



n the Prowl

Upcoming Holidays:

Diwali

10/27

Halloween

10/31

Veteran's Day

11/11

Thanksgiving Break

11/25 - 11/29

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The Dark Art of Procrastination

By: Brian Potter

Staff Writer

As the 2019-2020 school year rolls on, many will quickly find that they have accumulated a large amount of homework if they do not keep on top of it. With this comes the desire to wait until the very last minute to do their work. Many students would rather focus on other pursuits, such as playing video games, engaging with social media, playing sports or hanging out with their friends. All of a sudden, that five paragraph article analysis due in a month, is due tomorrow.

Time management is a key skill in high school, college, and everyday life. College deadlines will be much stricter and time becomes more and more crunched. Buying a calendar or agenda will improve your time management. Having a place to write down reminders will help improve memory and discourage drifting off into something completely unrelated to the task at hand, such as checking your phone.

Speaking of phones, let's put them to good use. Most smartphones come with apps that help with organization and time management. Having an audio prompt will make sure that you never forget when homework is due again. Alarms are designed to be loud and memorable.

Procrastination has a snowball effect. This is a dangerous habit to get stuck in. Once you start putting work off, it is very hard to stop. These are just a few techniques of many you could use to prevent yourself from becoming a procrastinator.

Estero Advice

Q: What are some good ways to make friends in high school?

A: Join clubs! There are many to choose from, so there must be at least one that will suit your interests. You can meet up with lots of other students that share your interests. It's an easy way to make some friends.

Q: If I start to become overloaded with homework, what should I do to make sure I don't get too stressed out?

A: There's nothing wrong with asking for help. See if any of your friends can help you with some assignments. Another thing is to ask your parents/guardians or counselors for some advice or assistance.

Q: What can I do to make sure I don't get distracted in the middle of class?

A: Sit at the front of the classroom. You'll be closer to the teacher and be able to listen better. It will also decrease the probability of you being distracted by student actions. Put your phone on silent and bring earplugs to block out outside noises when you are trying to work.

Q: Did I make it through the article?

A: Signs point to yes.

Mental Health in High School

By: Maya Holmes

Staff Writer

Currently, mental health issues have become an epidemic in high schools. When a teenager is sitting in class, they should be focused on the material at hand, but many students have other things on their mind. Depression, anxiety, and stress are just a few of the ailments that students have to face. These issues can be caused by many things such as biological changes or a very traumatic moment, such as a first breakup. The real concern is, how are we going to tackle these problems?

When dealing with mental health, individuals have to know what they are treating. One could meet with a psychiatrist, or go to a psychologist. A psychologist, more commonly known as a therapist, is a safe place where students can talk things through with a professional. They will try to help those in need and try to change their way of thinking or behavior. Seeing a therapist really does help when you are dealing with things such as stress and depression, but you also have to do some of the work on your own.

Here are just a few ways that you can help yourself through this journey:

Meditation - Not only does meditating help relieve stress, but it also helps to fight addictions, improve sleeping patterns, increase self awareness, and so much more. One common method for meditation is inhaling for four seconds, holding your breath for seven seconds, and then exhaling for eight seconds. An article from Harvard University stated, "Do more relaxation activities. Incorporate mind-body training like yoga, qigong, and meditation. "Anything that slows your body and mind can help manage anxiety and keep it from building up."

Exercise - Exercise has numerous health benefits, including improving mental health. When you exercise it releases endorphins, which make you happy. The ideal amount to exercise is one hour. If you don't have that much time on your hands, 30 minutes is sufficient. Another article from Harvard University states, "Researchers found that regular exercise seems to prevent depression... Moving more, even when just performing ordinary daily activities, such as walking or gardening, can reduce the risk of depression." Sources -

<https://www.health.harvard.edu/topics/depression>