The University School News

The Voice of the Student Since 1898

Thursday, February 14th, 2019

The Oldest High School Newspaper in Ohio

2018-2019 Print Edition

In This Issue:

News

- Mock Trial Team Advances to Regionals by Tyler Fertel '19
- US' New Addition: Passionate about Her Students, Chinese Culture, and Food by Jack Miranda '20
- Why a 2019 Recession Is Unlikely

by Jack Sacks '20

• The Second Semester Slump

by Neil Agarwal '20

Sports/Misc.

2018-2019 Basketball **Interviews**

by Jake Kapp '19

- Buckets in the New Year: US Basketball in 2019 by Jack Henry Muha '19
- The CBA (Canceled Basketball Association)

by Spencer Thomas '##

 US Crossword by Auryon Azar '19

Opinion

• To Wall or Not to **Wall: The Government**

by Ali Gardezi '20

- A Review of the It by **Stephen King** by Stefan Leonard '21
- Will the Real Drake Please Stand Up: A Review of Drake's "Scorpion"

by Jack Robey '19

A Standardized Solution for Standardized

by Nick Protasiewicz '19

To Wall or Not to Wall: The Government Shutdown

By Ali Gardezi '20, Staff

The United States governgovernment officials had been working without pay, uncertain of when the shutdown would end. But on Jangovernment over \$6 billion.

Here School, views on the govdoubtedly mixed. At the page 2

most recent meeting of the Society of Skeptics, there was intense debate over who should be blamed for ment was partially shut down the shutdown and whether from December 21st, 2018 the Democrats should fund to January 25th, 2019. Over President Trump's proposed the course of these 35 days, wall. However, rehashing the same arguments proposed at the Society of Skeptics would be redundant. It is ironic that nowadays many Americans uary 25th, President Trump view the issue of government signed a bill that funded shutdowns through the lens the government for another of partisan politics as opthree weeks. According to posed to seeing how it negthe Financial Rating Agency, atively impacts people's lives. the shutdown cost the U.S. After going through the longest government shutdown University in our country's history,

ernment shutdown are un- See Government Shutdown



Why a 2019 Recession Is Unlikely

By Jack Sacks '20, Staff <u>Writer</u>

In spite of the volatility **L**of U.S. stocks in recent months, scrutiny over the Federal Reserve, and seemingly endless buzz about the potential onset of a recession, the prediction that the U.S. is headed for a 2008-esque collapse is misguided and overstated on many fronts.

A recession, defined as a fall in gross domestic product in two successive quarters, would require an amalgamation of failures in order to become as egregious as 2008. A financial crisis, when long term assets suddenly appear subprime or unlikely to be able to pay back their creditors, is the first step. In 2008, the crisis ensued from subprime mortgages and collateralized mortgage backed securities issued by companies like Fannie Mae and Freddie Mac, whom the government took under conservatorship in September of 2008 in an attempt to mitigate the disaster. A similar chain of Sports Section far-fetched at best.

Based on Federal Reserve data, in fact, household finances are steadily improving. Over the past four quarters, real estate equity and financial assets are both up by almost ten percent. physical, leading to a suspension cally, but also in school itself. Moreover, banks are hold- of the league. Now after a 3-week According to the CDC, students ing on to significantly more || hiatus, our intermural basketball who routinely exercise have betcapital than assets relative league has returned. Still, after ter grades, and also have an easier to 2008, clearly attempting to steer clear of another financial crisis. Even though munity. stocks have risen steadily for a large part of the last three huge part of student life. It is fun to years, rendering some con- play or even to watch, and it draws cern, houses are not being interest from just about everyone. overbuilt relative to popu- Friends come together to become lation growth, unlike 2008. teammates, whether they are Because of this, housing is freshmen on the debate team just unlikely to create a substan- having fun, or seniors who enroll tial drop off in aggregate de- their team in AAU tournaments.

sive. Why? Most commonly, to their Instagram account. One politicians and the general of their posts even attracted the public alike fear the power attention of Meechie Johnson, a of the Federal Reserve. The- nationally coveted high school matic in President Trump's basketball recruit from Garfield, tweets in recent times,

See Recession page 2

A Standardized Solution for Standardized Testing

Opinion Section

By Nick Protasiewicz '19, Staff Writer

No one likes standardized testing. Most of us would probably rather receive fifty parking violations from "the Dean" than spend hours on a Saturday morning cranking out multiple-guess questions. At the same time, however, an impressive ACT or SAT score is becoming less of an accomplishment and more of a prerequisite to college acceptance. Achieving such a feat yourself may seem daunting, but just like with curricular academic success, it is perfectly within reach. Through my own experiences and other knowledge that I've picked up on, I hope to give you a couple ways to up your testing game and ultimately flex on the College Board.

First, find the right test for your testing style. Most colleges will accept either the SAT or the ACT. I recommend that, if possible, you take both tests and determine which suits you best. Personally, I appreciated

that the ACT is taken during a shorter period of time, as I have a shorter attention span and usually rush through questions. On the other hand, if you prefer to take your time, the SAT may be your best bet. Other differences between the two tests may reveal themselves to you as take them yourself.

Second, study the format, not the material. To be honest, you've probably learned most of the material on these standardized tests already in your classes, and even if you haven't, there's such a wide range of questions that it's impossible to learn all of the material before your test date. What remains constant, however, is the format and the types of questions you will see. The best way to study, then, is to simply take practice test after practice test. Testing study books should provide numerous full tests for you, and sections of tests or individual questions reside in plenty online. The specific advice here obviously varies based on which test you take See Standardized Testing page 4

The CBA (Cancelled Basketball Association)

events occurring in 2019 is | By Spencer Thomas '21, Staff Writ-

By now, most people have heard about the fight that took place before winter break last year. In a routine CBA game, two students got into an altercation that turned benefit to students. Not just physiits absence, questions have been time staying on task. raised about its role in our com-

The CBA is without a doubt a Teams like Trust the Process have Nevertheless, the gen- even gone so far as to purchase a eral public is apprehen- team uniform, and post highlights who commented on their video. Such moments are when CBA is at

its best. It brings students together to compete in a fun way. However, after one game went awry, it brought into question the league's

The good CBA does for US clearly outweighs the bad. Routine physical activities can be a huge

Exercising during the day not only lowers stress, but also improves memory and creativity. Michigan State University says,

See CBA page 3



Mock Trial Team Advances to Regionals Recession

By Tyler Fertel '19, Staff Writer

f all of the extracurricular opportunities at US, Mock Trial stands out as being the only extracurricular in which the team may only compete once. In Mock Trial, students prepare their materials and practice statements, examinations, and arguments for months to show off their skills in one competition in January. For many Mock Trial participants, this one competition marks the end of their journey until the next year, when they will be able to start all over again with a new case, new team members, and eventually, a new team to compete against in January. At this year's January competition, the Mock Trial team was able to advance one of its three teams to the regional round in February. In order to display how this success was possible, I'll start by describing how Mock Trial works.

Mock Trial rounds have a rigid format. Each round starts with opening statements from both the prosecution and the defense. After these opening statements, there are direct and cross-examinations, in which each team calls two of its own witnesses to support its case. Direct examination serves the pur-

pose of extracting information from the witnesses to support the witness' own team's case, whereas cross-examination is done to make that witness seem less credible. After all of the direct and cross-examinations are finished, there are closing arguments, where each team attempts to leave the judges with some final words in support of its case.

The case this year revolved around the 4th Amendment, and how drone technology may interfere with an individual's privacy. The team from US that will advance to the regional competition in February was team Maroon. The prosecution team consisted of lawyers Nolan Jones and Tyler Fertel and witnesses Jimmy Donohue and Alex Richter. The defense team consisted of attorneys Antony Peng and Nehal Chigurupati and witnesses Jack Sacks and Henry Massey. Team Maroon will compete in February in the hopes of once again advancing to the state competition.

Mock Trial is always looking for more student participants. If this extracurricular sounds interesting to you, talk to Mr. Cate or Dr. Foulds, or look out for the start of Mock Trial next school year.



Nehal Chigurupati '20, Jimmy Donohue '20, Jack Sacks '20, Alex Richter '20, Nolan Jones '19, Tyler Fertel '19, Tony Peng '20, and Henry Massey '20

Government Shutdown

Continued from page 1

check they receive from the govern-

The shutdown primarily impacted airport security, food inspection, parks, museums, and science research. To put that into perspective, a shutdown of such magnitude at University School would cut funding from our maintenance, food services, and several of our academic departments. The impact of this shutdown would be damaging both to students and US itself. Many Americans agree that shutting down the government should not be an option, especially when used for political aim. Senior Trey Hammond he says: "It [a government shuternment shutdown, it is scary that ington.

it could set the precedent that any with US in particular. president, if they don't get what they Ms. Jiang explained that teaching at Ms. Jiang has already had an impact on it is important that we look at the want, can shut down the govern- University School is a much different the US community by sponsoring the government shutdown through the ment. It's not just the president, but experience than teaching at a college. Asian Platform, led by Tony Peng and eyes of empathy, as shutdowns im- it's mainly the president. It is unfair Rather than teaching students for just Brian Li. She hopes to expand this culpact millions of Americans whose to a lot of government workers, and three hours a week at college, she finds tural reach in the future and even create livelihoods depend on the pay- it has an effect on a good amount that at US she "has a lot more time to a Chinese food club. of people. I'm concerned for both teach my students more about the Chithe people as well as the precedent nese language. I am so happy because this could set for American politics students learn so much more in a high moving forward."

Ultimately, the partial government shutdown negatively impacts not roll, Jiang lao shī responded with many only the government itself, but also good memories. She often chatted freely those who are responsible for mak- about many different aspects of Chinese ing the government run efficiently. As opposed to debating the issue were very direct with their questions. of whether we need a border wall, They weren't afraid of learning all about we should debate whether or not it China." should be lawful to deny salaries to workers for a long period of time. for her time at US. Most importantly, With the government open for another three weeks, both the President and congressional leaders must corroborates this statement, when dedicate this time to finding any solution possible. The American this language," recounting that, "when I down has its place in our govern- people must not be held hostage as mental system. Specific to this gov- a result of partisan politics in Wash-

Continued from page 1

criticisms of Federal Reserve action loom large in current American economic culture. As the Fed continues to raise interest rates in an attempt to cool off the economy, many fear that this will render significantly less investment and subsequently a recession.

As seen in 2008, it is difficult to predict whether the Fed has gone too far until the economy truly escalates out of control. Treasury Secretary Hank Paulson wrote in his memoir, On The Brink, that it was difficult to see the Fed and other subsidiary banks' mistakes until the economy directly felt the effects of the recession. Considering the opposite is occurring now, and no housing bubble is looming, it is difficult to confidently predict a recession caused by a Fed miscalculation. Another disaster is necessary to catalyze a crisis, causing critics to point to President Trump's trade wars.

Cutting exports to China as result of egoism in trade talks would be damaging, but considering United

States net exports have been negative for some time anyways, the result would not likely be catastrophic. However, the contingent effects of lessened imports from China would certainly inflate the American economy and wreak havoc on the capital goods market. Even so, given the import effects of the trade talks have been limited thus far, it is hard to say that any sudden disaster is imminent with China. Furthermore, the new USMCA makes commerce with Canada and Mexico essentially disaster-proof, mandating policies that prohibit major drop-offs in imports and exports.

Without some disaster, such as collapse of import and export markets or a housing bubble, to complement mistakes by the Fed, it is difficult to forecast a recession in the coming year with absolute certainty. Even with a 2008-esque catastrophe being unlikely, managing recessionary risk, a key facet of Fed and Treasury policy since 2008, is an endeavor that consumers should take on as well.



US' New Addition: Passionate about Her Students, Chinese Culture, and Food

By <u>Jack Miranda '20, Staff Writer</u>

fter teaching at John Carroll Uni-Aversity, Ms. Shi Jiang, also known as makes it her first priority when teach-Jiang lao shīto to her students, often remarks that it was her destiny to teach at University School. After returning from her trip to China, she sent her resume to many Cleveland schools, but fell in love

school language setting."

When asked about her time at John Carculture. She found that "the students

Jiang lao shī has far-reaching goals she wants all of her students at every level to learn how to fluently express ideas in Chinese. In short, she wants her students, "to become comfortable speaking was in Chile, I didn't need to know sophisticated words or fancy grammar to University School is lucky to have such connect with people, but I had an understanding of some Spanish, so I was

able to communicate to the locals". She finds that communication is the reason that a person learns a language, and

In the future, she hopes to create a middle school program for Chinese in order to give students a head-start because "that makes all the difference," in her

When asked about her favorite moment at US, she responds fondly of many times she had hotpot (a style of cooking raw meats and vegetable in a hot broth) with her students after school. Ms. Jiang commented, "Food is one of the best ways to connect a person into a culture!" Ms. Jiang has a variety of passions. For her hobbies, she enjoys hiking and camping. She recommends that University students visit Canada to enjoy the scenery. She also loves yoga, hoping to become an instructor in her future. Moreover, she loves the fantasy world of the Harry Potter books. In terms of food, she commented that, "Chinese food is my favorite; more specifically, Chinese barbeque, but I also like food served at Aladdin's."

a bright, new addition to its community.

Sports/Misc

2018-2019 Basketball Interviews

By <u>Iake Kapp '19</u>, <u>Staff Writer</u>

riter Jack Kapp recently sat down with some players on the 2018-2019 US basketball team to ask some key questions. Here's what he got: JACK VOUDOURIS

What are some of the team's strengths this

We have a very balanced team, with a lot of shooters on the court at all times and good size and strength inside, resulting in tons of offensive rebounds.

In what area has the team improved the most since the start of the season?

Team chemistry has improved the most this season because at first, our younger players did not know how to play with the older kids, but as the season went on the chemistry got

How would you define your role on the team

My role on the team this year is to bring tons of energy to the court every game to get people going, run the boards, and play great de-

With Faris' eligibility running out, how do you see the offense changing in the coming games?

Without Faris, our offense will change because we need other people to step up for his scoring and our offense has been a bit slower without him.

Which games are the team looking forward to most as we are coming to the end of the

We have one week where we play Orange, Hawken, and GA

If you could play one team from NE Ohio that isn't on your schedule, who would you play? Garfield Heights or SPIRE.

How was the transition from the football to the basketball season?

The transition was rough at first because I wasn't in good enough basketball shape.

What's different between leading a football team and leading a basketball team?

As a receiver in football, it's hard to make a big difference on every play and not being on the field the whole time. In basketball, it's a smaller area, and I'm on the court most of the time, so I'm able to have a much more consistent impact.

This will likely be your last season of basketball; what do you hope to accomplish before the end of the season?

I hope to show the young kids what it takes to be a good team because they have a ton of potential to be one of the best teams in the state when they are seniors, and I want them to see what it takes to get there.

RICKY RADTKE

What are some of the team's strengths this

One big strength this year is how close this team is with each other. We all have close relationships with each other and get along very

In what area has the team improved the most since the start of the season?

We've learned to handle pressure better. When teams are pressing us, we can pick it apart with passing and dribbling.

If you could play one team from NE Ohio that isn't on your schedule, who would you play? I think with a full and healthy team, we could compete with Garfield Heights. It would be a very fun game.

What was going through your mind when you caught the oop' against Gilmour?

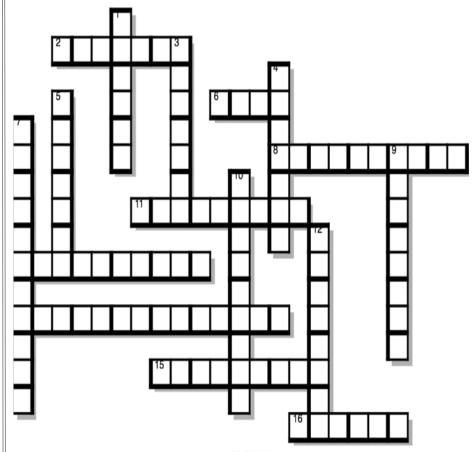
First off, I did not think TJ was going to throw me the lob. When he did throw it I was thinking, "I have to dunk this". I don't really remember much else, it all happened very quickly.

Which part of your game has improved the most since last season?

I think I've become a better rebounder this year. Going against strong and physical guys like Jack [Voudouris] and Jake [Nordell] every day has really helped me.

The US News Crossword

Edited by Auryon Azar



DOWN

ACROSS

- Swedish Youtuber's arch nemesis
- Mr. Kay's forte, or easily lost items
- Jacques Webster II's newest albun
- 11 A destroyed pole, or weekend plans when Mr. Paik assigns an
- 13 Tenth head of University School, or
- 14 Talking fast and hearing past
- 15 When exposed leads to administrative agitation
- 16 Dug for ore again, or to give a

- South American country, or a movie starring the High Sparrow
- A Hindu guild or club
- A Capella postal services
- Song recorded in one take
- Sylvania LD Champion
- The __ future that... recedes before
- 10 A French Emperor's dismemberment
- 12 US' Spring Musical

Buckets in the New Year: US Basketball in 2019

By <u>Jack Henry Muha</u> '19, <u>Staff Writer</u>

The University School Varsity Basketball squad has had quite the season thus far. With a record of 7-8, it seems Heights tournament, making a state-tle of SOM title on home court. Sopho- on the playoffs and the remaining regthe Preppers haven't necessarily played ment to the surrounding teams in more transfer Faris Dahman proved to ular season games. Senior John Nestor their best basketball yet. With that be- Cleveland that US basketball is back. be the missing piece for the Preppers' thinks the team is, "rested and ready to ing said, however, their record itself is a Adding a win over Eastlake North offense. With his quick ball handling go" for the second half of the year. With bit misleading. Led by seniors TJ Kelly, helped to gain some momentum for and great vision, Faris helped produce the right senior leadership and some John Nestor, Jack Voudouris, and Jake the team as the season began. This some clutch points for the team early in meaningful minutes from the under-Nordell, the team is trying to find the hard-fought win proved to be one of the season. But, with the OHSAA rules, classmen, the Preppers could make a

the best team efforts the Preppers have of the year in order to be eligible for his

had so far. With victories like these, it next two years in high school. While was hard to imagine that the Preppers the loss came at a critical time in the would fall to Gilmour like they did. The season, sophomores Cam Smith and right balance of offense and defense defense simply was not strong enough to Asaan Snipes-Rea both have stepped to carry them into the postseason. hold off some of the Lancers. But, with up to balance out the loss of their class-Early in the season, the Preppers a rematch looming, the team is excited mate Dahman. With the lineup figured defeated Glenville in the Cleveland for the opportunity to re-claim the Bat- out, Coach McDonnell will now focus Faris is forced to sit out the remainder run deep into the postseason.



Jack Voudouris '19

CBA

Continued from page 1

"A workout or short exercise at work may improve job performance, productivity, and the overall workplace environment." This is especially important at an all-boys school.

Most importantly, the CBA makes students happier and more productive. Despite its laid-back nature, the CBA benefits students' mental health. All of these benefits from a student-run organization make it something the school should be proud of. Students like league commissioner Nate Mayor are taking

an active interest in the league, trying to make it better.

Although its value often goes unnoticed, the CBA is vital in so many parts of the school. It is accountable for building companionship between students who anywhere else would not even cross paths. Its mental benefits make students happier, and more productive. Most importantly, however, it is fun. High schoolers take an interest in something that is about something more than just themselves, while also enjoying it. That alone is what makes the CBA special, and something to be valued at US.

Opinion

Standardized Testing

Continued from page 1

or what section you are studying for, but, for example, it may behoove you to underline important phrases or write short summaries of paragraphs throughout an English/Reading section, based on the type of information questions ask for.

Finally, mentally and physically prepare yourself, just as if you were taking any other test. This step may not be fun, but let's be real - none of these are, and how you treat your body leading up to a test has a huge impact on your performance. That means no late-night grinds with the Fortnite boyz the night before your SAT. As Mr. Paik would say, you need sleep to

succeed! Eat breakfast beforehand, maybe even a piece of fruit or a vegetable, and take a shower. The underlying principle here is that you should clear your mind of any distractions, such as fatigue or hunger, so that you can focus your brainpower on the task

Ultimately, your success on these tests relies on you, but this guide should give you a solid starting point. Though the process of standardized testing may be painful, know that it will be even worse to stress over not having a high enough score when you're applying to college. As long as you ACT now, you'll be well on your way to success.



A Review of "It" by Stephen King

By Stefan Leonard '21, Staff Writer

s only a young 9th grader, I was hesitant to pick up and begin reading the 1,000-paged novel It by Stephen King, which seemed more like a daunting task rather than a read for pleasure. Even though the book has been published for around 30 years, the story of a clown terrorizing a small town in Maine had somehow always managed to come up at school or on social media. So, after a lot of deliberation, I finally decided to pick up and read one of King's masterpieces, which opened my eyes to a different perception of the world we live in.

The novel starts off by describing the story of Don and Adrian, a gay couple living in Derry (the place where the book is based on) who were oppressed for their homosexual inclinations. Every day they were discriminated and despised by the residents of Derry simply because of their different lifestyle. One night, while Don and Adrian were walking along the side of the road, a group of unruly men nearly beat them to death. After they were left for dead in a ditch, King describes the menacing and unforgiving act of Pennywise the clown who, while eating the limbs of Adrian, left Don to watch his lover be devoured right in front of his eyes.

With this bold and terrifying introduction to the book, King leaves the reader with a dark and subtle undertone of what is yet to come. On the surface, this chapter of the book seems almost like a slasher novel. A monster attacking unsuspecting victims. However, it is so much more than that. For those who do not know, Pennywise the clown awakens every 27 years and feeds upon the fear of humans; primarily children since they are easy to frighten. Therefore, Pennywise is a metaphor for all the evils in our society. It represents all the horrible aspects that come

alongside of life including hate, an-ger, disgust, and above all else, fear. In the short story of Don and Adrian, Pennywise is not the true enemy. That role lies in the hands of the town who opposed

The story progresses by telling the tale of seven individuals, who encounter Pennywise on several occasions. This group of misfits who call themselves the "Loser's Club" form a close bond when they undergo the same traumatic experience of fighting Pennywise not once, but twice in their lifetimes. On top of having Pennywise represent the purest form of evil in the world, King leaves a much broader and overarching theme in his book. The main purpose of It is to show readers that fear holds the capacity to both limit and propel human beings in the journey of life. In the epilogue, Bill (one of the main characters) contemplates the notions of desire and disquiet, and how they are merely different sides of the same coin. Each character throughout the book had choices; to either give up and succumb to Pennywise or continue the fight together for the benefit of mankind. While this seems like a far-fetched idea to be applied in today's society, it is actually very relevant. Each and every person in this school has a choice. They can either submit to the authority of fear, whether that is fear of failure or a life of mediocrity, or they can sit down, open their notes, and study to conquer that test or exam that has been looming in the back of their mind for the past month.

It is a phenomenal book that taught me so many valuable life lessons such as relying on friends and staring fear right in the eye and tell it where to go. This novel will leave you on the edge of your seat the entire way through, and I highly recommend it to all.

Will the Real Drake Please Stand Up: A Review of Drake's "Scorpion"

By Jack Robey '19, Staff Writer

● 018 will be remembered as a turbulent year all around. In a simmen, miss year for the music industry, it is hard to pick just one loser of 2018. If there were to be a loser, it would be Drake with his new album Scorpion. After taking one of the hardest L's of the year off a Pusha-T diss track, Drake releases a heartless mess of 25 boring tracks, none of which even attempt to respond to T's criticisms. At this point, it is hard to even regard Drake as an artist rather than a faceless music conglomerate. With a team of writers on each song and someone else producing his beats, it's no surprise that this album has no soul. One must ask oneself, what is it that Drake does on this project other than be its primary financial beneficiary? If the only answer is that it's his auto-tuned voice we hear on every track, then the bland album artwork that features a picture of Drake's face is made all the more ironic by the fact that this album features the least amount of Drake for any album of his so far. After starting out the record on a relatively positive note with track two, "Nonstop," albeit carried by its beat, being by far the most inspired track on the album, all momentum is lost with garbage like "I'm Upset." As it turns out, many of the highlights turn out to be meme songs that feature only 5 to 10 seconds of a catchy chorus. Drake would have benefited a lot by removing songs from this overcrowded jumble of an album, but with every single song lacking identity, it's hard to pick what goes. Instead of responding to accusations that Drake is a chameleonic character in the rap game with little in the way of original work nowadays, Drake merely enforces these accusations with a dull and confused mess of an

album. One star.

The Second Semester Slump

By <u>Neil Agarwal</u> '20

 $E_{
m time}$ after a long winter break, most US boys probably wished to get back into their pajamas and go back to spending their days in front of the television. Entering the hallowed halls of University School after winter break for the third year in a row, I was struck by everybody's glum and downright depressing expressions. During the second week, everybody but the seniors seemed to be stressed out, as if two weeks of relaxation wore off in less than a day. This effect is seen from freshmen to juniors, and even some studious seniors. What went wrong?

What you are feeling is called the "Second Semester Slump" (SSS) and don't worry, you're not alone. Everybody from high schoolers to college students feels its drastic effects, which can affect productivity. social relations, academics, and other things. A typical symptom of SSS is a "slump", or a decrease of achievement in the classroom as compared to the previous semester, most often with lower grades on assignments. There was even a

study done on this particular matter by ScienceDirect.com, which analyzed the performance of 23 undergraduate freshmen and consistently found that second semester GPA's were lower than first semester GPA's, even as sophomores.1 It's a universal problem, and the first step at curing the SSS is to first come to terms with it. If you have had a lack of motivation, constantly yearn for another extended break, or have had your grades slip, it's time to accept that you may have SSS.

Never fear! I have collected tips to aid you on your journey to cure the SSS. One way that I have gotten my mind focused back on academics is by using Headspace™. Headspace is a popular app when it comes to stress relief. It is an app that specializes in meditation. While meditation might not seem like a good course of action, I can attest to its wondrous effects on concentration. If you don't think that medita-

tea, I suggest you at least try it, as it's important for people to try new things to get ahead of

The University of Minnesota suggested a few ways to deal with the SSS. They say that: "Exercising regularly, eating better, and studying are great habits to develop. You will not only feel better, but you'll begin solidifying a routine and a routine gives you something to look forward to every day".2 I would suggest creating a schedule: set time for homework, sports, and other activities. Creating this schedule will put you into a routine and set you up for success in the second semester.

These tips and suggestions that I have laid out for you above can all be boiled down to reducing stress through meditation and creating a rigid schedule for yourself. With these nuggets of knowledge, you will conquer second semester and vanquish the SSS



Editorial Staff

Editor-in-Chief Arnold von Engelbrechten

News Co-Editor Tim Sullivan News Co-Editor: Sukhm Kang Opinion Editor: Clay Lovell Print Editor: Anish Ganesh Photo Editor: Nolan Jones

Faculty Advisor Dr. Matthew Foulds

Thank you: University School Administration, Ms Annie Staats, Dr. Matthew Foulds, & Staff Writers.

Feedback and commentary are appreciated. Please write a letter to the editor and send it electronically to Arnold Von Englebrecten.

DISCLAIMER

Content of *The University School News* does not necessarily reflect the views of University School administration, teachers, or faculty. We are committed to the uncensored Voice of the Student.

THE VOICE OF THE STUDENT SINCE 1898