

TEEN SPIRIT

CAN YOU MANAGE YOUR STRESS?



ONLINE "SENSITIVE" COMMUNICATION

BEING AN "A" STUDENT



CAN YOU MANAGE YOUR STRESS?

Some adults believe that there is no reason why young people should be stressed and this because in their opinion being young means feeling happy. But that's not true! Researches show that young people feel stressed as a result of many reasons. But how can stress be defined? Stress is a feeling of tiredness and confusion that comes from a situation difficult to handle such as school. Or family/friends relationships. Stressed people feel a psychological. Physical or social pressure when they deal with an event that makes them nervous or frustrated. Sometimes they are afraid of losing self-control over their emotions or reactions.



We have asked some students at ITET Rapisardi da Vinci to tell us about what makes them stressed and here are their answers:

- “I feel stressed when i've got too much homework to do” (Giorgia)
- “I feel stressed when i don't feel enough to make my parents proud “(Isabella)
- “I feel stressed when i need to leave my comfort zone and make new friends” (Elisa)



So feeling stressed is not rare at all among youngsters and stress shouldn't be underestimated since it can lead to serious problems (eating disorders, isolation, low self esteem ...). On the contrary young people should be helped to cope with their problems to prevent them from feeling stressed and frustrated. Once more we interviewed some students at I.T.E.T. asking them about “who” or “what” can help dealing with stress. And here are their answers:

- “When i feel stressed I spend more time alone with myself in my room listening to music or watching videos”. (Pietro)
- “Sometimes I ask a friend of mine for help because if I share my problems they become less serious to me”. (Lin)
- “I know that my parents could help me when I feel under pressure but I tend to close in myself and I find it difficult to talk about my problems with them”. (Amira)
- “Once i asked a teacher of mine for help and it was great to talk to an adult who was not my mother or my father but knew a lot about life. She gave me precious advice.” (Alessio)

We can't find an answer or a solution to stress and the feelings it generates in young people but We 'd like to encourage every single student with a motto we have created ... ” resist .. Do your best... You're good enough!”



BEING AN "A" STUDENT



Any student would like to be an "A" student but it isn't easy at all. A major problem is related to "high expectations". Some students don't feel talented enough to face and overcome their limits and sometimes parents make their children feel under pressure because they can't wait for the natural rhythms related to successful learning. But which are the characteristics of an "A" student?

Being an "a" student doesn't mean having high grades ... It means much more.

An excellent student can set his goals, manage his/her learning and deal with his/her failures. Moreover there are some features connected to personality. Students at I.T.E.T Rapisardi - Da Vinci think that a good student is a good classmate as well so s/he is unselfish polite and supportive.

And what if you are not an "A" student? Never lose hope!!



There are several factors that affect learning and can turn you in an “A” student. We have interviewed some students at school and most of them argue that teachers and classmates play a crucial role.

Students need to get positive feedback, encouragement and praise from their teachers and they learn better working in pairs or in groups because they share responsibilities and develop a more positive attitude to learning.

Another important factor is class atmosphere. When the atmosphere in class is relaxed students get more focused on learning and feel free to speak and express their ideas and difficulties without being scared.

Class atmosphere can be improved if materials and teaching methods are carefully chosen. Materials should be attractive, interesting and engaging so students could learn and have fun at the same time. And if teaching methods don't fit the students' needs they can be changed. Students love playing online games and the internet offers many tools to make learning less challenging. A very popular game is kahoot and students love it because it is involving and motivating.

Being an “A” student is hard but not impossible. Many factors are needed but if you are strong willed and study in a good school like ours your success is just around the corner.

Waiting for you to join us!!!



ONLINE “SENSITIVE” COMMUNICATION

What if your mobile breaks down or gets lost? Panic!!!

This is the issue we have discussed this week at school. Many students seem to prefer to communicate electronically and think they can't do without their mobile.

Whatsapp, instagram, twitter, facebook, snapchat are very popular social networks used by youngsters to talk about any issue and share emotions, fears, secrets, joys and much more. But this way of communicating can be dangerous because it sets aside some factors that are crucial for authentic communication such as facial expression, voice tone and body language.

As a consequence the risk of being misunderstood is high and so you can hurt people's feelings without realizing it.

Today talking about netiquette is becoming more and more popular but in this article we have decided to write about the aspects strictly related to “sensitive” communication because the way we write and speak online impact others.



Students in our school think the most important thing is being respectful and this means mainly that you should never write in an electronic message what you wouldn't say in verbal communication.

Moreover the language used should be accurately chosen and shouldn't be rude or aggressive. Even writing in capital letters is considered too strong! It's more or less like shouting.

Sometimes also sharing jokes can be risky because everyone has a personal sense of humor and if you are not very close to the person you are writing to, you can be misunderstood.

Another key factor is being responsible of what you are writing and so you should use only one profile making your identity always nice and clear.

Keeping these basic tips in our mind will make us "sensitive" communicators able to communicate in a fast, modern way using social networks in a positive and respectful way.

