

# Ten Tips and Tricks for Returning to School After a Break

BY LOUISA HAMMOND

**A** H, VACATION, A TIME WHEN WE can put aside our work, spend more time with our families, and as many of our classmates would say is most important, sleep. Unfortunately, no matter how fun or long vacations are, the one thing they all have in common is that they must come to an end, meaning it's time to go back to excessive piles of work, much less time to do things you love, and condensed sleep schedules. While returning to school or the workplace may sound daunting or exhausting for some, especially if months have gone by, getting back into your original routine is made easier by these simple tricks and tips.

1. Try to get back into some of your routines before returning to work. For example, if your attempted sleep schedule is 10 p.m.- 6:30 a.m. on school nights and 11:30 p.m.- 8 a.m. during your break, it wouldn't hurt to try and go to bed and wake up a little earlier a couple of days before school starts again.
2. If there are going to be notable differences between work before and after vacation, such as new classes, figure out where they're going to take place a day or two before the start of the semester and new routine.
3. Find something to look forward to once work starts again. For me, while I love winter break and summer vacation, since I plan on taking classes that I look forward to participating in, going back to school isn't so bad with the idea of graduating college motivating me to continue my education.
4. Once work or school starts up again, make sure to spend time doing something you love to give yourself a break. Burnout is real.
5. Know that it's alright to talk to someone or ask for help, especially if work piles up quickly. You are not alone.
6. Take some time to see or talk to your loved ones every now and then, whether in person or over the phone, and don't alienate them from you.
7. While school should be your first priority, it's all right to have fun as long as you are satisfied with your current grades.
8. If it's not too stressful, make a list of activities you'd like to complete each day or over a period of time.
9. Be aware of your flaws and try to be the best version of yourself.
10. Try to look on the positive side; life will be better if you don't complain about little things that are not worth your time.

In conclusion, the best way to get back into the groove of school is to be prepared, be aware, and be positive. Nearly everyone has gone through struggles during any school, so if things get difficult, don't be ashamed to tell your close ones of your problems; they'd almost certainly be happy to help. But simply remember this, do your best and love yourself for who you are; you'll do great!



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# Do Award Shows Matter in the Age of Social Media?

BY SIRAK THEODROS

**W**ITH INFLUENCERS AND YOUTUBERS becoming the norm for celebrities, I feel like more and more the younger generation are abandoning watching traditional award shows like the Oscars or Grammys. Instead, they are spending time on YouTube or TikTok. Since award shows seem to attract older audiences due to the movies and shows that are selected, younger people are not interested in award shows as much due to the lack of representation or themes that are affiliated with our age.

The award shows seem to cater towards a different audience those who have probably grown up with watching the Oscars or the Emmys as a source of entertainment. Which is different from what we have grown up with like YouTube and social media that have defined our generation. Most of the movies and shows that awards shows nominate or give wins to are unheard of for the typical person, as entertainment has changed beyond watching the Oscars and instead turning our attention to other new forms of entertainment like streaming shows, reality shows, and livestreams that resonates with the current generation.

One thing that has created a stigma for award shows would be the lack of diversity or how it can feel like is still stuck in a different time, wWWhich I think turns off people from watching it as they're not seeing much diversity or current trends that associate with what we see on social media or YouTube. Not awarding people from different backgrounds loses the appeal that award shows could gain in getting younger people to watch or at least pay attention.

To conclude, I feel award shows don't necessarily have to go away but they can try to renovate how they are perceived by people and be more diverse and inclusive in their selections.