

OPINION

BULLETIN BOARD

Fewer tutorials

The new block schedule places tutorials on B days, with Outreach classes taking place every other Friday. This means that during any week, students have, at most two tutorial classes.

We asked students what they thought about it.



Dinidu Geevaratnee
Freshman

"It is extremely helpful because you're able to communicate with your teachers about grades, concepts that you're learning, and catch up on some work. It's a great time to hang-out with friends and get yourself in that mindset to tackle the rest of the week."



Jasmine Bangura
Sophomore

"I prefer the old tutorials because they're longer and could take more time to actually do your work because it's really a short amount of time."



Rachel Langer
Senior

"I've had a different schedule each year of high school. So it's like nothing new to have it be different this year. I'm still able to use tutorial time to get work done."



Ida Gunaseelan
Sophomore

"I like to use tutorials to work on stuff. Last year I got all my homework done at school, and this year I have a lot of homework to do at home."

PERSPECTIVE

Anxiety.

Written and illustrated by
Grace Ngo



I've had anxiety before. The two years I spent coping with anxiety were the worst. I used to be open about it.



But each time, no one seemed to really care. I silenced myself when I realized I must've sounded like an attention-seeker. I felt completely alone.

Anxiety is different for everyone. There are many types of anxiety, including obsessive-compulsive disorder, post-traumatic stress disorder, and social phobia, or social anxiety disorder. The main cause of anxiety is usually a traumatic event during adolescence.



I learned to cope with anxiety independently. I learned to create a peaceful environment for myself, and I discovered a new hobby that I could distract myself with. This was painting.

People with anxiety deal with different symptoms like overthinking, trying to please others in fear of losing people, and having trouble focusing on anything other than the worry. Scientists say these habits are all caused by stress from anxiety.



I drift off into my own world and I feel free. Every perfect stroke, and every imperfection, brought peace to my mind.

Eventually, creating something even more. It's been years since, and I've never felt any happier.

STEREOTYPES

We're not all

OVER ACHIEVERS

Poor representation of South Asians in media reinforces modern Indian stereotypes

SAHASRA MAKAMCHENNA
Online Editor

"You're Indian, you're pretty good at math, right?" asked my math classmate as she handed me an IM3 worksheet.

She had just watched the Netflix show "Never Have I Ever," which features math-whiz Devi Vishwakumar, the main character.

It's not just Devi. It could be Ravi from "Jessie," Baljeet Tjinder from "Phineas and Ferb," and Raj Koothrappali from the "Big Bang Theory." They all have two things in common: they're Indian and they have the smarts.

In this generation, TV has become a big part of a kid's life. From a young age, many get exposed to broadly drawn portrayals of characters such as Devi, who aside from her desire to have her first time, is the president of almost half the clubs at Sherman Oaks High School.

More than 289 million viewers have watched Phineas and Ferb, meaning more than 289 million people have been introduced to the racial stereotypes presented by

Baljeet.

According to a census conducted in 2021 by Common Sense Media, the use of screen media between teens and tweens is up by 17% since the start of the pandemic at an average of 8 hours and 39 minutes per day. And among the participants, 32% chose YouTube as one site they wouldn't want to live without when forced to choose.

Though the media can present stereotypes of different ethnicities, it can also help debunk stereotypes. Despite the stereotypes present in Mindy Kaling's show, Never Have I Ever helps bust myths of South Asian Indians from mental health to strong, independent women. Devi Vishwakumar, the main character in the show, frequently sees a therapist ever since her father passed.

Mental health in South Asian families is always a taboo topic. Personally in my family, mental health isn't a topic that comes up at all at the dinner table. From where my parents were brought up, asking for help was shown as a weakness, especially when regards to mental health thus becoming such a non-talked about topic in South Asian

families.

Because of the positive portrayal in the show, not only South Asian parents can reflect, but all public in general can take away the flaws in cultural mindsets. Not only does it encourage acceptance and mental wellness within South Asian communities, but it opens up a gateway for in-depth understanding outside of just grades and academics.

Indians aren't always aiming to get 100's on a math test or get accepted to an Ivy league school. In reality, we have our own imperfections that make us perfect like any other normal person.

Baljeet's song, "Gimme A Grade" which has 5 million views on YouTube, shows we have a long way to go towards more positive portrayals of cultural minorities.

However shows like "Never Have I Ever" can humanize ethnicities by examining beyond intelligence and showing what life really is for people of color.