

Advice from a Modern Learner: 'Move It or Lose It'

Shaifali Prajapati

I have a test tomorrow, and I didn't study. I mean, I knew when it was and all, but I just didn't have time, you know? Ughh... Maybe I shouldn't have spent all week on Instagram. What am I going to do? I'm totally going to bomb this test! Who cares about physics anyways? When is the next time I'll need to tell the difference between Newton's first and second law? You know what, I can't deal with this. I just can't... Stop!

Now who's been through that before?

I know I have (probably all of freshman year), but it doesn't stop there. Some people are so stuck in their behaviors, they can't even remember when or why the difficulties began. By holding on to their problems, they are caught in a vicious cycle - going back and forth between dilemmas. From daily problems like freaking out because they did not study for a test to intense conflicts like plotting revenge on your ex (based on the latest Vampire Diaries episode), society seems to have a problem moving on.

Yes, moving on, the same cliché lesson given in every breakup movie. On the other hand, many in society don't know what it means to move on. People get this idea of moving on as just getting through with life, like that All American Rejects song, "move along, move along, just to make it through." Ok, so I'm probably not the next American idol. The point is, I'm asking you to do more than survive,... to move forward, to move on.

Instead of actually studying for that physics test, we continue to freak out about it. Rather than getting over the relationship and hanging out with our friends, we revert to tormenting our exes. This way, we're not solving our issues, but just... ignoring them, and thus leaving the actual problems unresolved. By staying constantly stuck in our problems, we as a society have lost

sight of our goals and standards to the point where the basic lesson of moving on is becoming an issue on a national level.

Due to our lack of solving problems, society is passing on a complaining attitude to our children. That may seem like an overstatement, but really, is it? Just look at our government. . . Congress took us to the edge of the fiscal cliff, before deciding to meet and remedy the situation...*two hours after the deadline*. Even though Congress had an entire year to decide on the nation's budget, the deadline had to be moved back because both parties could not agree. If our leaders argue like five year olds because they can't get past their differences, then what is the attitude of the rest of the nation? Whenever a situation gets too complicated, a person's first instinct is to complain. Despite creating temporary relief and distraction, complaining only forges one deeper into the situation. To put it bluntly, if we don't take action to move past these barriers, they weigh down *on the next generation*, and there's no moving back the deadline for that. Today, we blame our parents' generation for the major environmental consequences of poor stewardship as well as for the possibility of a bankrupt social security system. However, it is up to us right now **not to complain**, but to effect positive new changes for the next generation.

Moving on also means letting go. That does not mean people should not learn from problems that they have experienced or will face. Nor should anyone abandon a situation to avoid the mass of complications one wants to escape, leaving the problem unfixed or imprecise. Moving on means getting through challenges; not complaining, but going past troubles and continuing on with life. We can't solve problems by brooding over them. I've moved through three states, seven times in ten years. It's literally the story of my life. Through one thousand seventy four miles of moving, I've learned not only the physical sense of moving on by packing boxes in a moving truck but also the life-long lessons of letting go of my friends while taking

with me nostalgic memories of each school, and then moving on to meet new people. Nothing ever stays the same, which is why moving on is so vital.

While this concept is reasonable, moving on is easier said than done. There are individuals who prove that overcoming roadblocks, moving on if you will, can be done. Nick Vujicic, also known as the man with no limbs, did not brood over his disability. Instead, he turned his weakness into his ultimate strength, spreading a message that he can (and does) live a good life as he spreads his message to millions of people. If he accomplished this as one individual, think how much we as an entire society can do together.

When you start a race, you're expected to finish it. If you give up in mid-run, you can't even finish the race, much less win it. Randy Pausch presents this message in *The Last Lecture*, referring to the challenges in his life as brick walls. These walls stop people who are not determined enough to get through the road blocks. Through lack of determination, we as a society have regressed to not facing the challenges before us. Just trying is not enough. We need to focus on our goals and achieve them. We can't give up because the challenge is too hard or the distractions too numerous. Pausch claimed, "if there's an elephant in the room, introduce it." The first step to solving a problem is recognizing a problem exists, and then, overcoming it will become attainable through steady, thoughtful work.

So, as a seven time mover, I can tell you that even though it requires a tough mindset in order to move forward and pick up the pieces, it can prove rewarding. I understand I can let go of problems while learning from them. Only when a person meets the challenge, will they be able to progress. What we can learn from a dysfunctional Congress and revenge plots on exes is that complaining neither gets you past those brick walls nor positively impacts the next generation.

Thus, moving on is still crucial to people today, as it presents a timeless message that we as a society have forgotten; you either move it or lose it!

Shafali is a junior at Tabb High School in York County. She presented her Original Oratory at the Virginia High School League State Forensics' Meet held in Harrisonburg, VA, March 23, 2013.