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last thoughts i judge by the cover



On one occasion, I heard somewhere that a person makes up their mind about others within the first ten seconds of meeting them. According to the Association for Psychology Science, I could take a look at someone, just a glance in one-tenth of a second, and based on appearance, I'd be set on a certain way of thinking of them.

Then, there are those that I know of, but I've never met. Upon first glance, I'd set my mind on them based on all of the things I've heard about those people, their reputations and everybody else's perception of them,

along with my subconscious opinion on their appearances.

Growing up, mentors taught me to never judge a book by its cover, but I think that they're hypocrites. Everyone makes initial judgments. It's a strategy for detecting threats way back when basic survival was most prominent. That means that it is literally human nature to immediately judge others, especially based on appearance, and while that is unfair, it does not make it less true. My initial thoughts and feelings are as uncontrollable as breathing—my conscious thought comes as my breaths do. And those thoughts; they are not always kind and unbiased, but I thought it before I even thought to think of it. That said, I know I'm not the only one. We were wired to judge by instinct.

So by that logic, I am one who can't help but judge a book by its cover, that's

supposed to make me a bad person. So I guess that makes everyone a bad person.

Although...on another occasion, I'd read some Pinterest quote that went along the lines of, "Judging someone before truly knowing them is human instinct, but choosing to ignore yourself is what decides your character."

Judging a book by its cover is not the fault, the true fault lies in failing to look past the cover—into the pages, the words, the chapters—the story. The person. So while I can't help the constant flow of judgment in my head, I can choose to ignore it and act despite it. That way, the initial thought is just that: initial. I have to allow my mind to be changed. I hereby excuse every cruel, malicious and judgemental initial thought that has ever crossed the people's minds, but I challenge others to catch themselves in these thoughts, except that it crossed their minds, and finally, chose to be better.

MAGGIE FOA

win some, lose most offline october gets it wrong



Offline October is a cover up for a much bigger issue. I want to give props to the LPS students who had the courage and the tenacity to stand up and do something, but the philosophy behind it has some serious flaws.

The beauty of the social internet is that through "follows" and "friends" you craft exactly what your experience will be. You will only see content you consciously decide to bring into your worldview. Of

course when someone is on their phone at inappropriate times this inhibits relationships, but this is entirely the fault of the person, not the technology. It's your choice when you pick up your phone. Social Media is not negative in itself. I use Instagram posts as a starting place for conversation and connection with friends across the world and to talk with classmates I'm not as close with. The social internet allows us to view people's hobbies and interests, and break through the one dimensional view inherently imposed by our interacting with them in only one context. I follow credible journalists and prominent politicians from both sides of the aisle on Twitter, it keeps me informed about and connected to the world, and it makes me aware of more

than my own limited perspective would otherwise allow.

If social media is so inherently negative to our wellbeing that we need to dedicate a whole month to escaping from it, then we need to reshape our experience. Maybe unfollow those models, celebrities, and accounts that we unfairly compare ourselves to. Offline October brings up a good point in that so many of our experiences on social media are harmful, and that often times people are too caught up in the virtual world to enjoy the real one. However, if we are going to solve these problems, we are going to need conscious mental and social retraining, we need to learn how to coexist with the social internet.