 1999, two bullied students worked together to orchestrate a school shooting, which became known as the Columbine Massacre. They killed 12 students, one teacher, injure 24 other people and then took their own lives. In After the Fall, a play by Robert Miller, a line reads, "A suicide kills two people." The act of suicide not only directly affects the person taking their own life, but also family members and people holding sig-

nificant relationships with the person. Suicidal thoughts can cause an individual to no longer care about -or consider- the effects of their actions on the people around them. Some who are bullied go as far as to make attempts to kill those who are driving them to a suicidal state and finally kill themselves, similar to the situation that occurred

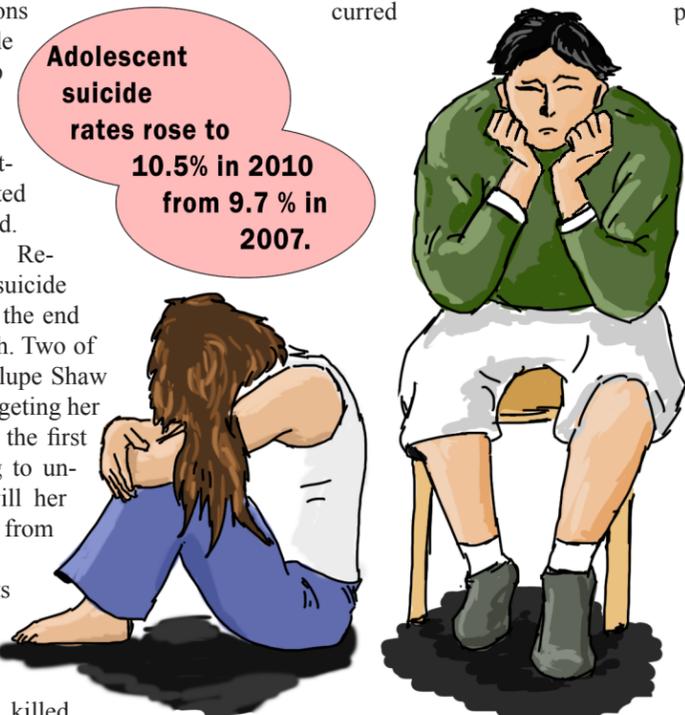
As all students are different, there are a multitude of factors that can lead to suicidal thoughts, but depression is one of the most common. Depression can be caused by a number of factors, from hormonal imbalances to the loss of a loved one. Information gathered by the Ohio State University Wexner Medical Center showed that more than 90 percent of people who commit suicide have diagnosable mental disorders such as, depressive disorder and substance abuse disorder. Recognizing one possible factor is not enough however.

"The only way we can stop suicide in teens is to not look at these people like statistics, but to be willing to offer help to them as friends," said Sophomore Sania Luna.

Organizations such as the Yellow Ribbon Suicide Prevention Program work to prevent teen suicide and provide the kind of help Luna suggested. When someone begins considering suicide it may cause a change in their behavior and a disruption of their normal habits, such as meal times and sleeping schedule, according to the Ohio State

University Wexner Medical Center. Being aware of the signs of imminent suicide and understanding how to handle delicate situations can help prevent future suicides in America and in Alhambra.

MOOR graphic by SIMON ZHAO



Self-Organized Success

CINDY LUO
Staff Writer

Research shows that students who work in groups, in addition to regular instructions, are more likely to learn more efficiently compared to those who are only taught by a teacher. This system, called self-organization, is ideal in places where teachers may not be available.

Sugata Mitra's experiment in self-organized learning won him the 2013 Technology Entertainment Design (TED) Prize, and he spoke about the results of his experiment at the TED annual conference.

"[When the experiment reached] the end of about two years [...], the teachers reported [that students had] dramatic improvements in [...] all sort of things, [...]and] they became really deep thinkers," Mitra said.

Through his research, Mitra discovered teachers' enforced instructions only reduce students' interests in learning. However, he believes that studying in groups can enable students to think more independently and facilitate the process of memorizing information.

"Collaboration can be a really powerful tool," math teacher Aya Kamimura said. "[When students collaborate], they take [the lesson] way farther than I could anticipate."

However, when students in teams are not responsible with their assigned parts, teamwork learning will not be useful.

"It wastes valuable learning time. Some students must slow down to help others," freshman Samantha Jones said.

According to Mitra's research, students with self-organization and the will to learn will be more creative and productive than individuals who are given a teacher's direct instruction.

Inconsistent Bedtimes Indicative of Health Problems

ANGELA YANG
Staff Writer

In a study conducted by the American Psychological Association, it was found that an infrequent and inconsistent sleeping schedule correlated with an increase in behavioral problems in children ages 2 to 5 years old because a consistent bedtime maintained the body's internal clock and regulated the children's behavior. The behavioral problems are all indicators on the Child Behavior Checklist for issues such as anxiety, depression, aggressiveness and hyperactivity.

To that end, sleep is vital to human bodies because it allows the body to rest and enrich healthy brain function which then improves learning and lowers the risk of obesity. A consistent sleeping schedule is particularly important to a healthy development in adolescents. Children and teenagers require sleep because it triggers the hormone

that promotes normal growth and boosts muscle mass, according to the National Heart, Lung, and Blood Institute (NHLBI).

A consistent sleeping schedule has the same behavioral effect on adults as it does children. The NHLBI found that adults who are well rested and maintain a healthy sleeping schedule are often more productive and perform better during the day at work and school than those who are deprived of sleep.

Lack of sleep or inconsistent sleep can also result in the development of many health problems. It was found that sleep deprivation is often linked to running a

higher risk of incurring obesity, heart disease, diabetes, a weaker immune system and a shorter

sleeping schedule conflicted with the body's internal biological clock. Irregular sleep decreases the body's resting metabolic rate, which lends itself

to a higher possibility of weight gain and obesity. Despite the health risks and behavioral problems associated with the lack of sleep and inconsistent rest, many find it hard to maintain a regular sleeping schedule due to numerous factors, many of which are associated with the fast-paced life of today's society.

excessive caffeine, jet lag and stress. On the other hand, those who do maintain a regular sleeping schedule find that an interruption in said schedule disrupts them.

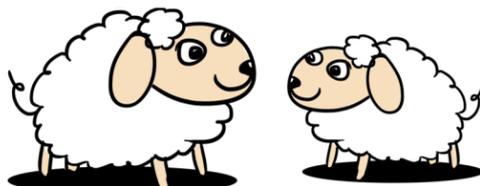
"I have a pretty consistent sleeping schedule and when I'm not consistent, I fall asleep in class," freshman Kelly Huang said. For others, the change in sleeping schedule does not affect class behavior, but rather their mood. Sleep and mood are also closely connected, as disclosed by the Division of Sleep Medicine. A poor sleeping schedule leads to irritability while a healthy sleeping schedule strengthens the human body.

"When I have to stay up to do homework I will be hyper for the first few hours; after that I'm really tired and maybe a little grumpy," sophomore Amy Leung said.

MOOR graphic by SIMON ZHAO

1. Do you sleep at a consistent time every day?
Yes: 202 No: 363

2. If you have ever slept inconsistently, what caused you to do so?
A. School work B. Family and friends
C. Extracurricular activities D. Other
A: 339 B: 51 C: 69 D: 79
Total: 565



life expectancy, as recorded by the Division of Sleep Medicine at Harvard Medical School. Furthermore, a study conducted by Brigham and Women's Hospital reported that an inconsistent

MOOR graphic by SIMON ZHAO