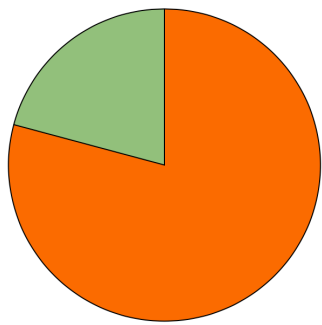


# Opinion

## What's Your Opinion?

Do you prefer fruits or vegetables?

Out of 48 responses:  
Fruits -- 38  
Veggies -- 10



● Fruits ● Veggies

### Next Poll:

**What is Water**  
Is water wet?

Students can answer the poll on The Herald's Instagram page, [@astateherald](https://www.instagram.com/astateherald). Instagram polls are posted on Mondays. Previous poll results can be found on [astatetheherald.com](https://www.astatetheherald.com). Have an idea for a poll? Send your ideas to [heraldopinion1921@gmail.com](mailto:heraldopinion1921@gmail.com).

These and future articles can be found on the Opinion section of The Herald's website.

**CAROLINE AVERITT**  
LIFE EDITOR



**Caroline Averitt is a senior multimedia journalism major from Jonesboro.**

As a college student, I am constantly being asked "What's your major?" But what do you say if you don't have one?

About 20-50% of college students start out undecided and around 33% of students in bachelor's programs change their major at least one time.

I was an undecided major for over a year and because of that experience, I've realized there are many benefits to not choosing a major right away.

First, every student has general education requirements to take care of. If you are on the fence about what major to pick, you can focus on those requirements while you figure it out. Plus, taking those different classes may inspire an interest you hadn't thought of yet.

## It is fine to be undecided

After you tackle those gen eds and choose an area of study, you can spend your last couple of years in college focusing on major classes.

Additionally, being undecided means you will not take classes for a major you will later switch out of. If you keep changing your major, which I did a few times, you will rack up credits that will not count toward the degree you end up choosing. Staying undecided will ensure you are in classes that will benefit any degree.

**"College is all about self-discovery. It is about asking questions and figuring things out."**

Most people try to pick a career and then figure out what major will get them there. However, if you figure out what you like to study, you will then have an idea of what you can do with those interests. An undecided major has the flexibility to explore those different areas.

The University of California, Davis has a major exploration guide that can guide you in choosing classes and emphasizes interests and talents instead of just possible careers.

The transition from high school to college can be daunting, which is another way going in undecided can be beneficial. Instead of jumping into difficult and specialized courses, you can take more basic classes and take some time to get used to the college environment without worrying too much about grades.

Similarly, taking time as an undecided major can give you time to boost your GPA, according to U.S. News. General education classes and electives tend to be less demanding than major classes, so a semester of only those classes can allow you to achieve high grades in all of them.

This can be helpful if you want to major in a competitive area or apply for

academic scholarships, especially if you are not proud of your high school GPA.

When I was undecided, I felt aimless because I felt like I was not working toward a degree. But if you are an undecided major, know you are making progress. You are getting gen ed requirements, elective credits and trying out new things.

Eventually, you will have to pick a major, but you can use your time as undecided to take risks, explore new things and make mistakes.

College is all about self-discovery. It is about asking questions and figuring things out. It is OK to take your time and not know everything; that is why you are in school in the first place.



GRAPHIC BY BILLY FERGUSON

Artist interpretation of an undecided student deciding what path to take.

## You should lower your screen time

**ELIJAH TEMPLETON**  
OPINION EDITOR



**Elijah Templeton is a junior English major from Jonesboro.**

It is a really harrowing thing to get your weekly screen time report and see that on average, you spent more than 10 hours per day on your phone.

That happened to me a few weeks ago and I was dumbstruck, unsure how I was so oblivious that I spent so many of my waking hours with my eyes glued to my screen. I don't know how I was doing anything else, having only so many hours in a day and all.

I decided then that I would do away with most of my social media and I would put limits on my use for the others.

It has been about three weeks since then and I could not be happier with the results and I think you should try it out for yourself.

As is usually the case, you are aware that something is a problem long before you decide to address it. For whatever reason, you come up with excuses and reasons to keep going with your bad habits.

Maybe it is for temporary pleasure or fear of what you may find out about yourself if you think about it for too long, but it is very hard to address an addiction.

That is what it was and still is: an addiction.

I was addicted to my screen and I knew that before I made any efforts to fix it.

Since I have made the effort to delete Twitter and Instagram and put a 1-hour time limit on TikTok, I have noticed some very significant changes in my day-to-day routine.

I am no longer reaching for my phone as soon as I wake up in the morning. Instead, I try to get outside and get some sun in my eyes.

I no longer have something to mindlessly distract me while I am working on assignments for school, so my productivity is through the roof.

I have been reading more, finishing three books since then and nearly done with a fourth. I have spent more time with my friends and family, spending the hours I normally spend alone in my

room out and about doing things to fill the time if nothing else.

I find that I am sleeping better and waking up easier in the mornings. My mind feels more clear and I feel more present without the invasive thought of reaching for my phone out of fear of 'missing something.'

I have not missed out on any current events or life updates from those in my community. I am more in touch with the people I care about than I have been in a long time, all because I created the time and made the effort to.

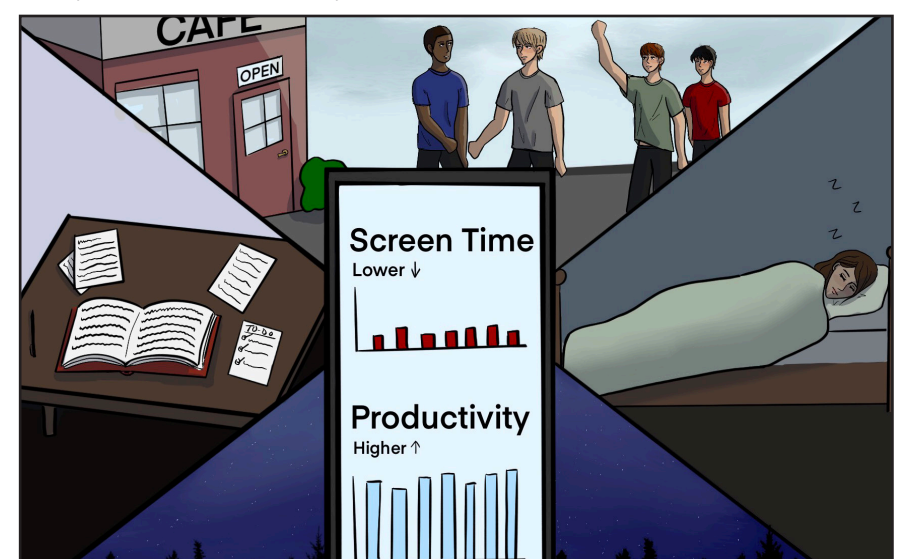
My life has not drastically become

perfect overnight. I still find myself fighting the urge to download the apps again or ignore the screen time limit when it comes up, but it is becoming easier and easier every day.

My life has improved since I took some control back from my screen and focused more on the things that really matter to me.

If you lower your screen time, even by a small margin, you will more than likely feel the same way.

But of course, that's just one man's opinion.



Graphic by Adrienne Allis | Graphic Designer

Artist interpretation of the benefits of lower screen time in student's lives.

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