

Being “cool”

In recent years we started naming many things as "cool" but do we even know the definition and are these things really as cool as we think they are? What is the definition of being "Cool"? Does it mean having a lot of money? Is it about being disrespectful to other people? Or does it mean being trendy?

A clinical psychologist Dr. Julie Gurner states that "A "cool" person is someone whose attitude and behaviors are composed but seen as uniquely their own". She also says: "I think people are genuinely drawn to 'cool' people because they see them as a representation of who they wish to be — confident in who they are." This might be one of the best descriptions of cool people. It always seems as if these "cool" have the best lives, doesn't it? They have better jobs, great cars, better friends, beautiful partners, and overall all the good things a person cares about nowadays. “Cool” people suddenly became figures that many youngsters aspire to be. They look like they have their life figured out and by only presenting the good parts of their daily lives or by faking their personality on social media they quickly attract a lot of followers.

We admire these people and look at them as better versions of ourselves. We try to be like them. We try to look like them. We buy "cool" clothes that they either recommend or wear and try to get more followers on Instagram or any other social platform just to get closer to being like them. However, is that the right mindset? Do we spend the whole life trying to be someone we are not and being jealous of others? Surely, we may find ourselves somewhere in between and we feel confident with ourselves but more often than not this grows into an obsession. These people become the generic "cool guy/cool girl" wannabe with nothing to their personality other than trendy stuff and opinions of others. There have been many scandals where people suddenly found out that their favorite “cool” people/content creators weren't as perfect as they thought. It seems like every day another person is being exposed for their lies and deceit.

Of course, that doesn't mean that all your favorite public personalities are fake, but even if they were, could you tell who is genuine and who isn't? People need to realize that being "cool" doesn't come just from riding on the waves of trends. For example, if there were a few limited-edition sneakers, they would be "cool", rare, and sought after, but if there were millions upon millions of the same sneakers worn by the same type of people with the same hobbies, likes, and preferences influenced by social media, would they really be "cool" and unique? No, they would be classified as generic, unoriginal, and really "uncool".

What's the lesson learned from this so far? Well for starters, creating a perfect image of yourself can only get you so far. Once the bubble bursts can you handle the fallout? Wouldn't it be much better to be liked for who you truly are?

But how can people be "themselves"? This phrase seems quite a cliché as it has been used countless times. "Just be yourself"- sounds so easy, doesn't it? Well, to be honest, it isn't that hard. All you need to do is find your own stuff. Look for your own hobbies, preferences, political opinions, and lots of other things. What's the point in copying everything that some random person that you consider cool does or says? Do your research before you decide to have an opinion about something instead of just repeating stuff that has already been said.

In my opinion, being "cool" means not caring about other people's opinions, that is fulfilling your promises and not being shallow. A cool person is someone who doesn't abandon their friends for some new and seemingly trendier ones and especially someone who doesn't jump from one trend to another but instead sticks with what they like, a person with a unique style different from others but most importantly a person that doesn't form their opinions based on the opinions of the people they admire or like.

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