

A Concept That Makes Me Sick

- Jack Krivit

A runny nose, equally wet eyes, a violent hacking cough, and an inability to actually get any needed rest are all symptoms of a high school sickness. In middle school, running up an abnormally high fever and being excused from the lessons of the day was the most enticing alternative to actually going. But now, with the ever increasing burden of keeping up with my classmates weighing on me, being forcibly bedstricken for the day is a huge setback in my progress. Ironically enough, most of this sickness usually comes from the exhaustion of balancing hours of homework with extracurriculars. The pride of accomplishing everything after one exceptionally stressful week only makes a high school student think that it is okay to miss parts of the next, when in reality, these mindsets only create a cycle of stress.

Sick days always start out the same. You wake up at the same time you always do, but for some reason it just feels like so much earlier, so as you pull yourself from your bed and beg your equally groggy mother to let you go back to sleep, it seems like the day will be endless and without consequences. That is the first mistake made. Although it may seem like you have all the time you need to take the AP U.S. History notes you were assigned last class, time seems to slip away as you carelessly watch *Bob's Burgers* on an iPod screen. Trust me, I've been there.

Before you know it, it is 2:30 and school has already been released. While all of your friends and classmates are each one day wiser, you have accomplished nothing besides getting an extra hour of some stillmuchneeded rest, and perhaps learning what a "Whig" is. Perhaps. At this point in the day, as a feeling of unaccomplishment hits you, you start to realize that maybe missing school was not worth it.

Although it may seem tedious and unnecessary, one of the most important things to do after missing school is to get in touch with your teachers. They might not all respond, but by letting them know that you care about what you missed, it shows your appreciation of what they do. So now, you not only have to make up the work you were planning on doing that day, but also everything new that was assigned. It is not impossible to do, but it can certainly be strenuous. Because although you might think it only takes one day to recover from missing school, it is never that simple. Before you know it, there will be so much piled on top of you that you begin to feel overworked. Then, severely exhausted. And finally, pushed to the extent of being under the weather, until you have entered an incessant, yet extremely ironic cycle.