

Happy at school - a myth?

Jaro Schmidt

You, the reader of this blog are most likely going to school as a student or maybe even as a teacher at the current point of time. As well as you are most likely not associating school in general with happiness. I will talk about a few ideas about how you could maybe improve happiness in school. Specific in our school, the Robert-Havemann-Gymnasium. These ideas originate from students in my english class.

Why would you even want to increase happiness in schools?

"You're not going to school, to be happy. You're going to school to learn something." This is a sentence that most of you have probably heard at least once or twice, i strongly disagree with it tho. Yes, we go to school to learn something, but studies show that happier students have better grades and I think there is no point in going to school just to learn something, if you have a breakdown a few months or years later.

The impact of our surroundings on us

I think its quite obvious, that students would be happier if the school doesn't look like a prison and has a more positive atmosphere. Most of the teachers decorate their room for that reason and many rooms are quite colorful.

Food in school

Many of the students eat in school whether it is something, they brought from home, something they bought in the school cafeteria, or maybe something they bought outside of the school, in a break. That's why more possibilities to choose from, what to eat for the students or maybe even giving students the chance to make their own food in school would be great. For example instant ramen with hot water from a kettle, at least for the higher grade students (11ths and 12ths graders), since it is relatively dangerous. Another good point in this would be autonomy, which is proven to increase happiness as well.

In conclusion there would be a few things that schools could do, to increase the happiness in school as for example decorate the rooms/hallways and give students more options regarding to food and maybe making their own in school.

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