

World's Hardest-Working Countries

Country	Average Hours/Week worked	Legal allowance of vacation days	Public Holidays
South Korea	45	10	11
Greece	39	20	12
Czech Republic	38	20	12
Hungary	38	20 to 30	10
Poland	38	20 to 26	12
Turkey	37	14 to 26	7
Mexico	36	8 to 16	14
Italy	35	20 to 32	12
United States	35	10 (not legally required)	8
Iceland	34	24	12

*according to Forbes.com

Learn a lesson from Malala



John Riti

If you're like me, you're at the point during the semester when you feel a bit bogged down. Perhaps you're struggling to find motivation to write that term paper or study for that big test. Trust me, I feel your pain. And that's why I'd like to tell you about Malala Yousafzai.

Malala Yousafzai is a young Pakistani schoolgirl who gained widespread attention at age 11 for blogging about her life under Taliban rule, specifically criticizing the Taliban for destroying schools in her neighborhood. She also advocates for education rights for young girls.

As she reached more media outlets and gained international prominence, she became a target of the Taliban. During October 2012, the Taliban attempted to assassinate her, an attack that put her in critical condition with wounds to her head and neck, according to an April 29 TIME Magazine profile.

After rehabilitating and recovering in England, Yousafzai now is a worldwide symbol for women's activism and education reform. TIME Magazine put her on their April cover, declaring her one of the "100 Most Influential People in the World." In addition, this year Yousafzai became the youngest person ever to be nominated for the Nobel Peace Prize at just 16 years old, according to an Oct. 11 Los Angeles Times article.

Truman State students can find meaning in Yousafzai's story on multiple levels. First, the bravery and resilience shown by such a young individual is something to be admired. Her story also is a testament to the abilities of young people and the possibilities that arise when one stands up for what one believes in. She shows us how seemingly small things we do really can make a difference. Many Truman organizations and clubs speak out for social change, and Yousafzai gives us hope that we can be heard.

Yousafzai's story also shows students the value of non-violent and intelligent discourse and using the power of words and communication to solve problems. Our education can serve as our preparation for helping solve future issues. She illustrates this during an Oct. 9 interview on "The Daily Show," when host Jon Stewart asked Yousafzai what her mindset was when she first realized she was a target of the Taliban. She said she initially thought to fight against any Taliban who would come to harm her, but later came to a different conclusion.

"If you hit a Taliban with your shoe, then there would be no difference between you and the Taliban," she said to Jon Stewart. "You must not treat others that much with cruelty ... you must fight others through peace and through dialogue and through education ... then I will tell him how important education is and that I even want education for your children as well."

A final lesson Truman students can learn from Yousafzai is one of invaluable perspective. I can't speak for every student at Truman, but I think some students often take our education for granted. I know I'm guilty of this. We sometimes view school as something basic, perhaps even trivial. We often don't pause to think about other corners of the world, where individuals literally give their lives to obtain something we complain about far too often.

As Yousafzai said in her interview with Stewart, "This is the part of our human nature ... that we don't learn the importance of anything until it's snatched from our hands."

I think the world is lucky to have global figures like Yousafzai to remind us of the importance of education, so we don't forget about the many young people who don't have such good fortune.

School isn't easy, and it's natural to sometimes feel overwhelmed by it and complain — we all do it and I don't expect that to stop. But perhaps Malala Yousafzai's story will make you look at term papers or the next big test in a different light. Maybe you'll show up to class a few minutes early and think about how lucky you are to have a class to go to. Education is a gift, and although we might forget it sometimes, we're fortunate to have a 16-year-old schoolgirl to remind us.

John Riti is a senior English major from St. Louis, Mo.

Overworking strains health



Sarah Muir

Everyone I know is so busy — there are classes, clubs, sports, Greek life, work, scholarship hours, homework and socializing to be done. As we continue to pack more and more activity into each day, we put ourselves at risk of the dangers of being too busy.

"Busy" is becoming a word that proves students' worth. The busier you are, the more you must be achieving. However, this glorification of being busy is causing students serious problems, including increased binge drinking and less sleep, establishing bad habits for the future. Instead of falling into the pattern of being overworked now, college students should be advocating to change the system, not reinforce it.

Truman State students work hard and play hard. According to the 2010-2011 Education Benchmarking, Inc., Student Leadership Assessment, 71 percent of

Truman students are involved with two or more student organizations.

While there are plenty of benefits of involvement, perhaps it is becoming too taxing. According to the Missouri College Health Behavior Survey, the more organizations students are involved in, the more likely they are to binge drink. Students involved in two or more organizations were 12 percent more likely to binge drink than students involved in no organizations.

Students involved in two or more organizations also were more likely to experience a blackout or memory loss, miss a class or perform poorly on an assignment or test due to alcohol consumption, according to the MCHBS.

This is a classic "work hard, play hard" mentality. Students who are heavily involved are more likely to experience stress and have less free time to drink overall, so they compensate by binge drinking, according to the Missouri College Health Behavior Survey.

Being busy also can cause a student to sacrifice sleep. According to an August 2009 ABC News article, stress is the main factor that contributes to college students' poor sleeping habits. Sleep deprivation can lead to a poor immune system, weight gain and an increased risk of drug use to stay alert, according to the ABC News article.

But hey, at least the effects of being too busy are preparing us for the real world, since most American adults are

experiencing the same thing. According to a May 2012 Business Insider article, 38 percent of people work more than a typical workweek, 36 percent don't plan on using all their vacation days and 69 percent say work is a major source of stress.

We can either enter into the workforce and continue on the road of being busy and stressed or we can demand a change to the status quo. By continually being busy and packing our schedules full, we are agreeing implicitly with the idea that busier is somehow better.

And even if we can't change the status quo and slow the pace of American work life, we at least can enjoy having more free time now. There will be plenty of chances to assume a ridiculous amount of responsibilities after graduation, but now might be the only chance to slow life down.

Take a break, go for a walk, say no to taking extra tasks sometimes, take an easy class, focus on the things you really like to do and cut out the rest — college is the time to explore life. It's not the time to exhaust ourselves with endless amounts of work and sacrifice our health in the process.

Sarah Muir is a sophomore political science major from Lee's Summit, Mo.

What is your most memorable experience of a professor exhibiting liberal bias?

"My health science professors openly talk about 'Obamacare' ... and are very much for ... universal healthcare."

Justin Borgstede
Senior

"[My cynical psychology professor] spoke very liberally against the Western model of medicine and over-prescription."

Marina Klier
Junior

"I had a professor for JINS ... [who] would always try to get us to look at [the liberal] view he saw instead of the view in our text..."

Kayla Kratofil
Senior

"[Some of my professors] make snide comments, like about the government shutdown [saying] 'those Republicans.'"

Celeste Stewart
Senior



AROUND THE QUAD

Academia's liberalism obstructs education



Laknath Gunathilake

When listening to certain professors teach, I sometimes am reminded of a famous quote about political leanings.

"If you're not a liberal at 20 you have no heart, if you're not a conservative at 40 you have no brain." This controversial — and possibly misattributed — quote from former British Prime Minister Winston Churchill reveals an interesting connotation behind the overwhelming liberal preference among college students.

Similarly, I have heard concerns from certain faculty and within U.S.

media regarding a strong liberal tilt within the American academia. Despite many professors identifying themselves as moderates or independents within the ideological spectrum, a disproportionate representation of liberals within university faculty has given rise to the label "liberal bias" within academia.

Liberalism is notoriously difficult to define, but the term in its contemporary sense describes a sprawling set of ideas and values that support increased government involvement, with support for social justice and a mixed economy. Contemporary liberal causes include abortion rights for women, LGBT rights and government programs for education and health care.

I think the liberal bias has several negative implications for students. Exposure to only a limited number of arguments within the ideological spectrum could skew individual perception. Students should have access to a wide variety of courses and

diversity of theory pertaining to hot-button issues so they can formulate their own opinions.

Whether dealing with emotive and moral issues such as abortion or gay marriage, or highly politicized issues such as welfare or climate change, students should have the opportunity to hear both sides of the argument.

Liberal bias also could increase the propensity for self-censorship. Students might practice self-censorship and feel restricted in their expression of opinions if those opinions conflict with the dominant views on campus.

Business professor Steven Smith said most individuals either are unaware of the liberal bias or deny the existence of such a notion. He said the liberal bias is most pertinent in social sciences and humanities, in fields such as history, economics, political science and English.

Smith, who identifies himself as a conservative, said the purpose of

a liberal arts education is to develop the deliberative capacity of students with the end result of creating better human beings.

"If you know only one side of the story, you don't know the entire story," he said.

There are many individuals who dismiss the existence of a liberal bias within the academia. However, numerous studies have revealed the implicit left leaning tendency of academia.

According to a report titled "Political Beliefs and Behavior," 54 percent of the social sciences faculties nation-wide identify as Democrat and 60 percent as liberal, and only 11 percent as Republican and 12 percent as conservative, a 5-to-1 ratio.

Renowned economist Paul Krugman — a staunch liberal — said in a column to the New York Times that registered Republicans and self-proclaimed conservatives make up only a small minority of professors at elite universities.

A number of recommendations have been proposed to address this problem. Creating an environment in which no political culture — liberal, conservative or any other — has a pervasive domination is one suggestion.

Universities should evaluate their own basic principles of academic integrity and include rigorous hiring and promotion practices of faculty, with the goal of ensuring political bias plays no role in choosing candidates for university positions.

Whether or not Truman State itself suffers from the liberal bias might be a topic for another day's discussion. The answer might vary depending on the reader's own experience, and an individual experience might be insufficient to make an assertion that the University has an overwhelming liberal bias.

Laknath Gunathilake is a senior political science major from Colombo, Sri Lanka