

Hacked: Your life made easier

by junior Abby Lashbrook

As our lives get busier and busier, we strive to find easier and more effective ways to get things done. Innovative and creative solutions to ease our daily schedules are a necessity to de-stress our lives and improve our productivity.

Life hacks are everywhere. They can be found on sites like Pinterest, Instagram, Facebook, and other social media platforms as well as TV shows and web sites. You can even learn them from friends and family. These short-cuts are aimed to minimize the time and energy spent on daily tasks. Life hacks can be helpful, but they can also cause harm. I suggest to hack with care.

People spend too much time and energy finding new hacks when they should just be experimenting and finding what best works for them.

Don't just hack the hacks. We shouldn't hack our way through life on the shoulders of those before us, but instead we should accept the challenge of learning different methods in order to succeed.

After all, shouldn't life be a journey rather than a trip in the express lane?

Be daring enough to find your own life hacks and personalize them to your needs.

For those who don't have any life hacks, I am not saying you need to have a life hack for everything you do, I only suggest you find the middle ground. Stop robbing yourself of the true purpose of life hacks.

Life hacks are meant for everyday people by everyday people to help improve their lives. Let life hacks help you be you, just a smarter, simpler, and happier you!

[def•uh•nish•uhn] Life hacks are advice and tips or tricks that can help you get things done more efficiently and effectively.



- I find it really helpful to **meal plan**. For instance, washing grapes and putting them in individual zipper bags and cooking up hamburger and storing it in the freezer.
- Use a **planner**. Whether you create sticky notes, use the Notes feature on your phone or laptop, use the calendar on your phone, or have an actual planner - it doesn't matter. Just use one! I use an online planner called Planboard (www.planboard.chalk.com) You personalize it to your classes and it has lots of bells and whistles. I love it.

-high school Spanish teacher Dawn Frye




- Learn to **cook** and **eat less**.
- Apply for every **scholarship** you are eligible for and apply for those you don't. You never know which ones are willing to give you money!
- Always have a **positive attitude** and have fun.

-high school student teacher Trey Thiele

Life Hacks

Whether you're learning to be a cook, an artist, a photographer, or even just being a student, There is a life hack for everyone and everything.



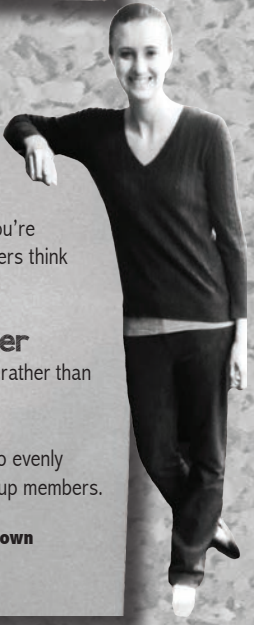
- Snacks with a combination of protein will help you feel **fuller longer**.
- If you have a hard time **falling asleep** then pick a larger number like 373 and **continually count backwards** from it by an odd number like 7.
- **Explore** classes in high school that are in every genre. Best to find out if you're interested while it's still free.

-high school English and Spanish teacher Alison Puls



- One of the things that makes a good relationship is **communication**. Making an effort to keep in contact with friends and being honest and open with them makes a big difference.
- I am a big fan of **meal prepping**. Then all you have to do is warm it up in the microwave and it is.
- **Naps** are a godsend. However, if your nap lasts a couple of hours you will wake up more tired than before. According to studies, if you take a power nap (20-35 minutes) you will wake up more refreshed and alert.

-high school student teacher Rachel Burns



- Find a **major/career** that you're passionate about rather than what others think you should do.
- For group projects, study in **smaller increments** over **multiple days** rather than hours during one day.
- Make sure to assign different roles to evenly **distribute work** between group members.

-high school English teacher Taylor Brown



- Set daily **deadlines** or **checkpoints** to have something done.
- **Unplug** from any screens (computer, iPad, iPhone, etc.) at least 30 minutes prior to going to bed.
- **Job shadow** various places, various times. Allow time for candid conversations about the benefits and drawbacks of the profession.

-high school English teacher Joletta Yoder

Beauty and Style Hacks



Magic Eraser gets hair dye off of skin and objects. **Chapstick** on dry cuticles will prevent hangnails.

-senior Alicia Zuck



Pinterest is the way to go when deciding what to wear!

-junior Erin O'Malley

Time Saving Hacks



View time as if it was five minutes later. This will help you **plan ahead** and arrive on time.

-senior Austin Waters



Get in the habit of **waking up earlier** so that you can get everything done.

-senior Emma Shaeffer

Homework Hacks



Do your homework right when you get it, and **don't wait** until the last minute.

-freshman Payton Stuart



Don't procrastinate! Leave at least 45 minutes every night for homework and studying.

-senior Tracy Nunemaker



Make lists. When you see the items crossed off, you feel accomplished and more motivated to continue working.

-freshman Alexis Schares



Do you have any tips and tricks you would like to share?

Tweet them to us!
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