

Teen Woes

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Staff Writer

High school is a well-known landmark in the teenage experience. Not only is it the place where adolescents grow academically, but it is also where students are introduced to skills that will aid them in life later on. Young high school students can never have too much advice to guide them.

"You did NOT just snitch on me," so-called friend A rages, sassily Z-snapping friend B. "You spilled my secret 17 years ago!" supposed Friend B counters, still holding onto that kindergarten hatred. A chain of drama unravels.

Although not every relationship lasts forever, certain friendships last longer. There is no definite recipe to having long companionships. However, healthy friendships often have a few key components: honesty, trust and, most importantly, acceptance.

Honesty establishes trust; most of the human population will agree that trusting a liar is difficult. With a lack of trust comes a lack of communication—opening up to each other will prove to be challenging.

But above all, no matter how much honesty or trust there is, maintaining friendships requires mutual acceptance. No one has perfect traits. Accepting friends for their flaws—their quietness and awkwardness, their love for strange food like chili powder-covered jicama, their uncanny attraction toward gory horror movies or their lame jokes that make crows caw (they find them so funny, but they never are)—is what fuels the bond. A friend will accept our idiosyncrasies and not judge us when we need to cry on their shoulders.

First and foremost, be a friend (both of you). The friendship will follow.

You're a True Friend

JENNY LEE
Features Editor

Best Out of Stress

DEREK WU Staff Writer

High school is a time many students experience, often filled with drama and many problems that can naturally cause stress and more. Most teenagers are unaware of how to relieve stress and the effects that stress could bring upon a student.

Stress is an inevitable problem among people, and it can affect a person's mental and physical health. Mental stress can bring about symptoms such as being moody or frustrated, having low self-esteem and feeling overwhelmed. Physical stress can cause low energy, headaches, insomnia. Stress causes many negative symptoms to the body; however, there are solutions to managing stress.

According to WebMD, the first step to managing stress is to figure what is causing stress and why, along with finding an activity to unload the stress out. A person's environment also plays a role in their stress factor. Messy rooms and disorganized papers often cause anxiety, and the solution is to clean and organize. A hobby that clears one's mind, such as reading or running, is an easy solution to ease stress. Surrounding oneself with people that are not stressed is helpful since people often mimic actions and emotions from people in their life.

Stress can be very dangerous and bothersome, though it is hard to manage and deal with, there are many solutions. Resolutions that would relieve the body for a more successful and healthy future.

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Don't Tip the Balance

ANGELA YANG Staff Writer

As high school students, there are many things we have to balance: school work, family, friends, extracurricular activities. Sometimes having to worry about all of these results in an imbalance of activities, yet not one of these factors can be eliminated if we wish to have a bright future and be happy at the same time. There are, however, many ways to relieve this problem so that all aspects of high school life will be balanced.

Managing one's workload requires one to be on top of their homework by recording or keeping track of what is due. A schedule helps some, as it gives a time frame for each assignment to be completed within a reasonable amount of time, as well as ensuring one has time for other activities, such as sports and clubs.

As for balancing school and social life, one can always ensure that their classes do not stress them out too much, as well as keeping on top of assignments. Though having a social life is enjoyable, prioritizing that above schoolwork often results in lower grades. Therefore, one needs to analyze how much time is needed to be allotted for homework and for their free time in order to find a balance between the two. Creating better study habits, such as working in an area away from distractions, also allows for a student to get homework done efficiently and on time.

Stop Chasing Pavements

ELTON HO Staff Writer

On one particularly exhausting night, a high school student pauses working to contemplate: why am I losing sleep over studying? When in my life will I need to know what I'm learning? What makes me obligated to strive for academic excellence, rather than be content with an easier life?

These questions are not always easy to answer. However, being able to say in the future that your career is meaningful, whether it is through helping others or exploring a talent that you love, is a source of pride which cannot be understated.

For teenagers already struggling with maintaining friendships, overbearing parents and crippling insecurity, school can be nothing short of an enormous pain. Yet, the oft-repeated saying really is true: education is important. Students often want to see a direct link between education and success, or else school seems like a waste of time. For now, learning can be its own reward. Students have opportunities now to enlighten themselves. They could find out what makes antibiotics work, how airplanes stay up or how to write a great novel. Later on in their life, they might not have the chance.

"But I'm hopeless as a student. I can't become anything special," some might say. A person does not need to be extraordinary in order to have a rewarding life. One does not have to become an astronaut, a brain surgeon or the next Steve Jobs to be considered successful. Someone is incredible as long as they strive to be the best person they can be, whether that person is a guidance counselor setting students on the right path or a t-shirt designer pleasing shoppers with adorable drawings. Figure out what you want to do with your future. Follow your dreams, and have fun in the process. It might appear to be a long shot now, but even if it does not end up working out, you want to be able to say that you tried.

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