

## Government Project Transcript:

### **Intro:**

Hello there, I am John Nashmi, a student of the Class of 2024, and I am here to talk about a very important topic that needs to be addressed at this school...stress and the need to destress and focus on your mental health.

Throughout my time here at Collegiate, I have had my fair share of work-induced and self-induced stress along with my other peers. An assignment here, a project there, and a test over there, the work kept me busy and anxious as to how my grade will be impacted. Even at the time of making this project I have just come out of some stressful classwork and tests. However, this is a dilemma faced by many students as they try their best to obtain the best grade possible to pass a given class, get credit for the class, and appear appealing to their desired college/university.

In the 2022-2023 school year, our class has gone through many stressful assessments, the infamous shooting, and what seems to be an “endless” amount of work. All this harm inflicted to our mental health has been compounding and has proved detrimental to our esteem, confidence, and learning experiences. It has even compounded to the point where some individuals view school events like House Wars as a waste of time that should be invested into further studying.

As a result, it is important that we put our mental health first before anything. While the straggling assignment that needs attention can be focused on at a given time, it is important to not overwork and overstress ourselves by such a demanding schedule that school has placed for us. After all, while the school is attempting to whip us into shape for our future education and careers, it is important to also enjoy the little things in life and focus on yourself first.

Today, I am joined by a few students who were willing to spare their time to reflect on this year, and give their honest opinions about the work environment imposed on us this year, how they felt, and how events such as House Wars and Camp Wyman helped them to destress.

### **Interviews:**

Ethan

Welcome back to the John Nashmi show started in your host, John Nashi, Sailesh, whatever your name is, and Brian!

Sailesh

I'm offended.

John

Okay, so the topic that I'm gonna be talking to you guys today is about the general stress that you've experienced over this year, regardless of what that may be, and talking about ways to destress.

So, tell me guys, how do you feel about the school environment this year?

Sailesh

... Like right now with all the classes, like I have three AP classes, one of them being AP biology, which is a very long AP test that's coming up, and one that I had a AP CSA Exam, which took four hours to actually do, it was like very stressful, especially when I know some people have tests back to back that gets like overwhelming. But during the start of junior year, it started off like barely any work and then it sped up like the second week of school, I had like 12 assignments. And most of them were from my AP classes, which was understandable but the same time that was a lot.

Bryan

Is it me or has like class have been more intensive?

Sailesh

It has especially with like the finals coming up. And the seniors or final weeks coming up next week or the week after, but they're getting ready to leave.

Bryan

Also just think with how much happened over the school year now that we never got to transition through that and has really impacted us.

John

All right. Do you find yourself becoming (increasingly x 2 I don't know why I said that twice) conflicted between school and home life, and why or why not?

Sailesh

Do you want to answer this?

Bryan

Oh, yeah, I feel like there's definitely times where that does happen. Not, I would say it just depends on what day it is and what classes I have for that day, because some are definitely way more intense than others. I feel like the workload gets a bit too much at times. Sometimes it's just not enough.

Sailesh

I mean, not really, especially with COVID I just got so used to it. It's like sitting in my bed doing work, because I barely had any time to actually do anything outside. So just like, oh, yeah, I've work to do, I'll get that done that at a certain time. And then you started doing.. I get a routine.

So I work from six to like, 10 or 12. And it's a lot of work. And you just have to have like times, like already planned out beforehand.

John

Must be pretty exhausting.

All right. So with all this stress going on, when it was announced that we were going to Camp Wyman, how did you react?

Sailesh

Well...

Film Producers

\*Incomprehensible whispering from Ben or Kyle\*

Sailesh

...ok I was like very excited, but at the same time it was my first time like being away from home overnight without my parents so I was like very conflicted about going, but like being with my friends, like actually like helped me much especially overnight when we would just be pretty dumb, staying up just talking to each other, playing games, which is very helpful.

Bryan

I wish camp was so much more that's the only thing I just wished it had like an extra day because, I felt like at that point, the workload was so much less because like teachers were giving out so much, and it felt like something new.

Sailesh

And the teachers were like very chill (in camp) compared to class, simply because they could be. We didn't have to worry about work and if we brought something up, they'd tell us that we didn't need to talk about it because they'd extend due dates if we had a class that we must do work in and it's very helpful.

John

Must've felt very refreshed by the experience, correct?

Sailesh

Well, when we got back, we still had time for school Friday morning. Yeah. So that was like, Oh, two days of no work. And then boom, Friday, work, and that ruined my whole work, I within I thought it was it was like a Monday. And then Saturday, it was a Saturday, but it felt like there was a Tuesday. But I just got over it.

John

Yeah, personally for me, I have loved the experience. But I kept thinking during those two days about my Calc quiz Friday, it was, was quite stressed about it. So the experience for me and but in general experience was pretty good.

Now, I would have to ask a question...what is your opinion on this year's house wars, and these different activities?

Sailesh

Like talking about, like your overhearing StuCo talking about what activities they're planning, getting floated, it'd be like the final House Wars of the year, I'm very excited for it. But at the same time, we're so close to finals, that if we do have House Wars, we're limiting time that we have to study for exams, because I have an AP Bio test Wednesday, that will take like three or four hours to actually finish with instruction time, then we'll have to go back to two weeks later to take another exam as the final. So having house was very relaxing, but at the same time, it takes away from time for us actually working on our grades.

Bryan

So I can't agree with that. I don't have that same stuff like you do so I can't say the same thing exactly. But I can see where you are going with these things taking time away from other stuff. But personally, I just really enjoy House Wars, especially just today that it was announced that they posted it like the 17th right?

Sailesh

Yeah, seniors' last day.

John

Alright. Now my last question for you guys today is, if you were to change one thing about the work environment at school this year, what would it have been?

Bryan

I mean, honestly, it's just the amount of work that there is. I just feel like that's the one thing I have to complain about, it's just the amount of work they have given us.

Sailesh

The workload that I have is either really chilling because of the AP tests like coming up or preparing for it, they give us a lot of work one of the week, almost no work another week. And then we go back to having a lot of work. So that gets like tiring. So I wish it was like evened out, but it's understandable especially like everything that has happened over the course of years. COVID. COVID mutating, the incident, and everything else has really like conflicted with our workflow.

John

Well, that's it folks and see you next time.

Ethan

We're back. We're back on the Nashmi show starring John Nashmi and Finn.

John

All right, so I have a few questions asking you today. Tell me how you view the school environment this year?

Finn

Well, at the start of the year, I viewed it as pretty hectic. I mean, it was our first year of regular school where it wasn't, you've got to get scanned by the IRS to be allowed in the building, because you might be a little too warm. And it was going good as a regular school year, then the incident of course, which kind of threw a wrench because we sort of took a second winter break in November.

John

All right, so when it comes to the work environment, do you ever have a moment where you felt like you were very stressed?

Finn

Oh, yeah, no, absolutely. I have been overwhelmed several times. And honestly, it was a little overbearing, It kind of kind of didn't do me good it. I got kind of wrecked by it. It did not go well.

John

All right. So what it was announced that we were going to camp, what were your feelings? Did you feel it was good?

Finn

Well, I actually done Camp Wyman before in fifth grade, my grade went down for we left Monday morning, we got back Friday, mid school day. So we went for a while actually, we had a lot of fun. We did a whole lot of activities, not any of like the high adventure climbing stuff that we did this year. But smaller activities like boat building all of that. So when they get out go into camp Wyman, I was actually really psyched. I was looking forward to it. I had hoped it would have been a little longer, but I was still looking forward to it.

John

What is your opinion on the house wars?

Finn

Honestly, I enjoy the concept of house wars, that whole we cut the school day a little bit short. And instead we just play games. And I like the encouragement to do well being the house points and up into the house rivalry system. I'm not really competitive guy, but I do enjoy being over the top for house wars, as you might have heard by me and my trombone. I enjoy going over the top

John

Quite iconic. And the final question for you today is if you were to change one thing about the work environment this year, what have it been?

Finn

Honestly, a more centralized work platform. The main thing I struggled with was thinking I got all of the work done. And then having missed an entire website I forgotten about and then there's like three assignments over there that I just didn't realize I had.

John

All right. So that's it, folks. See you next time!

### **Conclusion:**

As we can see from the perspectives of our interviewees, it seems that the work environment that school has brought for the Class of 2024 has been indeed stressful and somewhat agonizing, especially when such scheduling is random, the assignments are all over the place, and they have other things going on in life. This load up of work has caused evident harm and fatigue on our Class and it is important to acknowledge this problem, not just ignore it.

In truth, it is important to confront this problem head on and think about ourselves first rather than some homework assignment you will forget 10 years down the line. The whole idea of setting grades and school credit before anything else is absurd, because it only leads to more stress, poorer performance, and worse mental health. In conclusion, it is important to take time for yourself and enjoy the little things that help destress, rather than just focusing on professional life, and that events like House Wars, Camp Wyman, and other activities should be viewed as a way to enjoy yourself and are not just wastes of time. To the person listening to this, take this from an upperclassman... don't stress about school, enjoy life, and have fun.