FM: My name is Felix Mai I'm a junior and I go to Collegiate School of Medicine and Bioscience, and I think that my major topic, every single person in my grade can attest to is friends everybody in my class has friends, has made friends, has lost friends no matter what. And I think that high school is a really pivotal time in a young person's life. And you go through a lot. You go through multiple experiences, academic challenges and self-discovery and I feel like friends are the pillars of support and they bring the relationships that you need for personal and social growth. And firstly I think friends bring emotional support. High School is a really difficult and challenging time where you academically challenge yourself and you make sure that you know you're taking all these rigorous courses and you're doing all these things necessary to build for your future, and I feel like friends are really there to support you along the way, you know, Converse about how you guys are feeling together no matter what and personally I've they've helped me so much because AP classes honestly are the death of me. They bring me so much stress. They make me think over think so much, but with friends we need, we can share our experiences through taking these AP classes. Together and just tests in general, they're just stressful and having friends there just makes it so much easier for me to really think. And I think that friends also bring social development because. Having learning about multiple people really gives you that insight on how to socialize with different people and build healthy relationships, and you get to value other peoples perspective. You can value their cultures and then you can connect with them on how they feel. And along with the emotional support with the academic rigor, I feel like you also, you know, kind of get smarter in the sense when you have friends because. You know, you may struggle in a section like I really struggle with math, but I feel like I have a friend. Yeayoung, she really helps me with math and I feel like I've grown so much academically because of the friends I have. Because, you know, being a student. You don't know every single thing, but when you have friends, you can always go to them and ask them what they think. How do they do this problem? How do you do this and one of your friends is going to know no matter what. And they bring multiple experiences, you know, hanging out with friends. You get to do basically anything. And the high school memories I feel like, are cherished for a lifetime because when you're young, that's when you have the most carefree and fun experiences, not having to worry about. You know any punishment or anything really because you're still young. And I feel like. With that, having friends really gets you through high school, especially junior year, because junior year is the hardest year as of your high school. You're taking the hardest classes. You're just stressed. You're going to be a senior next year and I feel like I've had so much fun and I've gotten through junior year because of my friends. Because we've talked, we've loved each other. We've shared experiences together and that's what really got me through my junior year and now I'm going to interview Yeayoung and we're going to see what her. Thoughts on friends

FM: I'm here with Yeayoung. And tell me a little bit about yourself.

YL: I'm a junior here at collegiate and I've been going to collegiate since sophomore year.

FM: And how do you feel about friends?

YL: I feel like friends are very important in our lives because. I think there's just a lot to learn from friends and. You get to have more like building relationships with not just like people just outside of your family too. I think is important for later life.

FM: And transferring from different schools, how did that affect your friendships?

YL: I've transferred schools a lot. I've moved around a lot, so that definitely had a big impact on my friendships. I had to learn how to like, make friends quicker and like fit in almost and just like adapt to the new environment. And then once I moved it was kind of hard to. Like stay in touch with my friends. So I've definitely had a lot of friends where we just grew apart and now we're just not talking as much as anymore. And I think I'm just used to it at this point because of how much I've moved, but.

FM: So do you think you've made or lost more friends during that period of time?

YL: To be honest, I think I still made more friends because even though we don't talk as much, they're still my friends. So from all the places I've lived, I have friends from each place, so I think just the number. Of more people I meet or more friends I make.

FM: And how do you think your friends have impacted your high school life?

YL: My friends had a very positive impact on my high school life because. My parents are like my family, can't really relate to what's going on in my school life, but my friends can. So I think we were just going through the high school journey together is meaningful to me.

FM: And do you think they brought you any new experiences?

YL: I wouldn't say new experiences, but I think me like every single friend I have is different in their own way.

FM: And how open do you think you can be? Around your friends.

YL: I can say I'm pretty open around my friends, especially my closer friends. What I'm like, I'm part of a friend group. I usually don't have a really big friend group. I just have like a close friend group with two or three people. So I think since I'm closer with them, I'm more open.

FM: And you do you think you can be yourself when you're around your friends?

YL: Yeah, for sure, I think. I don't have to feel like I have to change myself in any way to be considered their friend.

FM: Thank you Yeayoung. Yeayoung has some amazing points about friends transferring from school to school. She struggled with finding where she was in the school environment, but with friends she could find somewhere where someone who she connected to and who she really bonded with. But moving from school to school was really tough so it's really hard, but through friends, I feel like you can always persevere and conquer no matter what because they are the building blocks of you know how, who you are and how you act. And now we have Semret and her thoughts on friends.

FM: I'm here with Semret Yehdego and how do you feel about friends?

SY: I really enjoy having friends and it's been something that I've had my entire life, but I don't feel like it's like a make or break like I need them if that makes sense.

FM: And how have your friends impacted your high school life?

SY: They helped me through the stressful times during my high school life, like we were able to play, not play, but like talk and I don't know, just pretty much do everything together, which like helps me with like my stress

FM: And what did they do to make your life worse or better?

SY: I don't think any of my friends make my life worse, but they obviously make it better. They're like and a fun entertainment that I have, like I'm able to. Have fun with them.

FM: And do you think you've made more or lost more friends during your time in high school.

SY:I would probably say made more friends.

FM: And do you think friends are important in life?

SY: I would say yes, but I feel like someone who has who doesn't have friends can do the exact same things that a person with friends does. But I've seen a couple studies and it's better that people do have friends.

FM: And how open are you with your friends?

SY: It depends I have a lot. I have like a couple of circles of friends that I'm friends with, but with my innermost friends. I'm like, very, very open. And then with those that I'm friends with but don't talk to, like regularly, I'm not that open.

FM: And do you feel that you could be yourself around your friends?

SY: Yes definitely

FM: Semret has some great points about how friends really help you relieve stress and just help you get through high. School, but not having friends can be a good thing because I feel like sometimes friends themselves can be stressful and be too much for you because sometimes you really just want to be alone, but sometimes. Friends can be pestering. I feel like this really concludes with how friends are really a key thing in high school, especially in the harder times of high school when you're going through things going through certain times where you really need friends. And I feel like this has really helped me become the person I am discovering, who I am as a person. And just really. Connecting me to other people and teaching me many valuable life skills on how to socialize and how to talk to people and value their opinions and perspectives. And it's just a really amazing thing to have friends to bond with them, to share memories with them all the time, no matter what. And friends can be anyone again. Just being able to have someone there to support you through life no matter what, and I feel like every single person in my grade has gone through a major event in their life with a friend. Whether it was, you know, an elementary school, middle school or high school. They can always relate with no matter what and friends we just love friends, and they are the basis of our life.