



Skills set for life

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Getting older comes with responsibilities, and those responsibilities teach life skills to last a lifetime—but students aren't learning the necessary lessons to succeed in life and school should require a life skills related class in the curriculum.

The majority of required classes students take will not help in the future. Instead of having classes just to fill the schedule, another class with real-world and life skill based tasks should be created. The class would cover financial aspects for one's future, basic first aid and cooking.

In order to financially support themselves, everyone will need to have some sort of income and with income comes taxes. One in four Americans don't know how taxes are determined, according to TopCashBack.com. Taxes are mandatory to be paid from the time one gets a job to long after they retire; they aren't going anywhere and everyone should know the basics. Due to the long and somewhat confusing process, some people turn to a tax professional to do taxes for them, which is costly.

Learning how to be independent and help others in the future should be the main priority of schools.

In 2020, heart disease was the leading cause of death in the United States with 690,882 deaths, according to the United States Centers for Disease Control and Prevention (CDC). Although it is the leading cause of death, roughly 70 percent of Americans would not be able to help in cardiac emergencies with cardiopulmonary resuscitation (CPR) due to no training or lack of significant training, according to cprblog.heart.org. This is a life skill.

The current curriculum can be modified slightly in order to include life skills classes and still have the other classes deemed necessary.

Some may argue the curriculum teaches students what they will need to know in the future. However, high level math and science concepts will only get people so far in life and when the time comes, students may struggle adapting to the real-world.

In order to make the change, the school district needs to reconsider the required curriculum and add in one or more required life skills class during the last two years of high school to better prepare students for their future.

Society's set high standards

Staff Editorial

Adults fall asleep at five p.m. right after saying "wait until you're older, things get so much harder." Meanwhile, teens pull an all-nighter to fulfill their responsibilities, with no room for rest.

School follows every student home. Their backpack weighs them down as they trudge into their room and instead of a sigh of relief, they're met with hours of work after completing hours of work already at school.

Good grades aren't enough anymore. Extracurriculars are all the rage for college now. With a bachelor's degree becoming nearly equivalent to a high school diploma in this day and age, getting into universities is so much more competitive. Not only does GPA matter, but so do students' extracurricular activities, according to The College Board.

Older generations didn't have access to Advanced Placement (AP) courses, but now every student in UCS can take an AP course—a college level course—as a teenager. They aren't reserved for the naturally gifted, but they are almost forced upon high schoolers trying to live their high school days in their high school classes. While not technically forced, it is optional for students to take these higher-level classes, but there's a stigma now because of this development. If a student isn't enrolled in these classes, they're looked down on by their peers and adults alike for not seizing the free opportunity of a higher education. It's not fair for students to be pushed into these intense courses as teenagers.

For seniors, it's even harder to lead well-balanced lives because they must decide their fate so early. Choose a path, apply to college, choose whether to pay off debt for the rest of their lives and where to go to make it worth it. This is a ton of pressure and it's not easy. The application process can be long and hard for students as they write essays, request recommendations and fill out forms.

Students have personal responsibilities separate from school too: cleaning, organizing, chores



Graphic illustration Isabella Bidler

and more. Adults assume students' lives revolve around school, but they have other things to do to maintain a healthy and safe environment.

Not to mention, the world revolves around money and teenagers need it. Unfortunately, working is not a choice for some students and they need to maintain a job for financial stability. Teenagers work shifts anywhere from four to 10 hours, only to earn minimum wage. They work outside in the cold collecting carts, washing dishes, running shops or walking through department stores after completing seven hours of school and doing homework and participating in their club or sport. Students' work never ends.

After putting their best foot forward, they might get to shower, maybe relax and snag a few precious hours of sleep. Their alarm blares and they wake to remember the harsh reality of sleep deprivation, exhaustion and stress. Receiving over six hours of sleep is a dream during high school, but the recommended amount of sleep for teenagers is eight to 10, according to the CDC. There's no longer enough time to rejuvenate and regulate sleep

patterns. They have no choice but to walk through life with an exhausted mind and body.

Now, where's the time for a life?

The 24 hours in a day already barely cover a teen's responsibilities and fulfilling responsibilities isn't enough to make life worth living. There needs to be a social aspect and some fun in life. When teens try to go out and have fun, they come home to even more work because of their time off of responsibilities. The list of responsibilities for a teenager is far too long.

To combat this, students should make a plan on how to use their time all while making sure they leave time for themselves. If they need further help or advice, they can reach out to their counselor or parents for advice on how to lessen their load.

Staff Vote

Do you think adults ask too much of teenagers?

Agree 18

Disagree 4