Imagine this. You’re sitting in your first hour class, when you freeze. Your hand frantically searches your pockets. Sweat rolls down your spine as you snatch your backpack, yank it open, and then heave an enormous sigh of relief. Your earbuds are there, and you happily plug in, tuning out the class. If this reminded you of something you’ve done, you’re not alone. At Thunder Basin High School, earbuds and headphones are a big part of life.

“When I don’t have my earbuds with me, it ruins my entire day,” sophomore Will Lock said. “I listen to my music daily, and it helps me study, unless it’s an awesome song. I have all the lyrics to all my songs memorized. My music can make me oblivious to the world, but I don’t think that’s a bad thing.”

Junior Abbigale Wingfield also uses her earbuds often. “I started listening to music in 7th grade, and when I listen to my music, it takes me to my own little me-world. When I don’t have my earbuds, it makes me sad for a large part of the day, but I eventually get over it.”

“I listen to music every day,” sophomore Jakson Robbins said. “I’ll wear them in classes like Math where we’re just working. It helps me focus on what I’m doing.”

Despite the general flow, not everyone needs their headphones to get through their school day.

“When I listen to music,” freshman Caleb Weber said, “it helps me study and block other sounds, and I hate leaving my earbuds and home. However, I don’t need them to get through my day.”

“I can listen to my music in the morning to start my day good,” senior Jaden Shearer said. “When I leave my earbuds at home, it doesn’t bother me a lot. I still get through the day fine.”

Sophomore Seth Stevens agreed with these sentiments. “My music doesn’t really help me study, and when I listen to it, it’s between medium and quiet, just white noise.”

So, whether you can make it through the day or not with your earbuds, they are certainly a growing trend. And it will most likely continue to grow.