

4 Ways to fight the worry

Simple solutions to staying sane and on task

1 Fuel up

Before starting your homework, eat a snack. That way, you won't be getting up every five minutes to wander into the kitchen. A healthy snack can give you extra energy to push through your homework until dinner. A couple of great snacks that people like are chilled grapes or apples with peanut butter.

2 Prioritize

Before you begin your homework, sort your work in a way that makes sense for you. Popular ways to separate it is hard assignments first, easiest second. Another way to divide it is AP class homework first, DC homework second and so on.

3 Turn it off

The most common way to waste time is to constantly be checking your messages or social media, so putting your phone in a different room while studying can keep your homework area free of distractions. If you're not willing to be separated from your phone, simply put it on silent and out of your reach.

Take a break

Sometimes when doing your homework for long amounts of time, you start to feel antsy. To avoid completely giving up on your homework due to restlessness, take a break every 45 minutes to an hour. During these breaks, do whatever you need to, including stretching or checking your phone.

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compiled by Celeste Anderson/ staff writer

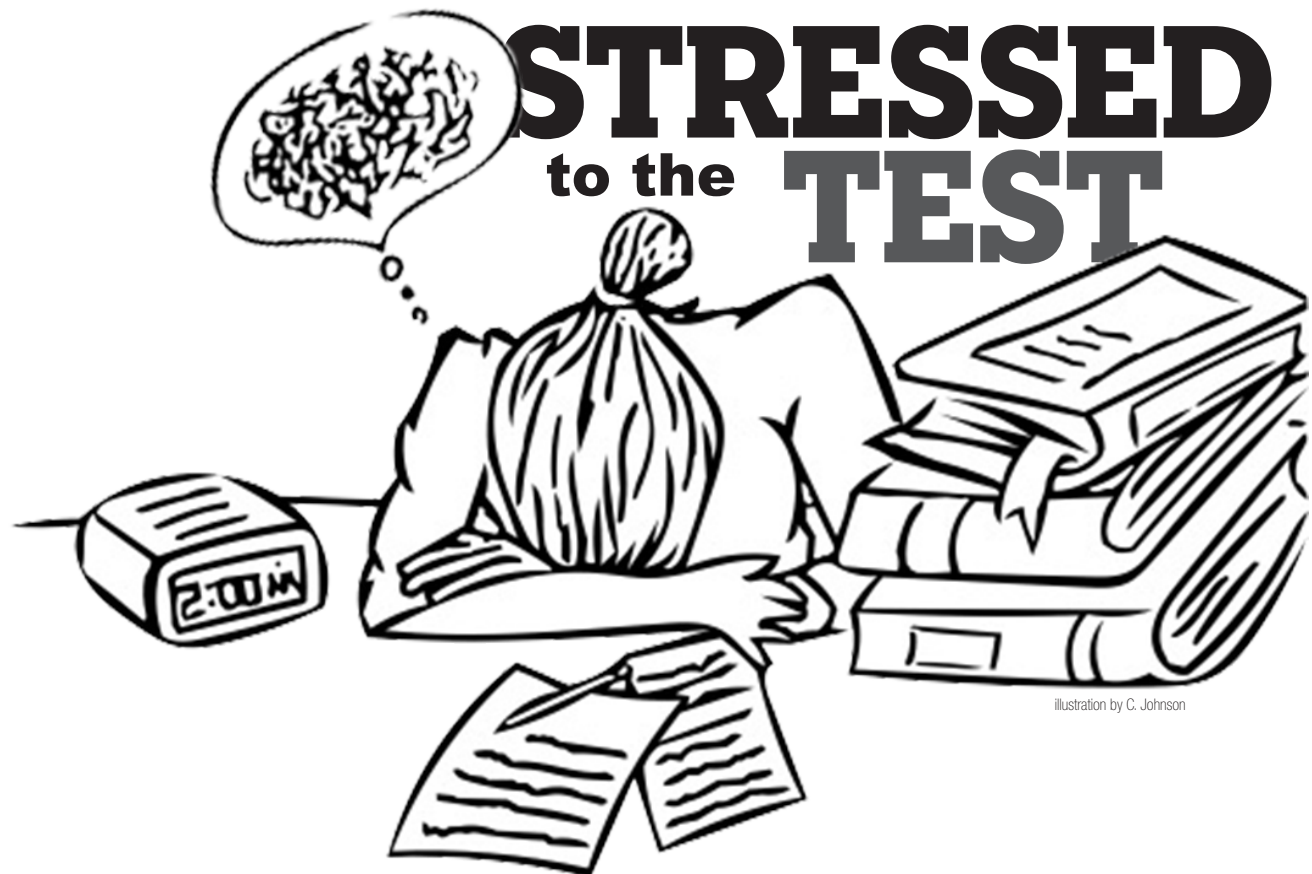


illustration by C. Johnson

Competitive academics create pressured environment

by **EMILY MCMASTER**
staff writer

Piles of homework, along with multiple tests and projects, are given to students each week. Study time decreases with such an overload of extra work. The need for sleep is seen in student's eyes. Completing homework and studying for tests seems to leave no time for rest.

"I feel like loads of homework take the place of the time that you could be studying," freshman Madison Brown said, "If you have too much then there is not a lot of time for studying, which affects your grade."

Adults say high school is one of the most enjoyable times in people's lives. However, stress can easily overpower the fun.

"Anything that I do that counts as a big grade stresses me out to the point of no sleep," sophomore Kamryn Hamilton said. "I'm restless around times when I have a lot of tests or projects. Even when I think I'm not going to stress, I still do. I think this is because of GPA and class rank."

Those who commit less time to extracurricular activities find more time to complete assignments, as well as more freedom for leisure. Less work time can lead to a decrease in stress for many students.

"I don't feel as stressed after school because I don't have any after school practices right now, and I can get all of my school stuff ready for the next day," freshman Kaitlyn Gordon said.

However, participating

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in after school events is important. When viewing applications, colleges also consider participation in various activities, such as sport teams, clubs and community service.

"Colleges do look at class rank and GPA in connection to SAT and ACT scores," said

Bettie Lynn Stark, Assistant Principal for College and Career Readiness. "Many schools look at a holistic review like how involved students are in extracurricular activities, community service hours, GPA, SAT/ACT scores, and even sometimes an interview process with students. With this being said I believe it is important for students to have a balanced mind on academics and out of school activities."

Receive high ACT scores. Be at the top of the class. Apply for scholarships. These are just a few things students are constantly being told in order to be accepted into a college. Overall, school has become a competition between classmates.

"At the end of last year Mr. [Mark] Schroeder told me that since I had not taken an AP class as a freshman I was behind in class rank," sophomore Caleb Snow said. "So to be competitive it was imperative that I not take tennis again and instead take two or three AP classes. It makes sense, but it's not fun."

College Board officials say that college admission offices

SIGNS OF ACADEMIC ANXIETY

- Dizziness
- Sweaty, clammy hands
- Headaches
- Stomach pain
- Inability to sleep
- Fear of failure
- Self-doubt
- Flushed face

have spent less time looking at class rank, so stress should not come from competition. Stress has been proven to be harsh on the body; however, a decent amount of homework, enough to challenge them, has the ability to improve student's thinking skills without dominating all free time.

"Although it is a lot of work, all the homework we get has better prepared me for all of the big test we have to take such as the ACT, SAT and PSAT" junior Tucker Douglass said. "The homework gets us used to things that are harder so that when we get to tests like that they don't seem that bad."