

# When hair-pulling does not suffice

## Stress makes huge comeback

By: Feana Krimerman

**T**welfth grade and it was time to enjoy oneself—not! Whether it was school that caused stress, college applications, peers, parental pressure, or curfew, there was less time to worry than was available, and much more to accomplish than there was time for. But when there was less time, that did not correspond to less stress.

"Homework and projects are the most stressful to me. If I get too stressed I will shut down and stop doing my homework," said **Bradley Meyer**.

**Meyer's** most difficult class was AP biology because of the amount of detail he had to familiarize himself with before every exam, often containing between 60 and 90 questions.

"What stresses me out the most is thinking about college and jobs," said **Kennerly Newlin**.

He was not the only one stressed out about his future. Seniors had a load of applications to fill out for colleges, and continuously visited the guidance office. Students also visited colleges, attended college meetings, and took last-minute ACT and SAT tests.

"The biggest stress is definitely college applications," said **Meetra Mehdizadeh**.

She said that compared to junior year, college applications were more of a concern to her than school and grades.

A common side-effect of all this stress was defined by one word: tediousness. Continuous yawning and mind wandering was obvious to teachers. Even with late arrival, sleep deprivation had not been cured, despite the fact that morning traffic had decreased somewhat.

The list of stresses continued, but students still managed to find relief. They turned to friends, sleep, video games, playing instruments, singing, shopping, and listening to music.

"I play mass drums to relieve stress," said **John Scheineson**.

Even with relief, though, one had to wonder how to make it through such a challenging year.

"Don't worry about your classes so much. Just get some sleep," said **Simran Khaira**.



Staying after school for Student Leadership Coalition, **Danielle Vickers**, **Jillian Fairhead**, and **Megan Pena**, waste no time. They spent a Thursday afternoon making red ribbons for red ribbon week, as well as signs to hang up in the hallways in order to promote their club. Although it may have been difficult balancing after school activities with schoolwork, there was also the opportunity to socialize. The club devoted the month of March to advocating stress relief. Their yellow banner with red lettering stating "stress relief month" was a reminder to students that they were not alone and needed to take it slow and breathe in.



insight

of Tasha Hissett

“

There is not enough time to do everything I want to do. There are so many colleges that I want to apply to and applications to fill out but not enough time.

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The place to find stress increasing exponentially is none other than math class. **Brittani Gray**, **Julie Gardner**, and **Karen Ross**, spent plenty of time working on practice tests for Honors Calculus, taught by **Mrs. Susan Odell**. It was a helpful way to prepare for the tests, which occurred frequently, and also a method that opened up discussion between peers.

## Stressed, anyone?

Based on a survey taken by 15 students...

ask

1. What subject caused you the most stress?  
-Math
2. How do you relieve your stress?  
-By sleeping
3. Which person or people cause you the most stress?  
-Parents
4. Which class had the most stressful projects?  
-Science
5. What is the most time you have spent on a single assignment?  
-More than three hours