

Attending college is worth the cost



Jared Roberts

College tuition prices have been rising for years, yet people continue to attend them. Is this the societal pressure saying without a college degree you won't go anywhere? Or does college actually have benefits that allow people to improve their lives after graduating? I believe college is worth it, though it might be a bit rocky in the beginning.

Take a look at employment rates of those who only completed high school compared to those who have some level of college education. During 2014, students who only completed high school had an unemployment rate of 17.5 percent, according to The National Center for Educational Statistics. Students who had some level of college education had a 12.2 percent unemployment rate, and those with a bachelor's degree had a 7 percent rate, according to The National Center for Educational Statistics. This shows the benefits of attending college for some period of time. For the students who decide to continue and receive their bachelor's degree, there is a more than 10 percent decrease in unemployment rates, according to the same source.

While I admit not all these jobs are in those students' chosen fields, it is a job nonetheless, and thus

they can start to reap the benefits of their college education.

When looking at the actual money people with college degrees earn, the statistics are unsurprising. Students with only a high school diploma earned an average of \$30,000 a year, those with an associate's degrees earned \$37,000 on average and those with a bachelor's degree earned an average of \$45,000, according to the U.S. Department of Commerce. The numbers only increase the higher the degree a person receives. Not only are people obtaining better employment opportunities the more college experience they have, but they also are making more money on average than those who only completed high school or less.

Next, take a look at one of the biggest downsides to college — student debt. During 2014, seven out of 10 graduating seniors from public or non-profit colleges were more than \$28,950 in debt per student, according to the Institute for College Access and Success. This is quite a bit of money to pay off, especially for someone who just spent at least four years cramming for tests. When you compare this to the employment and income numbers above, one can see in the long run this debt will be paid, and students who went to college will continue to make more money than those who did not. This is why in the beginning, college might seem not worth a person's time, but looking past the short term, college will end up paying for itself.

I am not saying everyone should go to college. Instead, I am advocating attendance for those students who are on the fence about attending college simply because of scary numbers of student debt. In the end, it will all be worth it.

Jared Roberts is a freshman political science major from Maryland Heights, Mo.



PROS AND CONS OF COLLEGE EDUCATION

PROS

- More likely to have health and retirement plans
- Lower poverty rates
- Exposes students to diverse people and ideas
- Greater networking value
- More jobs require college degrees

CONS

- Student debt could cause another financial crisis
- No guarantee of workplace benefits
- Stress can lead to health problems
- Learning a trade profession might be a better option for some
- No guarantee of job preparation

Source: college-education.procon.org/#background

Don't stress about busy weeks



Trevor Hamblin

There's an essay due in class Thursday, a third of a book to read I haven't even started, a Japanese test Friday, a project I can't find sources for and to top it all off, the bathroom's flooded. But weeks like this are learning opportunities, though it can be hard to remember with all the chaos of our daily lives.

Stressful weeks are as inevitable as death and taxes, but when we have bad weeks, we learn how to deal with them and reduce their effects on our overall well-being. Here are a few things I learned from my bad week.

Sometimes, to get everything done, you have to sort things by order of importance and due date. You might not be able to get everything done, and that's OK, provided you've done everything in your power to get it done beforehand. It's just not possible to finish everything you have to do all at

once, even when you've been working as hard as you can. After all, you're only human.

In terms of my awful week, I focused on the projects as their due dates arrived. First the essay, then the book, then the project — the bathroom situation took my attention as it came up, and the test was placed on the back burner for the moment. Luckily, I didn't fail the test, because I'd been paying attention during class.

This might sound odd, but I've found complaining about your week actually can help. This doesn't mean you should complain constantly, but complaining is human nature for a reason. You feel better getting things off your chest, and even better when someone else validates your feelings. Alternatively, if someone is having a worse week than you, you might feel better by comparison.

One of the most helpful things you can do to turn a bad week around is talk to your professors, bosses or other authority figures. Many professors are willing to work with your schedule as long as you give them some notice. Talking to your bosses, coaches or other supervisors to help sort out your workload might also be helpful. Your superiors are people who want the best work from you, and might be willing to give you a little flexibility to get it. But always double-check their policies before asking, so you aren't wasting your time.

I knew a different bad week of mine was turned completely around when the two most stressful things I had to worry about were given exten-

sions. I got half a week longer for a project and a full week longer for an article. It wasn't everything I had to do, but it was enough to instantly make the week better.

A common method to deal with the stress of a rough week is to stay positive. This isn't always a great idea, because ignoring a problem could make it worse, but there is something to be gained from this perspective. When you can focus less on the overall problem and more on the individual ones, you might find yourself better able to deal with the situation.

There is one thing I must stress — do not lose sleep because of a bad week. Your body and your mind cannot function properly during a stressful week without sleep. More importantly, sleep is the one time of the day you cannot spend worrying. It might be hard, especially for the typical Truman student, but you have to sleep.

Bad weeks might be inevitable, but they are not the end of the world. You can and will pull through, even if my methods don't work for you. The important thing is that you get through your problem in a healthy, productive manner.

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

AROUND THE QUAD

What is your favorite Thanksgiving tradition? Why?

My favorite tradition is seeing my family, and going home and being able to spend time with them.

Rachael Palmer
Senior



Eating honey ham. My mom always makes it and it is delicious. It's probably what I'm most looking forward to when I go home this break.

Brian Kantanka
Sophomore



We don't get together on Thanksgiving day. My nuclear family does, but we always make something. I like not having to worry about it.

Emily Thompson
Senior



I don't know. Football, I guess. The Dallas Cowboys play every Thanksgiving and I like watching them.

Colby Cook
Freshman

