

# NEWS

## Perfectionism: a Source of Suffering in Young Adults

BY ETHAN LANGEMO

**O**UR SOCIETY IS STRUCTURED AROUND high standards. They're applied to our jobs, personal lives, and especially schools. Standardized tests are anxiety-stirring for high school juniors and seniors looking to seek higher education, as the scores they receive will be the yes or no in whether they are accepted by institutions. As a result, many students who care about their future education spend countless hours on school-related work, often having extracurricular activities and work in addition.

It is important to keep in mind that it is normal and healthy to put hard work into schoolwork, activities, and work outside of school. However, once it begins to interfere with how one interacts within society, it becomes an issue. A teen who struggles with perfectionism often gets thrown into a vicious cycle of dealing with anxiety and atychiphobia, a persistent fear of failure which can be linked to anxiety disorders.

Some common signs of unhealthy perfectionism may include feeling unsatisfied with a passing or exceptional quality of work, cases of procrastination until all details about how to do something (like a homework assignment) are known, avoiding risk-taking opportunities, inability to take constructive criticism, and instances of starting an assignment or perhaps a song performance over to avoid mistakes.

Social media may also have a part in influencing a perfectionist society among teens and young adults. Apps like Snapchat and Instagram have filters that can enhance how a photo looks, further ingraining the illusion of perfection and status based on physical appearance. Photoshopped and airbrushed models on the covers of magazines, or Instagram's Explore page, make men and women alike feel insecure about their imperfect bodies, leading to body image and eating disorders.

Perfectionism might be caused, in part, by an individual possessing a fixed mindset rather than a growth mindset. In a fixed mindset, one might find that he or she often says, "I can't do this," rather than "How can I do this?" or "What can I do to work around this?" One might think that he or she is not capable of improvement, that they are stuck with their situations and current capabilities.

In combating perfectionism, one of the most important things for a person to remember is perfect is an unattainable goal. We are often far more accepting of imperfections in others than in ourselves. All we can ask of ourselves is to do our best.

School is difficult, and the stress of the work, social life, and activities make life very stressful for students. But by having a good group of friends and adults to talk to, decompress with, and seek support through can definitely help. It is always important to take time for yourself, find ways to relax, and appreciate who you are—imperfections and all! †

## NASA Lands New Space Probe on Mars

BY ZACK MOELLER

**C**HEERS ERUPTED INSIDE the Mission Support Area of NASA's Jet Propulsion Laboratory in late November, as members of the new InSight team received confirmation that their new exploration device had safely landed on the surface of our solar system's neighbor: Mars. The landing of the Interior Exploration using Seismic Investigations, Geodesy and Heat Transport robot, or "InSight" for short, marks the eighth time that NASA has successfully planted a vehicle on Mars. NASA Administrator Jim Bridenstine said,

"InSight will study the interior of Mars and will teach us valuable science as we prepare to send astronauts to the Moon and later to Mars."

InSight's journey to Mars was not a quick trip. It blasted off from Vandenberg Air Force Base in California on May fifth, the final day of CSP's Spring semester finals last year, and didn't land until nearly seven months later on November 26. It is now stationed near Mars' equator on the western side of a flat, smooth expanse of lava called Elysium Planitia.

InSight began collecting data within the first week of its landing as part of its two-year mission to study the deep interior of Mars. Its goal is to learn more about how all celestial bodies with rocky surfaces, such as the Earth and the Moon, formed. This will be done using imaging captured with a nearly six-foot robotic arm during the first two or three months of exploration to find a spot suitable for "the arm to deploy InSight's main scientific instruments, Seismic Experiment for Interior Structure and Heat Flow and Physical Properties Package instruments," said InSight principal investigator Bruce Banerdt. These will give scientists a better understanding of the deep interior of Mars as this is the first time a vehicle of this caliber has been placed on the surface of the red planet.

A number of European partners have helped make this mission possible, including the space programs of Germany and France. Other countries The pictures being taken by InSight, as well as other information on the craft and story of the mission, can be found on NASA's website.

"Insight will teach us valuable science as we prepare to send astronauts to the Moon, and later to Mars. This accomplishment represents the ingenuity of America and our international partners, and it serves as a testament to the dedication and perseverance of our team. The best of NASA is yet to come, and it is coming soon," said Bridenstine. †

## MPLS One Step Closer To Municipal ID's

BY VICTORIA TURCIOS

**W**HAT WOULD YOU DO IF YOU COULDN'T easily cash your paychecks? Or feel comfortable calling the police if you needed to? That's the unfortunate reality for many undocumented immigrants across the country including Minneapolis.

The creation of municipal ID's will alter the fate for many in our communities. As stated in the Southern Minn news publication, this form of identification would give residents an alternative to access city services and another option to substantiate their identity bringing many of those in the shadows to legally partake in their community.

Although Northfield was the first city in Minnesota to have a municipal ID program last year, Minneapolis is trailing right after them to join other major cities, such as our Midwest neighbors in Chicago and on the coasts with New York and San Francisco, who already have municipal ID programs in place.

The program is moving ahead with due preparation from the city staff, who have been working on the proposal for over a year. MPR News reported that during the public hearing at the City Council Committee meeting, those who spoke were in favor of it and that nobody spoke against it.

The ID in Minneapolis would be of use with the transit system, libraries, as well as a form of identification recognized by the Minneapolis Police Department. To obtain this ID, the residents applying would be required to present another form of identification such as a passport, consular ID (which is an identification card issued by consulate offices from foreign governments), and proof of residency in Minneapolis. It is also important to note that the Minneapolis municipal ID, would not give anyone the permission to have a driver's license or vote.

As the nation is divided on topics such as immigration, states are seeing municipal ID