

Reward yourself more often



Trevor Hamblin

You might have found yourself at some point this week questioning if you should get yourself a little snack or a new shirt or something to that effect. You probably said “no” and walked away because it didn’t fit in your budget. In fact, you might be thinking about plenty of times when you have done this. But what if you had bought that snack or small gift for yourself? Sure, you’d be out a few dollars, but it also would have made you a little happier.

I’m not saying you shouldn’t save money or use it to reward yourself. Rewards are great ways to motivate yourself, and saving money is a necessity. But there’s no reason to deprive yourself of little things every now and then. There’s no reason to have to justify kindness toward yourself. Maybe something sweet will lift your spirits for the day, or that cat keychain will make you smile every time you pull out your keys. These small things can have a huge effect on your mood.

We live in a society where we’re expected to have dull everyday lives and save nice things for “special occasions.” But if we’re being honest with ourselves, there really isn’t a reason to deny ourselves nice things. Yes, celebrate your promotion or losing weight or whatever else with a party or a night out, but your day-to-day existence doesn’t

have to be dreary to compensate. Just because the rest of society thinks that way doesn’t mean you should too.

Doing something nice for yourself doesn’t have to mean breaking the bank, either. I know eating something chocolatey instantly improves my mood, and I can get that for less than a dollar from the convenience store. Impulse buying can feel like a reward for otherwise being responsible with your money, and as long as you give yourself a reasonable allowance for these small purchases, you can treat yourself without feeling bad about it.

One of the arguably better ways to be good to yourself is to get things you can use again and again. Items such as a book you always wanted to read, your favorite artist’s new single or a t-shirt with a quote that makes you laugh all can provide a sort of renewable happiness. After all, enjoying something just once can make you happy temporarily, but if you start reading a book, you’ll feel good about your purchase until you reach the end, and even better with every re-read.

You shouldn’t feel like your money is only good for a rainy day or a reward for ill-defined goals or events. Making yourself happy can be a process. If new music or a special snack will make your evening better, then why shouldn’t you make your evening better? In the immortal words of Tom Haverford, “Treat yo’self.”

Trevor Hamblin is a sophomore English and communication major from Moberly, Mo.



What are your goals for the Index this year?



Molly Thal
Sophomore
Assistant Copy Chief

Every week, I want the finished product to be as clean and professional as possible.



Johanna Burns
Junior
Assistant News Editor

My hopes for the Index is that we take this opportunity that we have here to learn more about bringing the best news coverage to the public that we can and strive to make the Index be the best publication that it can be.



Bethany Boyle
Senior
Editor-in-Chief

So for the Index this semester, I would like to see us push ourselves into new horizons. I would like to see us take risks, make decisions to explore what is possible with the newspaper which is a medium that so many people have disregarded and written off as archaic and yet I still think has merit as a public forum and a crucial part of American society and beyond.



Austin Hornbostel
Junior
Managing Editor

I, first and foremost, really want to modernize our design, mostly in terms of the front of our paper so that it looks less cluttered and more inviting to people that pick it up. And strong art, encouraging people to open the paper. Things like that, I want to emphasize. And beyond that, I just want to get into a rhythm again, because it can be difficult to pick back up after breaks.



Emily Ploch
Senior
Assistant Features
Editor

It means a lot to me to be on a publication team. That was like, in high school, one of my favorite parts of being in high school. One of my goals is to uphold the standards that the Index has had because I think it’s a really outstanding publication and to be a part of their team is a big responsibility. I just want to make sure that I hold to that esteemed title as Assistant Features Editor and follow in the footsteps of Courtney Kaufmann, who’s really great and taught me well.

College is not an ideal goal for everyone



Holly Fisher

Go to school. Get a degree. Get a job. These are the words said to every high school senior as society convinces them they need a college degree to be even the least bit successful. My opinion might not be a very popular one to entertain on a college campus, but it might be one some of our Truman State freshmen are beginning to realize after completing their first semester — college is not for everyone.

Last semester, my brother finally made the tough decision to drop out of college. He weathered three semesters at two separate universities before realizing he still had no clue what he wanted to do with his life. He wasn’t meant to attend a university at that point, and it’s not because he was too stupid or wasn’t prepared for college. Like many college applicants, he rushed to apply because parents, teachers and mentors told him that was his only option. They were wrong.

College is not the end-all, be-all of a successful life. In fact, the debt left over from college has the potential to ruin a person more than their degree could ever help them. Depending on the field of work, it might actually be better for an individual to find a job and then take a few classes here and there so they can climb up the corporate ladder until they eventually reach the top. Anyone who claims a college degree will start you closer to the top is lying. Without experience, that degree will start you right beside everyone else. There are so many other options out there for high school graduates, many of which can actually pay more than jobs requiring a four-year degree.

Granted, attending college can be a phenomenal opportunity, and in some cases, it really can open more doors for a given individual. However, it will only open more doors if that individual goes in with at least some idea of what fields they would be willing to work in after college. Otherwise, students either drop out or end up with a degree that is essentially useless to them. College also can be an excellent time for students to find themselves and discover their true passions, but often the same can be done by taking a year or so away from school. Saying no to college — even if only for a semester or two — can save students thousands of dollars in tuition they might have never spent in the first place, or save them the extra year they would have

to take if they changed their major halfway through their college career.

It sounds simple. If it’s not for you, don’t go to college. It is not simple.

There is a blatant stigma against people who never furthered their education. They are all either shoved into the stereotype of the lazy younger generation who will live in their parents’ basements forever, or they are considered too stupid to make it through college. What people fail to realize is education doesn’t have to occur in an institutionalized classroom. In fact, not everyone can learn in the classroom because they need solid, practical application instead — the same environment you find outside of college, in the real world. Still, even the people who realize this fact will force themselves through college anyway so they won’t be branded with the negative connotations of being a “college drop-out.”

Here at Truman, no one wants to hear this. As students, we’ve all invested ourselves in this University, and the thought that we might have made the wrong decision, a decision that’s cost us thousands upon thousands of dollars, is too frightening to entertain. Of course, for seniors and second-semester juniors, I honestly encourage you to stick it out just a little longer and hope by now you have a game plan ahead of you. However, for the freshman and first-semester sophomores out there who might be questioning themselves after the last few semesters, don’t be scared to really think about why you’re here at Truman. It’s one thing to stick with something you’ve already committed to, but it’s a whole other ball game to commit yourself to a sinking ship.

In the next few weeks those add/drop emails will be coming out from the Registrar’s Office. If you’re like me, you usually brush over them thinking, “I already signed up, so of course I don’t want to drop,” but I encourage you to really think about what those emails mean. If you definitely know what you want to do with your life and know you need a degree to get there, then trash the email. If you don’t know what you want to do, or if you do know and don’t need a degree to get there, then seriously weigh your options. It’s okay if college isn’t for you.

It’s high time society understands college is not for everyone, and part of that can start right here at Truman. As college students, we are not any better than anyone else — we simply chose a different career path. We need an attitude of acceptance and encouragement for those who decide their life needs to go in a different direction. So the next time you meet someone who never attended college, hear them out before you judge them.

Holly Fisher is a senior English and linguistics major from Elizabethtown, Ky.