The case for a longer Spring Break

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How was your Spring Break? Did you enjoy the time you got to spend with friends and loved ones? You didn't, how come? Oh, I'm sorry, I forgot, we only got one week off. It's really hard to visit everyone you've been a little too busy to see in as short a span of seven days.

I know, you work full time as well, so did you even get a single day to relax and relieve stress? One day, Jesus Christ, I at least got a couple but I totally feel your pain.

Did you get your midterm back yet? No, you just took it today, the first day back from the spring break? Dude, that sucks. I got a 62. Good luck on yours, hope you did better than me.

There just wasn’t enough time to get all of our assignment and studying done during the break and before you knew it, we’re right back in class.

Yeah, I’m probably going to be retaking a few units next semester, too, and with the rate that community college has gone up to per unit, I’ll be lucky if I can afford Top Ramen for my lunches in the fall.

This is an example of the types of things that I’ve been hearing on campus since my return from Spring Break. I am a firm believer in the negative effects that stress can have on one’s life, and I know that college can be a really stressful time for a lot of people. Some would say the most stressful point in their lives.

In my opinion, Spring Break for college students should be at least two weeks for these reasons. One week is not enough time to truly relax and take time off for you and your personal mental health. For the most part, students still have a life to attend to outside of school, so the break isn’t really a break at all.

And last but not least, we as college students are at the brink of adulthood. Soon we’ll be starting our own careers and families, with dwindling time with them each every day due to the circumstances of life.

One day, we will all wake up dead. At that moment, will you wish that you had made more money from the career that you studied so diligently for in college, or are you going to wish that you had taken more time with the loved ones in your life?

I am fortunate enough to have been one of the few people that I know who actually got to relax during this break. Besides the work that I needed to do for the company that I own, I sat on my rear and did as little as I could get away with.

I knew that upon returning from Spring Break I would have a lot of schoolwork to get caught up on before the end of the semester. You see, I am taking 15 units my first semester back to school in five years. I had a lot of catching up to do if I wanted to potentially graduate and transfer to four-year school before I turn 30. I am currently 27, and I’m sure there are a few other students out there who can relate to my situation. School and work together with recreation is a hard act to balance.

According to the National Institute of Mental Health, when depression is stressed, one should:

* Set priorities – decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload.

* Due to my current life circumstances, my schoolwork has taken a blow that I’m not sure it will get an opportunity to recover from before summer. This semester has given little to no chance to relax when real life and school life come into play together.

* I asked Monitor Editor-in-chief Mitchell Walther what he would’ve done with an extra week of break and he had this to say:

> “I would’ve been able to go on my trip.”

* You see, Mitchell is a full-time student, full-time bar tender/server, and a full-time boyfriend.

* He had been anticipating a road trip to Seattle with some friends, but was unable to coordinate work schedules with the others who also had the week off from school. Now that we are all back in school, the stress levels haven’t really lowered even when we left. In fact, some say that stress levels are increased in the descent of this semes-
ter. The body can react to stress in many different fashions, including but not limited to:

> “Some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, depressed mood, anger and irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold, and vaccines, such as the flu shot, are less effective for them.” (National Institute of Mental Health.) According to these facts, one could almost discern that stress is a disease that, once full-blown adulthood begins, you rarely get the opportunity to cure.

Here at the Monitor, we pride ourselves on getting things right. When we make mistakes, as all newspapers do, we correct those errors as soon as we discover them.

To help ensure our accuracy, we are now recording all interviews. The recordings will be stored at the Monitor for the remainder of the semester and then deleted.

This new policy will help us to limit errors before publication, and to confirm errors afterward. If somebody tells us they were misquoted, we can check the recording to find out if the quote was inaccurate or taken out of context. This will give our sources more confidence that their quotes in the story will be accurate.

Of course, for this policy to be effective, our sources must agree to have their interviews recorded. A refusal will be treated the same as a “no comment.”

Please help us make your campus newspaper even better by agreeing to have your interview recorded, and be forthright when we make a mistake. As student journalists, we learn from our errors as much as our successes.

— Monitor staff

New Monitor policy

What was your craziest Spring Break experience?

CAMPUS COMMENT

KIM DUTROW
Psychology

“Went to Sonora to see our friend play Jean Valjean in Les Mis. Drunk and played games.”

CARLOS CARREIRO
Psychology

“Was at this party and this guy jumped, then drove his car off and crashed”

ALEX MORGAN
Nursing

“I slept in a van in Santa Cruz for five days while taking care of high-schoolers. It was quite an adventure”

CALEB PREWITT
Digital Engineering

“I biked all over Santa Cruz and slept in parking lots and 24-hour diners”

CHELSEA OWEN
Deaf Studies

“Got lost and stranded in S.F. drank a ‘mad dog’ on BART”

What was your craziest Spring Break experience?