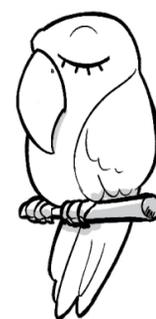


THE ANCHOR

Editorials

Dear Polly: Snow, tech, & adultery



Dear Polly,

How do I survive the snow here?

Iowa winter's can become pretty nasty. For starters, make sure you bundle up and dress appropriately for the temperatures. If school has been delayed because of the cold weather, it's probably not a good idea to come to school wearing shorts. The biggest thing you need to be careful of is driving. If the roads are treacherous, slow down. It can be tough to do this if you are in a hurry to get somewhere, but being five to ten minutes late is way better than getting in an accident because you tried to push your car's limits on the icy roads.

Why are people always on technology?

As high schoolers, technology is a pretty big part of our lives. Wheth-

er it be our phone, computer, gaming console or any other new tech gadget, it can be very common to see somebody walking around holding some sort of tech. The problem here is that we often forget about what is going on around us because we are so locked in. If a person is on their phone or device a lot, don't assume they are blatantly ignoring you because they may not be doing it intentionally. However, if you feel somebody is too lost in their tech, there is nothing wrong with politely asking them to set it down for a second.

My best friend got cheated on and then went back. What do I say?

This can be really tough because if you push too far, your friend may become upset with you. The best thing you can do is be as supportive as possible. Try to support and stand by them no matter what decision they make regarding this relationship. If he/she is a forgiving person and wants to continue the relationship then you kind of have to live with it and stand by them through it, because at the end of the day it is their decision to make. If they ask you for your opinion however, don't be afraid to be honest and tell them how you are feeling about this situation.

Major decision requires major contemplation

By Olivia Smyka

If you're a high school student, you probably have a lot on your plate. Despite having a busy schedule, thinking about what you want to major in for college is crucial. Where a student wants to go for college, what classes they want to take, and what career they want to pursue - can all be dependent upon what they want to major in. Majors shape future's, so it's something that should be given a lot of thought. With all this in mind, it can seem hard to choose a major. Luckily, there are many tips and resources to help students decide what they want to pursue in life.

Bigfuture.collegeboard.org lists majors, the careers those majors offer, and what you would do in those careers. The website also lists specific traits needed for that career or major; for example, being curious and creative are not required but helpful traits to have for becoming an engineer.

ACTprofile.com is another informational website that can help you decide your major. It features multiple quizzes you can take to help determine what majors you would enjoy, based on the information you give the test such as what you are good at and what interests you.

According to CNBC, the most popular major is business, as more than 360,000 students with business majors graduated in the year 2015. Other popular majors include health (with over 210,000 majors), social sciences and history (over 165,000 majors), psychology (more than 117,000 majors), and biological/biomedical sciences (more than 100,000 majors).

But even so, picking between several majors you are interested in can be tough. Maddy Bainbridge,

a recent Clear Creek Amana High School graduate and a freshman college student at the University of Iowa, had quite the experience with deciding her major. Now she is studying psychology and seems to really enjoy it.

"Before I decided to do psychology," Bainbridge explained, "I was first interested in teaching, but the psychology class they offered at the high school interested me. I took it junior year and from then on, my love for psych grew. For me, it was a little bit difficult because I was stuck on deciding two different majors I wanted to do. I'm a very indecisive person so I battled with the idea for about a year."

John Petrzela, a CCAHS graduate who is also a freshman student at the University of Iowa, said, "I took the chance to just kind of spread out all my class subjects and it's been fun to experience new things. Overall the major decision has been really laid back. My university offers lots of tools to help make the decision easier. Saying that it was easy isn't quite right though because it has taken time and energy to work on."

Whether picking a major has been easy, difficult, or something that you haven't given much thought of, the process is always different for everyone, but with access to websites and resources given by colleges, the process can be much easier.

"If you're unsure of what to major in, explore! Try different classes to see if it becomes a possible interest. Look up and do your research on what the class is all about and give it a shot," said Maddy Bainbridge. "There's nothing wrong with trying new things."

Term OCD blankets real issues

By Dylan Sheely

Have you ever caught yourself saying, "I'm so OCD," or, "That triggers my OCD," when referring to something being out of order, dirty, or unorganized? If you have, you probably aren't alone but you are also apart of the problem. Because this has become so prominent, many of us are forgetting the effects severe OCD actually has on a person, and also turning it into a blanket term to describe something it's not.

According to the American Psychiatric Association, Obsessive Compulsive Disorder or OCD can be defined as, "An anxiety disorder in which people have recurring, unwanted thoughts, ideas or sensations (obsessions) that make them feel driven to do something repetitively (compulsions)." In simpler terms, a person with severe OCD will have extreme fears and impulses in their mind. They then feel the need to act on these fears and impulses to somehow prevent them in the future. These fears and impulses are known as obsessions while the actions are known as compulsions.

While this disorder may be very confusing to some, one thing is for sure: OCD can have an impact on almost every aspect of a person's life. People who suffer from OCD struggle with everyday activities like doing laundry, or washing their hands. One example of this is a person being obsessed with being clean so bad that they wash and scrub their hands constantly until their skin rubs completely raw.

Hope this helps,
Polly

What You'll Earn

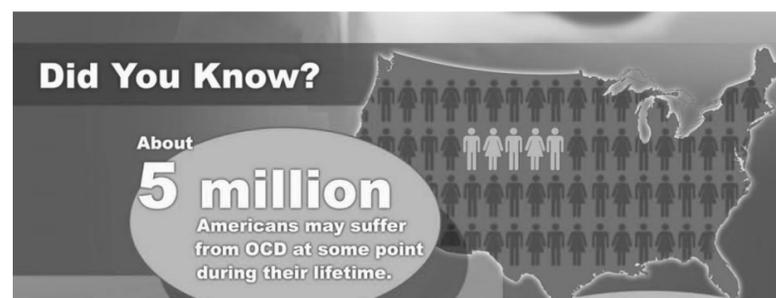
Top-ranked schools by salary potential for selected majors

	Early-Career Median Pay	Mid-Career Median Pay
BUSINESS		
University of California-Berkeley	\$72,800	\$140,000
Georgetown University	60,500	136,000
Illinois Wesleyan University	51,000	128,000
Santa Clara University	64,700	124,000
SOCIAL SCIENCE		
University of Pennsylvania	\$58,400	\$140,000
Colgate University	55,400	138,000
Boston College	53,100	136,000
Harvard University	62,400	129,000
ENGINEERING		
Rice University	\$72,500	\$145,000
Manhattan College	60,900	140,000
Cooper Union	67,200	135,000
U.S. Naval Academy	78,000	134,000
HUMANITIES		
Tufts University	\$56,200	\$132,000
Duke University	55,400	109,000
University of Pennsylvania	49,200	105,000
Columbia University	56,100	103,000
COMPUTER SCIENCE		
University of California-Santa Barbara	\$71,700	\$147,000
Columbia University	98,900	145,000
University of California-Berkeley	96,400	145,000
University of Delaware	66,700	143,000

Source: PayScale 2015-2016 College Salary Report

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Infographic by Mount Sinai

What many people don't understand is that people with OCD don't want to be obsessed with the things that haunt them. On the other hand, people who use the term to describe their organization, are using it to describe a want in their life. These people want to be tidy and want to feel organized within their own life. The difference here is that people who truly suffer from OCD don't want this in their life. The pressure from their own mind to stay clean or stay organized forces people with OCD to perform these actions, not an inner desire to be a certain way.

As of right now, we are allowing the term OCD to become a blanket term for simple things like being untidy. If this continues, we will continue to forget what people who suffer from this disorder truly deal with and will be unable to sympathize with the true victims. As a student body, we need to stop using OCD as a joke and instead treat this diseases with the respect and awareness that it deserves.