



The Bathroom Sensation That's Sweeping the Nation

What's up, Cougars? The weather has been all over the place, so I hope you've been able to stay warm. Have you watched any shows or movies recently? Even though there seems to be a lot more demand for short-form content like Instagram reels and YouTube shorts, a lot of people seem to still watch long-form content! Interesting, right?

Getting Bored of Watching the Same Things?

Watching the same things over and over can get pretty boring, even if what you're watching is something you really enjoy. Once, for about 2 months, the only thing I watched was Bones and Criminal Minds...over and over until I could quote almost every episode I had watched. So here are some ways to spice up your media consumption!

- Depending on what video streaming services you have, there's a lot to look at! Know how much time you have and your patience – are you willing to watch a long running show or one that only has one season?
- Think about the genres you like or what to watch more of. Like fantasy? Look up fantasy shows online and see what catches your attention!
- Check out some books, too! The library here has a wide selection of books and there's even a shelf with books you can take home forever, free of charge!
- If you have a short attention span because you've been watching a lot of TikToks (or similar content), try to gradually watch longer and longer videos.

Our Shortened Attention Spans

According to studies done in 2015, the average human attention span was about 8.5 seconds, *shorter* than the average attention span of a goldfish (clocking in at 9 seconds). Of course, it's been about 8 years since that number was collected, but considering how severely it dropped from 2000 (12 seconds), and the way short-form content has become more common-place, it's hard to believe it wouldn't have continued to drop.

Part of this could be attributed to our reliance on technology for entertainment. Kids have been getting phones and tablets a lot younger than maybe we have, with less and less limitations on internet access.

But if you have a short attention span, it's not the end of the world! There are ways to increase it, too! Exercise can build up your self-control, but it's also good for your mental health (though, make sure you don't overwork yourself – too much exercise is just as bad as too little exercise). Work on active listening, too. Try not to bring out your phone during class (mostly because its rude!) because when you do, you're ruining your chances of being able to focus on what the teacher is talking about.

Upcoming Events

Monday 1/22	Tuesday 1/23	Wednesday 1/24	Thursday 1/25	Friday 1/26	Saturday 1/27
SCHEDULE CHANGE Periods 1-4 Lunch LinkUp @ 212 (Both lunches) Girls Basketball v Canyon City @ Home (4pm) Boys Basketball v Canyon City @ Canyon City (4pm) Girls Swim and Dive v Widefield @ Home (4pm)	Parent and Teen Driving Presentation @ Media Center (5pm) Coronado 8 th Grade Open House @ The Gym (5:45pm)	Girls Basketball v Palmer @ Home (4pm) Boys Basketball v Palmer @ Palmer (4pm) Girls Varsity Wrestling v Falcon @ Falcon (5pm)	Academic Council (11:40am) Girls Swim and Dive v Palmer @ Palmer (4pm) Boys JV & Varsity Wrestling v Widefield @ Home (5pm)	Girls Basketball v Elizabeth @ Elizabeth High (4pm) Boys Basketball v Elizabeth @ Elizabeth High (4pm)	Girls Varsity Wrestling v Chatfield @ Chatfield High (9am) Boys JV Wrestling v Pueblo County @ Pueblo County High (9am) Boys Varsity Wrestling v Thomas Jefferson @ Thomas Jefferson High (9am)



Cougar Daily's "The Potty Mouth" 1/22-1/26

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