**Honestly, Just Don’t**

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Before any of us was able to even utter a proper sentence, our parents have been teaching us about honesty. Whether it was stealing an extra cookie from the jar or sleeping past our curfews, our parents would always make us admit to our mistakes before reminding us to be honest. So the question here is: why have our students seem to have forgotten such an important concept?

As of late, there has been an alarming increase in the number of students cheating in their exams and getting their homework done by copying from friends or the internet. There’s no trace of honesty in those wrongdoings. In fact, it’s quite the opposite; they run on lies. There are two major explanations as to why some students lie about their work.

The first culprit is procrastination. Putting off important things such as studying and doing their homework can be harmful to students because it’s what drives them to cheat and copy. When students procrastinate, they waste time doing things that don’t matter. Realizing their mistake, which often happens too late, they result in cheating and copying off others.

The second reason is students being so afraid of failing and doing anything wrong that they take it upon themselves to copy from the top scorers in their class. More often than not, students don’t do their work themselves because they feel like they can’t succeed on their own. There mere crippling fear of getting terrible grades and the humiliation that comes with it push students to ‘play it safe’ by riding on the backs of those they think can help them achieve a high grade.

Given that, it’s about time we remind ourselves of the concept we’ve been taught since the dawn of time. Do you remember why honesty is so important? If not, let me help you out.

First and foremost, honesty helps people build healthy relationships. In fact, honesty is the most important thing you must have in a relationship, no matter if it’s platonic or romantic, because it does nobody any good if one party is lying. All lying will do to relationships is destroy them. How can you expect anyone to trust you in you’ve been lying to them?

Secondly, honesty helps people become more creative and clever in a way. Most projects’ main and only rule is to be original. Copying from others is prohibited without question. Now, if you are an honest person, you will be forced to sit back and think of your own ideas. It gives you many opportunities to tackle problems yourself, to learn on your own. When students decide to cheat and copy, they essentially steal from themselves a chance to learn and stimulate original thoughts.

The third and final reason as to why honesty is so important is because it helps us develop in more ways than we think it does. When we lie about our homework and exams, it takes a toll on us by forcing us to live on with guilt. And the more often we lie, the more the guilt builds up, which is unhealthy to our mental health. Guilt induces anxiety, which can push a student to the edge if there’s too much of it. By being honest to ourselves and others, we are free of the irrational fear and anxiety that guilt makes people go through.

Now that you are reminded of why honesty is critical, try to avoid doing anything that consists of lies. It’ll do you good by having good personal relationships, stimulating brain activity, and keeping your mental health stable. And if for some reason you’re still considering on cheating on your next test or copying from others, honestly, just don’t.