

Finding Balance

ALEX RESTITUYO

Juggling two AP classes along with 7 extracurriculars, including band and FBLA, and helping keep track of her equally busy two younger sisters, stepping into Alex Restituyo's life for a day wouldn't be an easy feat. She was able to fit me in between band, drama, and homework in the 300 halls on Friday for our interview, first telling me about her just-as-active younger sisters.



Naomi (11) plays lacrosse in addition to piano and french horn, while Jazmyne (9) plays soccer and drums, and all three sisters are in Girl Scouts. "I have to keep up with what my sisters are doing," Alex says, being the part-time shuttle when her parents are working.



"Especially in this season [from when] school starts [to the] end of this month is marching band season, which is where I spend most of my weekends, Saturdays at competitions and Fridays at football games." She told me. Alex also takes two work-intensive classes at Warren, AP Lit and AP Psychology. Psych is also one class she's eager to take, as it directly relates to her profession interest, officially called an 'industrial organizational psychologist'. "My AP Psych class is because I want to be a psychologist and I want to know, like, get at least a little in-depth of what an actual college psych class will be like."

Ms. Tragarz

LOOKING FURTHER INTO BALANCING STRESS

To look further into the issue of student stress, I sought out the perspective much different from a student, one of the school social workers, Ms. Tragarz. “That’s probably one of our main concerns.” She told me first. “I would definitely say school anxiety has increased and there’s a lot of students who come down.” Some of students’ stress can come from not only all the work they have to do now, but deciding whether or not this work is enough for what colleges want on their applicant’s resume. But Ms. Tragarz advises to not worry too much about that. “[Colleges] are looking for a well-rounded student, so I don’t think necessarily looking for all AP classes, 4.5 GPA, they have to be in every club.” She also later said “[Students] start applying to all those colleges, getting accepted, and then second semester [of senior year], really trying to make sure they have everything set up for after high school.”

