

Stress of high school overwhelms students



KAITLIN DUNN
Associate Editor

Most adults say “enjoy high school, it is the best time of your life” and although life is harder when you are an adult because of increased responsibilities, high school is not the best time in a person’s life. The best time in a person’s life has to be when they are little and have nothing to worry about.

As students grow older, responsibilities greatly increase. Take a six-hour school day, homework, extra curricular activities, peer pressure, college preparations and jobs and put them all together. This is what high school students have to deal with. I know adults went through all of this, but times change and adults forget a lot of the stresses they faced as a teenager.

The least stressful year of high school is freshman year. School is harder than it was in junior high and grades start to matter for college. In addition, many freshmen do not know what to expect in a new school with older people. Overall, though, students have not experienced the full workload that is high school.

Inevitably, sophomore year does get more challenging. Not only does the work and difficulty of school increase, but the stress of driving is added to the list. Driving is a huge responsibility that we as Americans develop when we are almost too young. With driving comes freedom but also increased stress.

Junior year would probably tie with senior year because although senior year is probably harder, students have a lot going on when they are juniors. Harder classes, jobs, the ACT and college preparations all are involved in junior year. Students have increased conflicts, like what if a student was scheduled to work on the day of their ACT or what if a college visit was scheduled on the day of the big game? When students become overwhelmed, they sometimes forget simple things like taking off work for the ACT or checking the dates of games.

Now, I am not a senior and I do not know everything that comes along with being a senior, but, if it follows the general trend, it will only get harder.

I have come to the general conclusion that as responsibilities increase, so does stress. This conclusion coincides with what I have heard and it makes sense. I only know now that it is 100 percent true because I have experienced it.

Letter to the Editor

Teens United for McLean County thanks students

Dear Aegis,

I am volunteering with the Teens United for McLean County along with Hilary Dirks. As you all probably have noticed, a couple of weeks ago we set up a table in the student center asking for book donations. I would like to say that we were surprised by the outcome of your donations. And for those that did donate books, we thank you and hope you redeem your ice cream sundae certificate by spring break!

We needed the books and were asking for donations because it is part of a project we are conducting this year. We plan on using the donated books at our kick-off event this spring. The main event is the opening of a born-learning trail intended for children ages 0-5 in Anderson Park. We are hoping that with your help, our project will be a success. Please listen for more opportunities to help. Thanks again for your support!

Sincerely,
Armand Ontiveros

Letter to address the President



HILARY DIRKS
News Editor

the barriers between these classes are not as rigid as they may appear.

The United States of America is a “salad bowl” full of flavors and spices that alone seem bland, but together bring out the vividness of each other. We are all different, yet so much the same in that we value freedom—whether our ancestors were slaves or slaveholders, whether our families were immigrants or native to this land. Do not forget that we all belong here.

Many Presidents have promised so much but we do not ask you to mechanically fulfill those promises you have made, instead, we beg that you simply lead and remember us, all 305,831,000 of us; the Republicans, the Democrats, the conservatives, the liberals, and everyone in between. Remember the Caucasians, the African Americans, the Asians, the Pacific Islanders, the Native Americans, the Middle Easterners, and the Hispanics, everyone who has decided to call this place home.

We have chosen you from so many others to lead us into the future. All of your moves will be watched and analyzed, but know that you are the President of the United States, chosen by the people, by us. We ask you to be selfless and self-sacrificing, so that we may follow your example and be the same. I also ask that you govern justly and with an open heart.

Dear Mr. President,

You just began this new term full of promises, backed by hopes and dreams. We as a country, as a world, hold our breath in anticipation for what you will do. The cynics out there say “nothing will be different”, but I secretly hope that will not be the case. You may come from different political backgrounds than many Americans but that should not matter—you now represent all of us, even those who did not vote for you. Our reactions to what you do will not be as important as what you actually do.

Please remember the poor, those who have nothing except the hope you have given them. Please remember the middle class, those who seem like they have so much yet also have dreams of a better life for their children. Please remember the rich— even though some may say they do not need help—for sometimes the need to give should not be forced upon them, but asked for politely. Please also remember that

The Aegis

**1202 E. Locust
Bloomington, IL
61701**

Staff:

Editor-in-Chief:

Lauren Lapinski

Associate Editor:

Kaitlin Dunn

News Editor:

Hilary Dirks

Student Life Editor:

John Lawrence

Sports Editor:

Neil Pickering

Photography Editor:

Francesca Pelusi

Photographer:

Mykael Smith

Layout/Design Editor:

Kelsey McGowan

Business Manager:

Reid Golowski

News/Administration Writer:

Paige Bolek

Student Life Writer:

Tracy Carpenter

Sports Writer:

Sadie Delashmit

General Assignment Writers:

Merideth Hagerty

Joey Knotts

Adam Nichols

Derek Novacek

Josh Roig

Andrea Skeen

Andy Szabo

Advisor:

Mr. Alan Kuchefski

The Aegis is a monthly publication printed by the *Pantagraph*. The opinions expressed in *The Aegis* do not necessarily represent the views of the District 87 administration. Letters to the editor may be submitted through *The Aegis*' website www.district87.org/bhs/aegis and must be signed by the author. Please refrain from directly referring to students and faculty members. *The Aegis* reserves the right to edit all letters.