

Dakota's Diary

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Artificial Happiness



Social media can provide temporary satisfaction that can interfere with the long-lasting satisfaction that we can gain from real-world aspects of life. As new social media apps are released every few years and technology continues to advance,

people may be more likely to become absorbed in the virtual world, potentially neglecting real-world experiences and relationships. Certain apps, specifically TikTok and Snapchat can destroy real-life expectations. Temporary glimpses of happiness and satisfaction take away from the real meaning of the word happiness. People may become jealous of others and may

make decisions about how they want to live their lives based on how it will make others feel, rather than what will truly

ly make them happy. On the other hand, some people may glorify or romanticize

sadness and depression as depicted on social media. They begin to latch on to ideals that normalize depression, and they begin to live that way as

well. If they weren't made aware of other people living their lives in a bad manner, then they wouldn't be tempted to do so themselves for the attention.

People crave attention, and social media is the way to get exactly that. No matter what they do there is an audience that will praise them for such. It's easy to hide, and people like things that

are easy. It's made easy to be comfortable. The world is bigger than it seems. Go find out for yourself.

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The more you seek the uncomfortable, the more you will become comfortable

-Connor McGregor



“BREAKING” UP THE SEMESTERS



Staff Editorial

What could beat the joy of Christmas break? The holidays, family, no stress. Unless you go to Eaton High School, of course. The phrase “break” is quite deceiving in this instance. The students don't get a break from anything. With the semester carrying over until after break is over, they still have the worry of how their current semester will end up.

Students have to worry about their current grades, if they need to improve them still, and also their grades after finals. Students can't afford to take a real break because they have to go back and take tests that can determine their grade. This is by no means fair for the student. They have to ruin their holiday season just to worry about their grades and school.

Think about it from the perspective of a student wanting to go to college. For a current senior, this semester could be one of the final times they can prove their grades to their college, which can be the difference between thousands of dollars, or even being accepted into

the school that they want. These students have to go all-in on school, and having their semester bleed over until after break is over just wastes all of that time that is supposed to be for the students to refresh their minds and legitimately take a break.

Student Jaeli Lewis (23) said, “I have been feeling extremely burnt out... coming back after break to know that the same stress and anxiety over school will only be intensified is a sinking feeling. The break is supposed to be a time to relax, but instead homework and studying are stacked in. High schoolers are very stressed, and putting finals after a two week break only adds to that. I haven't even thought about going to college because high school this year has made me not like school all the more.”

The end of the semester will come two weeks after the students get back from break. The students then have two days, aka the weekend, to regroup and get ready for their entire next semester.

Seems like a good amount of time, right? With the break not splitting up the semesters, they practically bleed together, so the students have to go the whole year without truly getting a break.

The mental health of the student is also affected detrimentally. The MoCo

Student writes, “According to research done by Purdue University's Xinran Lehto, breaks and vacations can help families bond, creating lasting and growing connections and greatly improve communication amongst family members. Winter break forces students to interact with their family, allowing them to improve their relationships and work past any problems they may have with their parents and siblings.” This is just one example of how students' lives can be changed by the fact that they don't have a true break.

The summer break is put in place for students to be able to have a break, so why should the winter break be any different? Even big universities have hefty breaks for their students to leave and go see family and have time off. Most workers get holiday time built into their schedule or holiday hours given to them. Why should the students and teachers of Eaton High School have to worry about this when most of the population doesn't?

What's better than a holiday break riddled with stress and worry? The students might as well go to school for six months straight because a break that is filled with homework and the worry of taking tests right after is rendered useless.