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Rationality:

Ved Kedia

Most people think of rationality as being like Spock from Star Trek, reciting data and facts in an attempt to be "logical". There is one flaw with this assumption, Spock isn't rational. Now then, what is rationality?

Rationality is about forming accurate beliefs and making decisions that steer the future in the direction you want it to go. There are two types of rationality -
Epistemic rationality, which is the act of improving your beliefs to make them more accurate, or instrumental rationality, which is the act of using rational thought to make better decisions. Let me illustrate my point with an example - When you open your eyes and look at the area around you, you'll find your phone in accordance with the table, and you'll locate a cupboard in relation to the wall. If something goes wrong with your eyes then your mental image might say there's a cupboard where there is none, and when you go over to get a plate, you'll be disappointed.
The process of rationality involves consciously trying to account for biases in your brain, to reach a more truthful conclusion. Biases are prejudices that influence your judgement, with the most common being cognitive biases. Cognitive biases are biases that are hardwired into the machinery of your brain itself. Let's take an example - Imagine reaching into a box that has seventy yellow balls and thirty green ones, and grabbing ten random balls. Maybe three of the ten balls will be green, and you'll identify how many green balls were in the box Or perhaps you'll happen to grab four green balls, or a different number. Then you'll probably get the number wrong.
This random error is the cost of a lack of information, and as mistakes go, it's not so bad.

On the other hand, suppose that the yellow balls are lighter and stay at the top. Then your sample may be unrepresentative of the full umage

That kind of error is called "statistical bias." When your method of being informed about the data is biased, gaining more information. A cognitive bias is an error in how we think, as opposed to a random error. Cognitive biases skew our thinking so that it doesn't represent truth

Both biases can modify our view of reality and they can't always be fixed by just getting more data. When the inaccurate instrument you're trying to fix is you, getting rid of them is difficult.

But this is a necessary step, for if you can't trust your brain, how can you trust anything else?

The first step is noticing bias - think about meeting someone and only knowing they are shy

Which profession is more likely, that of a mathematician or a businessperson?

Most people choose mathematicians. Which is a misunderstanding because shy businessmen are far more common than shy mathematicians because businessmen are more common overall. Base rate neglect is when one ignores how prevalent a characteristic is in the larger population.

Unfortunately, being aware of these biases doesn't protect you against them. It doesn't even guarantee that you will be able to see them in action.

Even when we properly recognize the prejudices of others, we have a blind spot for our own biases. When we examine ourselves, we fail to find any "biased-feeling thoughts," so we assume that we must simply be less biased than everyone else.

Experimental volunteers in a study on bias blindness predicted that they would find it more difficult to evaluate paintings objectively if they knew the painters were well-known.

When the experimenters later evaluated these respondents' predictions, they did indeed show the bias they had predicted. The same individuals, however, asserted that their evaluations of the artworks had been unbiased and unaffected by the bias when questioned later. [3]

Yet it is possible to recognize and overcome biases, it's what the foundation of rationality is all about. This isn't just a trivial issue, but one that will greatly benefit people's lives in making better decisions. In other words, having a more accurate map (mental model) to the territory (truth).

Rationality matters because rationality is the means by which we pursue the goal of getting things right.
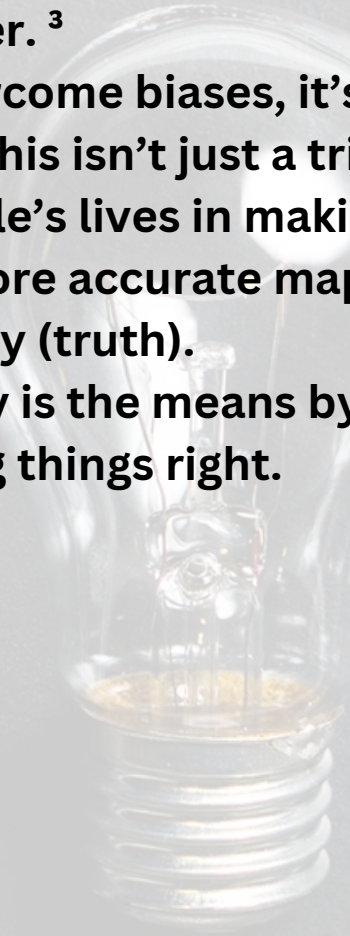
Rory Gilmore-ing your way through this year

Namisha Batheja

Every year commences with a "new year, new me" type of perspective, where you're enthusiastic about the new schedule, classes, and opportunities. After a month or so, this sensation does tend to fade- you start to lose motivation and burn out.

My advice is that if you're going to be surrounded by an academic environment for 8 hours a day, what better way to go through that than Rory Gilmore your way through it? The one factor that makes Rory Gilmore or even Elle Woods so appealing is that they are able to maintain that social and work-life balance while relishing in their successes.

Whether taking pretty notes or studying with a caramel pumpkin swirl candle, an over-glamorized school day may be your extra inspiration.

Romanticising school - a simple, two-word phrase that has flooded social media, but what does it really mean? And how can you romanticise your school life?

The romanticisation of something essentially means to glamorise it. In the context of school work, it means going the extra mile to assemble motivation for you to then utilise on a daily basis and to be the main character of your story.

It can be as simple as pretending that you are your favourite academically inclined movie character. Think about how Amy Santiago gets enthusiastic over binders and organisation: that's her motivation.

Placing yourself in a mindset where you pretend that you are here can make you feel much more motivated to carry on with tasks. Nothing is better than getting home to take a nap, but that could be the same for studying. You can choose to incorporate it all into the atmospheric surroundings in your life. If you have lit up candles, an organised desk, and a good latte to keep you going, what is to stop you from looking forward to studying in order to ace those exams?

Additionally, music can be of great help. Usually, many don't advise listening to music while studying since it can be seen as a distraction. Yet, classical or LoFi music elements can greatly help you in terms of concentration. Spotify is full of great study playlists!

Study sessions with friends are the best way to gain motivation: you see others and have the ambience of being studious. You also get a personified Google just for you, since your friends may be able to explain concepts to you that you find challenging! Going to a library after school or studying at Starbucks can always be an excellent opportunity to socialise and finish your work!

Be organised - it may not seem like a glamorised aspect of your student life, yet this is essential for anything you do. Instead of having two physical and online planners, stick to one. I recommend using your school planner for all tasks due to the allocated segments for homework and the timetable.

However, I suggest Google Calendar if you favour online versions (in addition to your student planner) since it is in sync with your Google account. Therefore, assignments on Classroom can also sync, making life a lot easier.

Romanticising schools do not have to involve fancy room decor or 50 tealight candles to create a dark academia vibe - it can be as simple as shifting your mindset or staying on top of due dates.

School and academics are fundamental aspects of your life: why not let yourself enjoy what occupies the majority of your week?
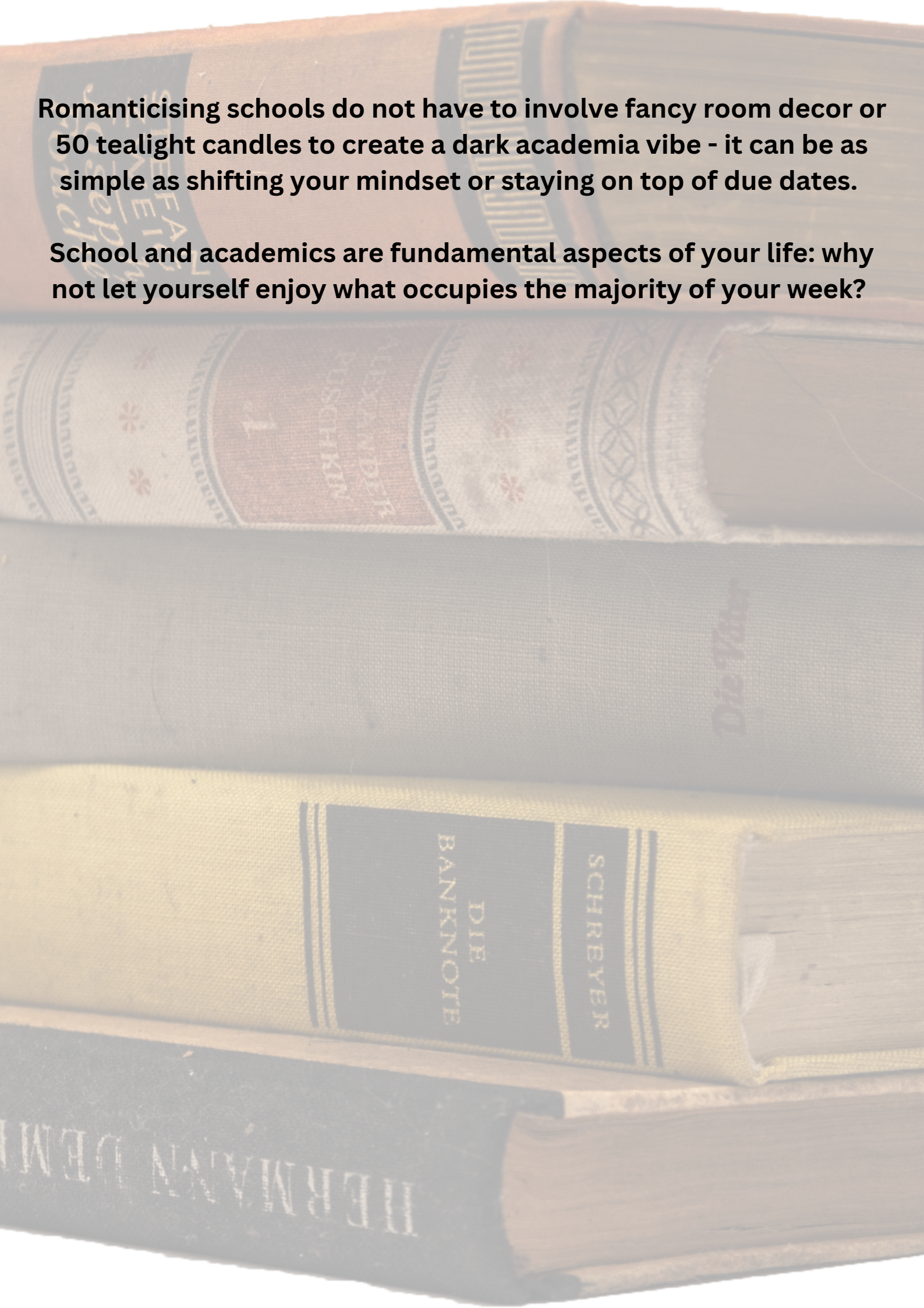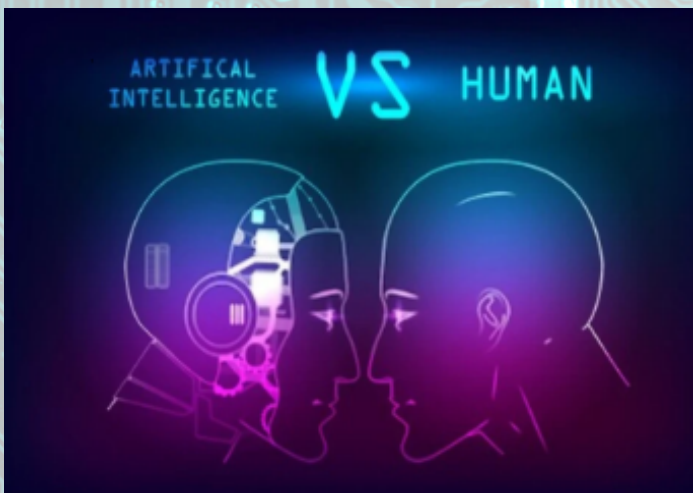
Artificial intelligence

Ansh Mandal

Can machines think? – Alan Turing, 1950 Artificial Intelligence vs. Human Intelligence

What comes to your mind when you hear Artificial Intelligence? Artificial Intelligence is **"the simulation of human intelligence processed by machines"**. Intelligence is the ability to learn and deal with new situations. When a computer or a robot solves a problem or uses language, it may seem intelligent. However, this is a different type of intelligence from human intelligence. It is known as artificial intelligence, or AI for short.

For more than 50 years scientists have been trying to make a machine with artificial intelligence close to human intelligence. So far, they have not been successful. One reason is that intelligence involves so many ways of making decisions and doing tasks. Scientists have figured out how to make computers do some of these things but not others. Part of AI is trying to figure out what human intelligence is. Then scientists can try to copy it, and change it. **The final goal of AI is to create computers that can "think" as humans do, if not better.**

Artificial intelligence comes from sets of instructions that people write. These instructions are called programs. Computers use programs to quickly analyse or study large amounts of information. Then they pick answers or actions from among many choices. Computer programs can also be used for playing games, making medical decisions, translating languages, designing computers, the list goes on! There are so many things you can do on the internet, some of which you may not even know! But analyzing information is different from understanding a problem as humans do. Computers can only use logic, or the relationships among facts, to figure out problems that they are given. Humans use many skills besides logic when making decisions. They use such things as imagination, awareness, emotion, and values. No one knows yet whether these abilities can be programmed into a computer.

Alan Turing - The Father of AI?

The study of AI began with a paper written in 1950 by a British mathematician named Alan Turing. Turing made up a test to decide if a computer is intelligent, and if so how. A human judge asks questions using a computer. The questions go to a person hidden from view and to a computer at the same time. The person and the computer both answer the questions. The judge then tries to tell which answers came from the computer and which came from the person. If the judge cannot tell them apart, the computer is intelligent. So far, no computer has come close to passing the test. This is known as the Turing test.

Artificial Intelligence has come a long way from being a science-fiction component to reality. Today, we have a host of intelligent machines like self-driving cars, smart virtual assistants, chatbots, and surgical robots, to name "a few". Since AI became a mainstream technology in the present industry and a part of the common man's daily life, it has sparked a debate – ***Artificial Intelligence vs. Human Intelligence***.
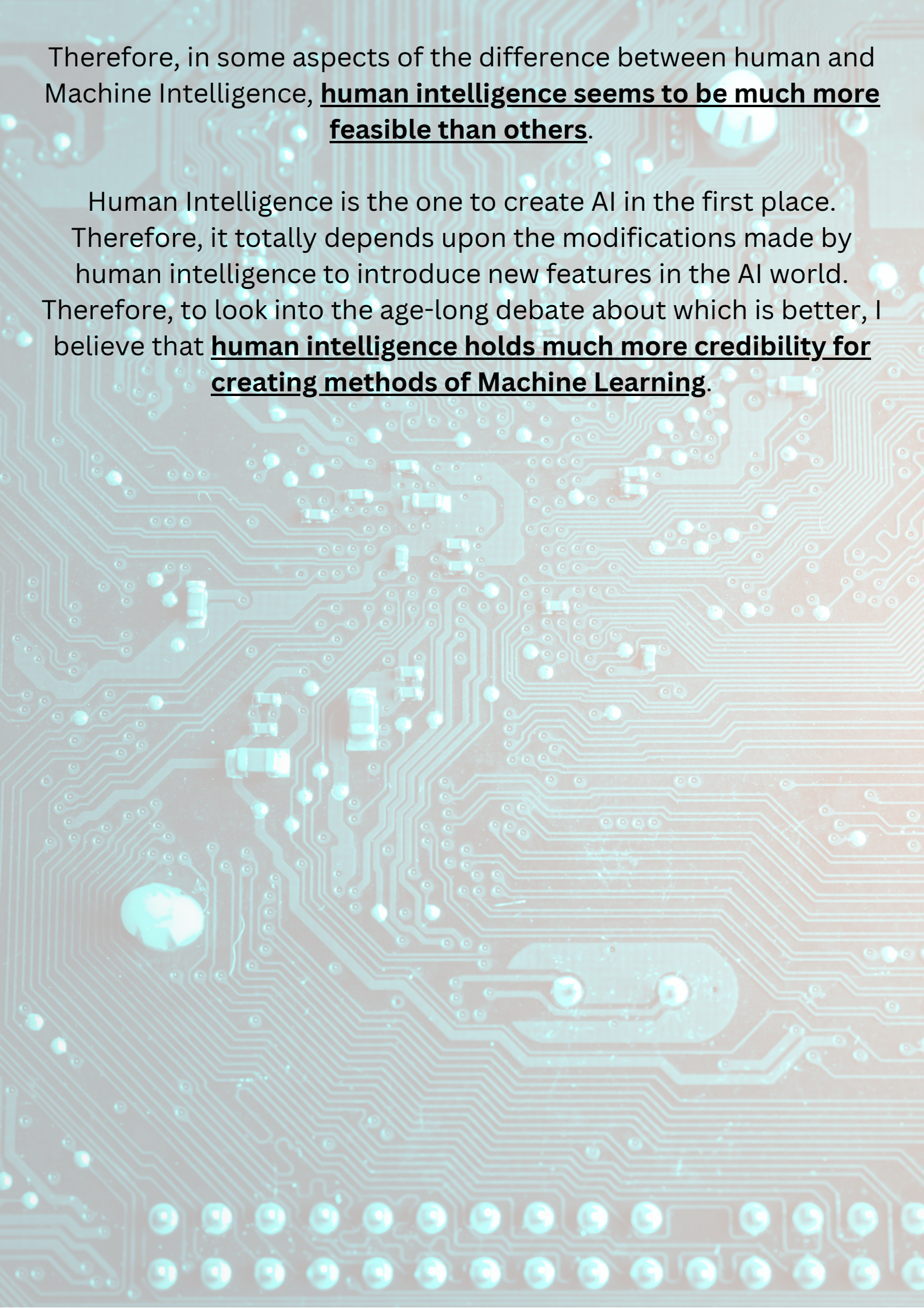
While Artificial Intelligence seeks to design and create intelligent machines that can perform human-like tasks, one cannot help but think, "Is Artificial Intelligence sufficient in itself?" Perhaps the biggest fear is that AI will "replace" humans and outsmart them in a few years. However, it is not entirely true. Although AI is highly advanced to this date – now that machines can learn from experience and make "intelligent" decisions – AI cannot function optimally without relying on characteristically human attributes like human intuition.

What AI cannot do without – The "human" factor

Artificial Intelligence vs. Human Intelligence debate isn't a fair one, given that AI has helped develop intelligent machines that can outperform humans in some respects, but they have yet to go a very long way to match the human brain's potential. Although AI systems are designed and trained to mimic and simulate human behaviour, they don't possess the ability to make rational decisions like humans. Besides, talking about the difference between Human and Machine Intelligence, Human Intelligence is the main contributing factor that has given definition to the simulations that are created in Machine Intelligence. So, the main difference between natural and Artificial Intelligence is the data that has been fed to them with the limited problem-solving skills which are offered in this regard.

The decision-making power of AI systems is primarily based on events, the data they're trained on, and how they are related to a particular event. AI machines cannot understand the concept of "cause and effect" simply because they lack common sense. Humans possess the unique ability to learn and apply their acquired knowledge in combination with logic, reasoning, and understanding in the real world. Real-world scenarios require a holistic, logical, rational, and emotional approach that is specific to humans.

Therefore, in some aspects of the difference between human and Machine Intelligence, **human intelligence seems to be much more feasible than others**.

Human Intelligence is the one to create AI in the first place. Therefore, it totally depends upon the modifications made by human intelligence to introduce new features in the AI world. Therefore, to look into the age-long debate about which is better, I believe that **human intelligence holds much more credibility for creating methods of Machine Learning**.

Will the fashion industry ever be sustainable?

Jasmine Sakhrani

The time I don't spend working on this article, you can probably find me staring endlessly at my closet, looking for something decent to wear. Almost 95% of my clothes are from the fast fashion industry. And when my mother is not out for brunch, she too is probably asking herself in the mirror, 'Do I look good in this dress?', 'Are these tones in these days?', 'Does this jacket go with this blouse?'.

Well, the fashion industry makes $2.5 trillion US dollars in one year! Fashion has opened up jobs for 75 million people around the world, and this number is increasing daily. A woman takes up eight years of her life just shopping alone. Fashion is a method to express yourselves, whether it is your Balenciaga shoes or paperclip jacket.

But, what if I told you those shoes, those that look like socks, take 2,257 gallons of water alone, which is just under the amount that a human consumes in their entire lifetime? What if I gave you the option of choosing to provide water to a person in need for their whole life, or you could get a singular pair of shoes? Which would you pick?

The fashion industry is causing 10% of greenhouse gasses our human species has contributed to our habitat. Can fashion ever be sustainable? This is a question that many people seem to be asking. I, Jasmine Sakhrani, an eleven-year-old girl, am here to help you understand more about this topic.

People would instead buy ten pairs of cheap, fast fashion jeans to add more diversity to their closet than one eco-friendly or "thrifted" pair. Sure, that one pair is more expensive and harder to find, but at the rate that we are shopping without giving one piece of mind to our purchase, new generations, like me, won't have a place to call home, just to a little thing called fast fashion.

"Mum, could I please buy these new pairs of flare leggings? Everyone is wearing them!" Has probably been asked of all those parents out there. Since everyone is wearing those flare leggings, now everyone wants them too. This is an excellent example of people starting or following trends. One primary definition of "Trend" would be to "follow" or "a fashion."
To revert back to the main question of this article; "Can fashion ever be sustainable?"

Well, if people try, yes. Some thoughts going through your mind would be, "If people are aware of this problem at hand, haven't they tried this, and this hasn't worked, so why now, why to start finding new ways, which probably won't work, now?" Well, as part of this new generation, if we don't start now, then when we will? Also, I sure do want a home to go to in the future. I mean, wouldn't you?

Sure, it is stated that fashion can never be 100% sustainable. We all know this. But referring back to a time in this speech when I helped you understand a definition of "trends." Why can't we make sustainable, all-inclusive fashion a trend? Wouldn't everyone follow? How could one eleven-year-old girl come up with this? Well, don't you think that if everyone puts some thought into our world, imagine how much we can accomplish together?

Imagine a world where people take the time to think about which bin their rubbish goes into. Imagine a world where the air you breathe is fresh, pure, and pristine.

Imagine a world with sustainable fashion.

These are all ideal examples of scenarios that will not happen in the future if we keep living the same routine and lifestyle we are today. Everyone would probably have littered if there was no bin in sight. Everyone has purchased a garment from one store belonging to the fast fashion industry. And everyone has falsely put something into the wrong recycling bin. 32% of customers in just 2021 have cared and put thought into their investments. 32 out of 100 people care about our mother earth, habitats, and future. 32 out of 100 people are trying and working hard. Where have those 68 people gone? What if they were on board too?

When I think about people that have tried sustainable fashion, who do I think of? It is no doubt that I immediately think of Stella McCartney. She is a forward thinker and an activist, and to top it all off, and she is a fashion designer. How does she pull all of that off? Stella McCartney owns a worldwide company that, I might add, is vegetarian. How can companies be vegetarian, you might ask. Well, they use no fur and no leather, and no animals were harmed or killed in the making of their trendy clothes and branding. Her branding has started trends making people want to buy them. To think how one small company has made such a significant impact on reducing the carbon footprint of the fashion industry. Envision if such a broad-minded, sustainable person ran every company. Wouldn't all those earlier scenarios be valid and easier to accomplish?

Another person that comes to mind when I think of sustainable fashion would be Eileen Fisher. Eileen is a woman at the age of 71 who is an American entrepreneur. She is also the founder of the women's clothing brand Eileen Fisher Inc. Eileen Fisher, like Stella McCartney, has also found a way to make sustainable and trendy fashion.

Honestly, I feel that the world needs more people like Eileen Fisher and Stella McCartney to make our world and home a more sustainable habitat not only for us, the human species, but also for the animals, plants, and more living organisms in this terrain.

These people are the perfect role models for future fashion designers. To further this idea, these entrepreneurs, women, and forward thinkers have done their part in reducing the carbon footprint in the fast fashion industry and even the carbon footprint of our globe. There are many more people I have not given credit to, but these people are making a difference, and so should you.

I know, this is probably the speech you would not have expected when you saw the title. Trust me, I know. So let's get back to the main reason you're here and this speech's main topic/motion. "Can fast fashion ever be sustainable"? And, like I have said before, yes. I have not only shown you ways to accomplish and be triumphant in this, but I have also, hopefully, opened a new mindset for you. My main goal in this TedTalk would be to help broaden sustainable fashion's mentality and administer our globe. I know that I have a massive amount of hope that sustainable fashion will become a great deal in the future, and trust me when I can say that I have a significant amount of aspirations and expectations for the future of our globe, habitat, and home. This is the main reason why I say yes. Yes, to sustainable fashion. Yes, to fresh, pure, and pristine air. Yes, take the time out of your day to think about which bin your rubbish goes into. I mean, this is all from my perspective and my personal opinions. However, how do you feel about this? With all the information given, how do you feel about the topic at hand? And do you agree or disagree? Think about it. Think about this and how this can help our home for whatever the future brings us. Thank you.

NFTs and sending art to the moon
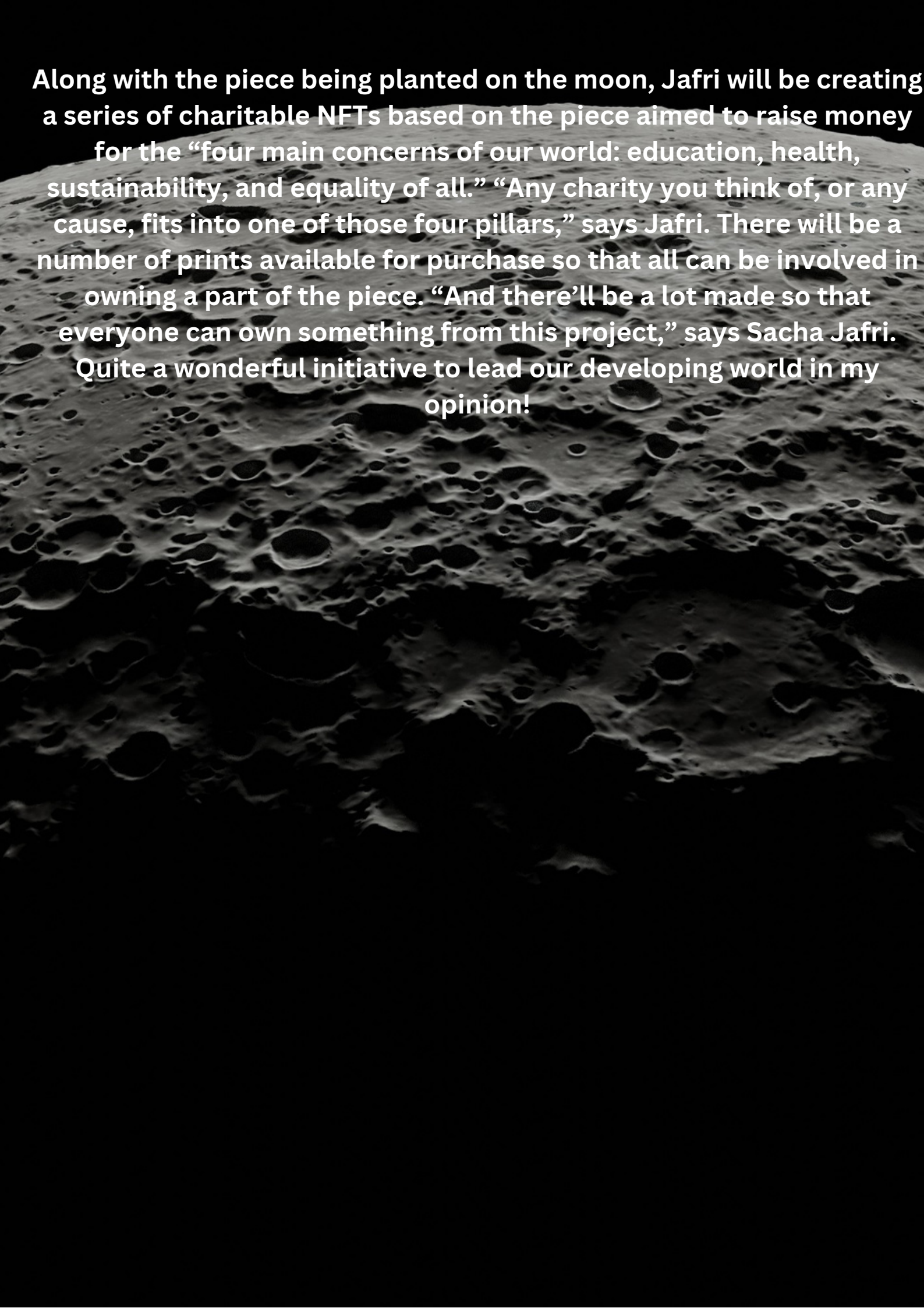### Angelique Hill

Let's begin with a little introduction to NFTs (Non-fungible tokens) and Sacha Jafri, whom you may have read about in my most recent article. NFTs are digital assets that represent real-life objects such as art pieces, music and videos, which are bought online with cryptocurrency. It's a form of financial security where the digital data of a purchased asset is stored in a blockchain, which can be defined as a system of recording information in a way that makes it difficult or impossible to change/hack the system. The ownership of the NFT is recorded, which allows for people to transfer ownership and thus trade and sell NFTs.

Moving to Sacha Jafri, he is a contemporary British artist, renowned for creating the world's biggest painting on canvas, known as 'Journey of Humanity'. Alongside this, he has also painted 30 paintings, soon to be 50, of different UNESCO world heritage sites which are displayed in a travelling maze called 'The Art Maze'.

At some point in the next year, the first-ever official piece of art titled 'We Rise Together with the Light of the Moon' by Sacha Jafri will be placed on the moon's surface in celebration of the 50th anniversary of the 1972 Apollo 17 Moon landing, as well as the beginning of UNESCO's World Heritage Site conservation project. The canvas of the piece is an aerospace-grade aluminium gold plate which is able to withstand temperatures of -173°C to 123°C, and it is aimed to remain there forever.

Along with the piece being planted on the moon, Jafri will be creating a series of charitable NFTs based on the piece aimed to raise money for the "four main concerns of our world: education, health, sustainability, and equality of all." "Any charity you think of, or any cause, fits into one of those four pillars," says Jafri. There will be a number of prints available for purchase so that all can be involved in owning a part of the piece. "And there'll be a lot made so that everyone can own something from this project," says Sacha Jafri. Quite a wonderful initiative to lead our developing world in my opinion!
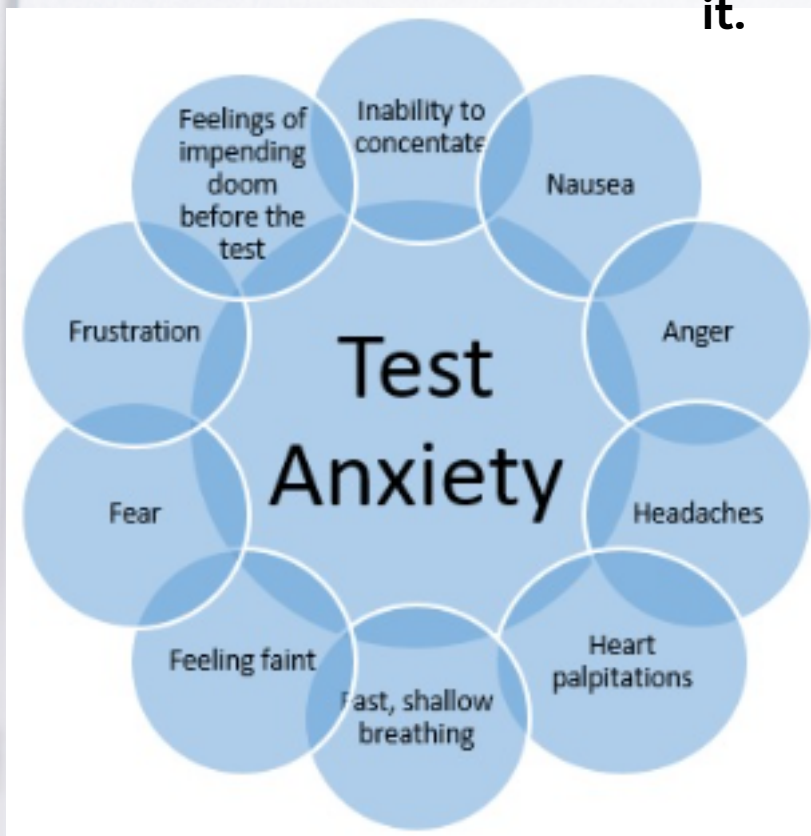
Test anxiety

Khwaaish Kapoor

Test anxiety can be defined as a combination of physical symptoms and emotional reactions that interfere with your ability to perform well on tests. In essence, test anxiety describes the overwhelming fear and "heart-beating-out-of-chest" worry that may inhibit your ability to perform your absolute best in exams. To further enhance your understanding, this article will cover the causes of this anxiety, as well as three ways to manage it.

Causes

Science has found there are three main causes of test anxiety: fear of failure, lack of preparation, and poor test history.

Fear of failure describes the immense amount of pressure students may put on themselves to perform well academically.

This yearning for academic success may be both self-imposed or imposed by instrumental people in a student's life, such as parents, or siblings. Commonly, the fear of failure may motivate students to succeed and yet hold them back in the pressure of an assessment.

The second is a lack of preparation. Without secure knowledge of information coming up on a test students may grow anxious as they may know they'll perform poorly; this could tie in with the fear of failure and underperforming academically.

Many students may find themselves with a lack of preparation for various reasons: not paying attention in class, misunderstanding concepts and even negligence.

And finally, poor test history. Underperformance as per a student's standards on a test or group of tests could significantly alter confidence levels and hence, hinder results.

Now, knowing what these causes are is pretty much useless if you don't know how to help reduce, or even eliminate test anxiety over this variety of situations.

Solutions

These are three solutions and remedies to test anxiety that can both help to stop or simply lessen the worries that may arise during exam season, or before a big test.

1. Ensure you're adequately prepared. You can't perform well on a test if you don't revise as hard as possible! This may help to reduce anxiety around insufficient preparation or perhaps fear of failure

1. Use good, long-term, study habits. I'm sure we've all been in a situation where we've had to cram for a test the night before. Whilst this may be a good tactic to ensure you secure a good grade in the short term, you must ensure it doesn't become a recurring pattern - not only is it unhealthy and unproductive, but incredibly stressful! Instead, try to study in small increments leading up to a test or examination.

1. Meditation or relaxation tactics. If the main hindering factor interfering with you and your dream grades is simply nerves, try to relax, shake off any tense muscles, meditate, do yoga etc before a test - whatever helps you relax!

I understand that an appropriate relaxation technique for you may be difficult to find, but researching your needs or even talking to the school counsellor may help set you on the right track
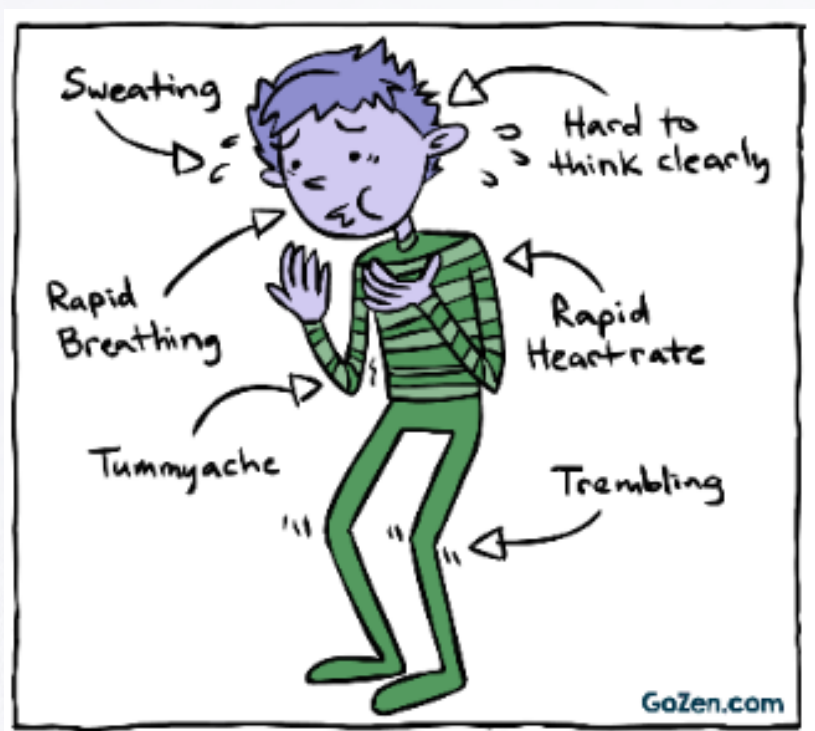
Why "Better call Saul' was the turning point of cinematic history.

This show is 18+   **Anna Maria Sofia Pisanu**

Have sequels ever been better than the original? No. It's basically impossible. However, Better call Saul is the only acceptable and rational exception to this rule, bending and overturning all the low expectations audiences have for sequels, proving us all wrong. Not only is the show severely under-recognized, being considered as breaking bad's second attempt at greatness after 58 Emmy nominations and winning 16, but it is overlooked for its beauty, depth and complex characters.

Today I will explain why Better Call Saul is truly one of the best shows ever made and why everyone should watch it.

To begin with, Saul Goodman, also known as James McGill, is an Albuquerque-based lawyer who helps criminals, those who have nowhere else to turn, in trial and defends them, almost always winning, showing his prestige, talent and devotion to his job. Contrary to popular beliefs, the whole series has a moral, a code which the audience catches onto almost immediately and contrasts the perception of the show. Being a criminal does not pay and is not a path worth going down. This is shown through bleak flash-forwards that demonstrate former well-known lawyer Saul Goodman in hiding due to his involvement in crimes with client Walter White and is presented as a sad, lonely, balding man who works at Cinnabon in a community shopping mall.

Here Saul is shown as being severely underemployed, with his natural gift of persuasion and studious research in law school working at a minimum wage job, waiting tables. This is a common win for the directors and writers of the show, teaching the youth to stay out of trouble and the world of injustice while following the law and doing things in an honest and correct way.

Throughout the series, we see a man build himself from nothing. Jimmy archives the ever-so-desired "American dream". Jimmy McGill, played by Bob Onderik, shows many aspects of his character, from the earnest and hard-working Jimmy McGill to the cheeky and sleazy Saul Goodman. We see a more in-depth story explaining the Breaking Bad characters and how they became who they were before the show happened. The audience is brought along with the trauma McGill faces until he finally accepts the "Goodman" persona, which strays away greatly from his natural 'James McGill'. The directors show this shift in a distressing and tragic way, not anticipated. Through the seasons, we see how characters face the consequences of their actions and how they deal with guilt, regret and grief. This makes it very real to the audience, as it is rare to find shows that are so in touch with such raw human emotion.

Unlike breaking bad, the directors also decided to add the genre of romance. A growing love between Kim and Saul. Kim is very important to the storyline and is truly inspirational. A strong, intelligent, well-educated woman in a male-dominated work sector, where she exceeds at her job, crushing gender stereotypes. 'Better call Saul' is unique in contrast to 'breaking bad's' Noisy 'and 'BOOM!' ending, sauls is simply a whisper. With a desolate ending, wrapping up seven years of storytelling in a heart-wrenching way. Perfectly ending the series of both shows in a subtle way.

There is something special about "Better Call Saul" — from the perfectly made characters to the powerful visual language, this show transcends the barrier of being "just a prequel" and will stand the test of time as something wholly distinctive.

Making or Breaking Environmental Habits

Wiktoria Blazik

Habits make up 40% of our lives, yet a lot of us seem to be stuck in habits that aren't helpful. Creating new habits and breaking old ones can be very difficult, but with the help of science and psychology, it can be made simple. Generally, the same principles that apply to making productive habits can be utilised to break habits, just reversed!

First of all, you have to start off small. Rome wasn't built in a day, and you can't transform your life and completely change your habits in 24 hours. Pick a habit or two that you want to add or remove from your routine, and break it down as much as possible. You have to decrease the resistance you feel towards doing the habit so that you'll be able to do it everyday. For example, if you want to workout everyday, start with 5 push ups (too much for me already) and gradually build it up. Because you're starting off so small, you'll be less likely to skip the habit and it'll become ingrained in your daily routine. Once it becomes a true daily habit, you can start to increase the difficulty of the habit. The same applies for breaking a habit: slowly start to decrease the undesirable behaviour until you feel comfortable not doing the habit anymore.

Another thing you might want to try is habit stacking. This is when you start a new habit right after another (established) habit. It sounds a little complicated, but it really isn't.

If your habit is to read for 30 minutes a day, then you might decide to stack your new reading habit on top of your old habit of having breakfast or brushing your teeth. The reason that habit stacking works is because it provides a cue for you to start your new habit - like a reminder basically!

Changing your environment can also be super beneficial to changing your habits. Like I said before, it's imperative that you make new, good habits as frictionless as possible. You need to engineer your environment in order to make your new habit easy to do so that you can repeat it on a daily basis. I used to play violin, and I used to forget to practice ALL THE TIME. I loved practising, but my violin case was hidden in the back of my closet, so I'd never remember to practice. And it didn't help that whenever I remembered, I just couldn't be bothered to take out the case from where I put it. However, much to the annoyance of my mom, I started leaving my violin case in the middle of my room. No, I wasn't being lazy (well, maybe a bit). Not only did the violin case provide me with a visual reminder that I needed to practice, but it also made it easier to practice playing by removing the friction of taking it out of my closet. If you want to build a new habit, you have to make it as easy as possible. Conversely, if you want to break a habit, then you have to make it super difficult to do. If you want to stop eating unhealthy food, then throw it out of your house, or at least put it out of reach. The more effort something takes to do, the less likely you are to do it - try to use this fact to your advantage!

Finally, you have to add appeal to the new habit that you want to start. There are tons of ways to do this. You can try to idolise it, and think of yourself as the kind of person that already does the habit. Romanticise working out or studying or not using your phone so much. By idolising the habit, you'll get a little burst of serotonin whenever you do the habit, since it'll be something that your mind recognises as positive and desirable. You can also try to make the habit as fun as possible.

If you want to build a habit of exercising, then telling yourself that you have to run 5k everyday isn't going to be enjoyable, so you're not going to do it. Trust me, I have experience unfortunately. However, replace the habit with something more fun, but something that'll still get you to your goal of being healthier. Another way to add appeal is to do the habit with friends, since it'll be more fun and you can introduce an element of competition to motivate you! Obviously, the simplest way to add appeal to a new habit is to introduce rewards. Try to track how often you do your habit, and reward yourself when you get a 30-day streak!

Habits are very difficult to make and break, but it's so important to have good habits! If you want to improve up to 40% of your life, try out some of these tips to make some new productive habits, or break some old ones!

Trussonomics: The Pound & The Mini Budget

Maryam Fayyaz

The exchange rate between the GBP and the USD has historically been between 1.2 and 1.4 and as such has provided a certainty and stability to businesses and consumers in both countries. However, due to Prime Minister Liz Truss's 'mini budget', including record tax cuts (not seen since 1972) in response to low economic growth rates for the UK, this has caused the exchange rate to fall to a low of 1.03 (as of 27th September, it has recovered to 1.07).

Although this use of fiscal policy should theoretically bring the UK out of a recession, this plan is counterproductive to rising inflation rates and the BoE's recent rate hike by 50 basis points to 2.25% (which would reduce economic growth due to lower consumption leading to lower aggregate demand).

You might be wondering why the new Prime Minister has decided to introduce the 'mini budget'. Well, the big rise in energy costs in the UK has led to the massive cost of living crisis, and Truss's aim was to increase economic growth through textbook expansionary fiscal policy.

However, the timing of these tax cuts come during the Bank of England's decision to increase interest rates (i.e., contractionary monetary policy) - and despite Truss's belief that this will improve the UK's economy, this may in fact add to inflationary pressures due to the higher incomes available, leading to higher consumption and borrowing.

The lower tax rates are also supposed to encourage businesses to invest more, and this would mean that GDP may increase - suggesting higher economic growth - but the main downside of economic growth is high inflation, and in a period where inflation is already raging, many economists argue that Truss's decision was not the most wise. The economic decisions made by Truss and Chancellor Kwasi Kwarteng will mean that the Bank of England will have to significantly increase interest rates in order to sustain and hopefully recover the value of the British pound sterling.

Truss's use of 'Reaganomics', or trickle down economics is spiking major criticism, as not only has it not worked, it is associated with the likes of Margaret Thatcher, and, you guessed it, Ronald Reagan. Reagan's policies in the '80s did lead to higher real GDP, and lower inflation & unemployment rates, but at the same time, he was criticised for his supply-side policies favouring the rich. It's also no secret that Thatcher is one of the UK's most hated Prime Ministers.

Once again, history seems to repeat itself, and Truss's tax cuts will probably benefit the rich - but unlike Reagan's policies' impact, there seems to be no sign of slowing inflation. Not only are higher inflation rates a possibility, but according to Deutsche Bank, the UK's Debt to GDP ratio will also increase to 102% (the highest level of debt since 1964). What's more, Truss has already, in her 3 weeks as Prime Minister, seen the UK's stock and bond markets lose $500 billion in value, highlighting how Truss will go down in history: another example of a failed attempt at trickle down economics.

JC's Music Responses

Reyna Mehta

KS3

KS3's Favourite songs:

- August by Taylor Swift
- Pasoori by Shae Gill and Ali Sethi.
- As it was by Harry Styles
- 505 by Arctic Monkeys
- Heartless by Kanye West
- Starboy by wknd
- Happier by Bastille & Marshmallows

When you're sad:

- All Too well by Taylor Swift
- Keep Your Head Up Princess by Anson Seabra
- Someone You Loved by Lewis Capaldi
- Dealer by Lana Del Ray
- Drowning
- Dancing Queen by ABBA
- Driver's License by Olivia Rodrigo

KS3's Favourite Artists :

- Taylor Swift
- Ariana Grande
- The Beetles
- Arctic Monkeys
- Kanye West
- Olivia Rodrigo
- The wknd

KS3's Favourite Genre :

- Pop
- Dance Pop
- Indie
- Rap
- Hip Hop

When you're happy:

- Cruel Summer by Taylor Swift
- Better When I'm Dancing by Samantha Bosworth
- Love is Gone
- For The First Time by Mac De Marco
- Heartless by Kanye West
- The Winner Takes it All

KS4

KS4's Favourite songs:

- Gone, Gone, Gone
- I ain't worried by One Republic
- Love Story by Taylor Swift
- Last Last by Burna Boy
- Now we are Free

When you're sad:

- I ain't worried by One Republic
- All Too Well by Taylor Swift
- Not Afraid
- Payphone by Maroon 5
- Flight
- Now we are free

KS4's Favourite Artists

- Taylor Swift
- KSI
- Burna Boy
- Eminem
- Hans Zimmer

KS4's Favourite Genre :

- Pop
- Rap
- Pop-Rock
- Afrobeats
- Afropop
- 90's Rap

When you're happy:

- I ain't worried by One Republic
- Mine by Bazzi
- Payphone by Maroon 5
- Mocking Bird
- It's Plenty by Burna Boy

KS5

When you're sad:

- Roar by Katy Perry
- Never gonna give you up by Rick Astley
- Pictures of You by The Cure
- Glimpse of Us
- My heart is buried in Venice - Ricky Montgomery

KS5's Favourite songs:

- God Did
- Never gonna give you up by Rick Astley
- XS by Rina Sawayama
- House of Memories
- Bruise Violet by Babes In Toyland

KS5's Favourite Artists:

- Drake
- Rick Astley
- PJ Harvey
- Panic! At the Disco
- Mayhem

When you're happy:

- Happy by Pharrell Williams
- Never gonna give you up by Rick Astley
- Consideration by Rihanna, SZA
- Line without a Hook
- Lola by the kinks

KS5's Favourite Genre :

- Rock
- Rap
- Rick Roll
- Alternative
- Nu Metal
- Indie

MUSIC @ JC
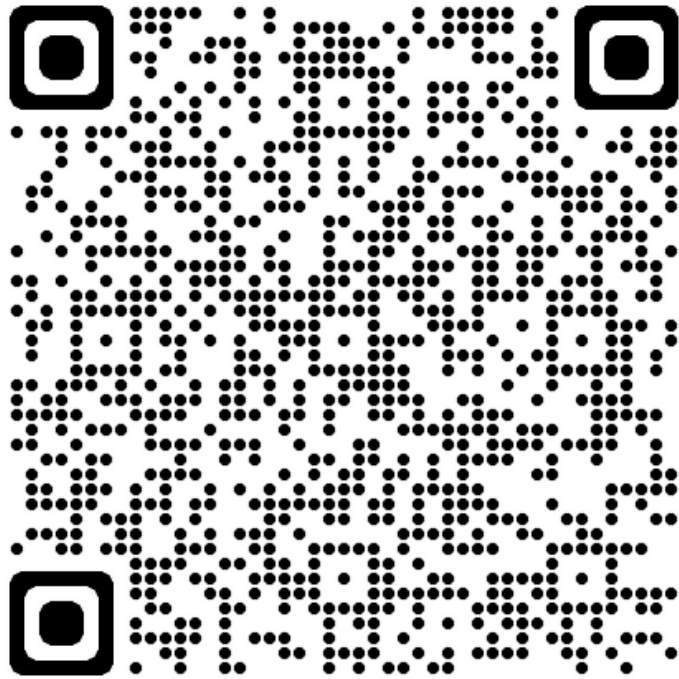
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Feel free to scan the QR code or use the link to let us know what music you listen to in what situations, what music is your favourite and even more. Look forward to your submissions being featured in next months article !

JC's Poems and short stories

Tiana Kassoul

The ride Home

I sit, idle. Feeling colourless in an all too colourful world. I meet the eyes of happy couples and smiling families and the feeling of emptiness deepens inside me. In the rain, everything is a blur, the neon signs, the flashing lights, each moment of each day. My bag clenched between my bruise-engulfed hands and a now drenched jacket to keep me somewhat warm.

The putrid, humid rain turns my once heat-damaged-straight-hair into a ball of uncontrollable frizz. I always hated my frizzy hair, It reminded me of her. It's the only thing I had of her.

As the loud, prevailing honk of the bus snaps me back into the present moment, I hurry on picking up my earphones, wallet, phone, books and my bag making my way to the steps of the bus preparing myself for the sprint ahead in a conscious effort to miss every last drop. On entering my forever apartment, I place my array of loose belongings next to me and take a seat on my stained thrift furniture . I stare out of the now blurred windows thinking back to what had happened that day, overthinking each and every second of the day.

My intrusive thoughts take me back to a time when my heartbeat quickened when 'those girls' come on the bus. You know, those ones who are quite obviously drunk, not a care in the world except of course, daddy's money. As much as I hate them, I wish I was one of them. We were so physically close yet so far in the social hierarchy. I turn my music up in hopes to drown out all of the background noise letting the sweet, memorable memories engulf my thoughts; to drown out every emotion I let myself feel.

By Anonymous

My only purpose

I am made, created, by people who use me once and discard me too the unknown. I wish to be of more use to the world, however, now, I am only useless, my only comfort the occasional creature, that passes me by, as if to say ' Hello. ' . I float, day after day, bobbing, up and down, through the vast waters of this brand-new place I now call home. One day, a larger creature, a creature, who was of a greenish hue and who seemed to find me peculiar passed me by. It turned around and opened its mouth.

I never wanted to be in here. This large empty chamber. I am lonely in here. I do hope that I am a comfortable guest for the creature, I do hope that he will invite more guests in through its (rather disgusting) mouth, as every passing hour in this place drives me more and more insane.

I don't think anyone is coming. Rather anti-social of the creature, if I don't say so myself.

We move as one, the creature and I, I think it is starting to like me more and more, but we move slowly together slower and slower. Its breathing becomes shallow, his movements stop, and we drift far below where the sunlight reaches. I think I've killed it.

Now, I am sure.

Now I understand that not all things have a positive use, now I understand that MY only use, is murder. I don't wish to be like this, but this is my only purpose I have found in the creature's home. I

I long to decompose. To be gone instead of others.

By Isobel Coaton 7S1

Rossie and the Loch-ness Monster

Ever since Rosalinda could remember, her father would tell her stories about the loch-ness monster every night. Her father was a fisherman and he would tell her stories about the loch-ness monster as if it were real.
He would tell her about the adventures people had gone through, just to get a glimpse of the loch-ness monster, he would tell her about the people who sacrificed their lives for a picture to share to the world of the monster, and he would tell her that the monster was not only a myth, but so much more.

Rosalina curled up into a ball, under the blanket so you could just see her two eyes peeking out, glaring at her dad, "b-but, daddy, is the lost-neck momster real?"
He smiled, brushed a little bit of hair aside of her deep emerald green eyes and said,
"Yes my Rossie, but there's no need to worry, the loch-ness monster can't get you from here!", and rocked her to bed thinking about his own past, and what he himself had seen with his own two eyes.

By Marwah Akbur 8G2

A Requiem for a Broken Heart

I remember my wishes for a connection with someone.
a connection deeper than the glances and hellos.
the way i envisioned the sunflowers in the blooming light;
the deep stares into one another's souls, the comfort i yearned.
the intimacy, the close care, the glow in our eyes from deep within.
those moments everyone prays they get to experience.
... and yet i'd give everything to reverse it.

By Akin

What I've been lving for?

My life has been guided by three basic but powerful passions: the desire for love, the pursuit of knowledge, and an intolerable compassion for human suffering.

These passions have carried me back and forth, like strong winds, through a vast ocean of suffering, almost to the brink of despair.

I have sought love first because it produces euphoria, and for a brief period of this joy, which I have frequently sacrificed the rest of my life for.

because it alleviates loneliness—that horrible loneliness in which one's trembling consciousness gazes over the edge of the earth, into the icy, incomprehensible abyss of the dead—

I have finally sought it out because, in the union of love, I have witnessed the foreshadowing image of the heaven that saints and poets have conceived in a mystic miniature.

Although it might appear too good for human life, this is what I was looking for, and I have finally found it.

By Anonymous 10G2

The Life I Left behind

All I could hear was my heart beating. I was running. Really fast. Faster than I had ever ran before. I swerved past trees, jumped over logs but the sounds of guns were becoming louder and louder. I heard screaming. I stopped and looked back. If I go back then that means I would be risking my life. If I kept running then I would be running the rest of my life. Then I heard a voice in my head. "Run Jody! They're looking for you. They want to kill you. You need to run! Please Jody!"

It sounded like mum's voice. She used to call me Jody when we were playing games together. As soon as I heard a rustle of leaves, I ran. My legs were aching. I came across a shore. I stopped. I looked behind me. No more screaming. No more guns. It was silent. I couldn't sleep, or else they'd find me and kill me. "Swim Jody. You need to get as far away from home as you can."

Mum's voice came again. I was a very good swimmer so I couldn't see why not. I took off my jacket, shoes and tied my hair in a bun. I slowly went into the water. When I looked back, I realised I would be leaving home. I've been on this island for 12 years. Now I'll never see it again. I looked out into the sea. Held my breath and swam away.

By Liyana Haque 7S2

When my fate reached the end

I was scared. My hands shook more than the boat did. The howling wind, violent rain and sound of hammering hearts from the silent men sitting by me drowned any thoughts I might have had. People sitting in front of me were probably thinking about their children , wives loved ones but my mind was strangely empty . The gun holstered to my back felt ever heavy as our boat approached the beachfront. Suddenly a sharp pain erupted in my left ear. My hand came back bloody, as men in front of me slumped in their seats. The sound of machine guns filled the air and bullets started raining on us "JUMP!" I screamed before my body hit the icy cold water, jolting my senses and sending adrenaline coursing through my veins. I struggled to get back to the surface but when I did I immediately swam to shore .I sat on the beach panting and catching my breath while gunshots started flying everywhere, men yelling, dead bodies floating at the surface. I unholster my gun and turned around to shoot and run. My boots squelched with every step, and it didn't help seeing intestines splattered out, fingers lying around and the constant cries from dying men .I ran as fast as my legs could take me. reaching a steep hill while I barely dodged the bullets while my hands were tightly covering my heart .When I arrived Tom was hiding behind a half broken wall .Maybe if fate was not against me I could have invited him for dinner but that was not the case . "HOW ARE U STILL ALIVE ?" I joked , Tom forced a smirk and remarked "I CAN SAY THE SAME THING FOR YOU !" We both tried to bring a lightness to our voice but in our situation happiness was one thing we hadn't felt for years.

"SO WHAT IS THE PLAN ?" I said a sense of urgency in my voice

"YOU SEE THAT CANBIN ?"

"YAH,"

"RUN , DON'T STOP"

I gave him a concerned look

"ARE YOU SURE WE CAN MAKE IT THERE ?" "YOU KNOW WITHOUT DYING?"

"IT'S OUR ONLY CHOICE EITHER WE RUN TO GET TO THE TANKS OR WE GET SHOT UP HERE" he yelled before dashing down the hill while shooting his gun . It was now or never I told myself .So I ran .. Rapidly , frantically and Speedily. I was only a few inches away from the weapon cabin when it happened ...I was shot . I froze not knowing how to react to the immense pain . Trepidation holding me hostage .I took on a pale look, it was as if I had been painted with white-wash Then nausea crept up and my world went black ... Fate had held on to me as long as it could but the strings had to eventually snap , all of this was silly luck in a game called life I could have died at the boat. Maybe at the beach but fate decided to strike me here.

By Zainab Salimi 7G2

The World of Mystica: Part 1: Adventures of Barry and Reese
By Ridhan Mahanty (7G1)

In a grassy plain on a faraway land, two kids, Barry and Reese were frantically running to escape the chaos of war in their town where it was too dangerous to live. They were two adventurous kids who liked to find uncover secrets. Meanwhile, while they were running for their lives.

Reese said, "I'm getting tired of running. Can we take a breather yet?"

"No, we have to go into the woods, it'll be fine,"Barry said firmly."

"But I've never been there," Reese answered. "C'mon! We're going into the woods," he said.

So, they both went into the woods running past trees and jumping over logs until they came to a clearing. It wasn't a normal clearing. It was *the* clearing with magic and mythical animals, a big lake and pink trees.

"Barry what is all thi- WHOA," Reese exclaimed as he had never seen this before.

"Enter the WORLD OF MYSTICA" A Reindiffin called. "Well, Reese? It seems we're at the right place!" Barry claimed.

"Yeah, let's go in and have an adventure !!"

The Stone

It was 1914. It was also Colonel Vernon Parkins' day off. He was stationed in the British colony of Egypt - Cairo, to be more specific. He had only arrived a week ago and was still getting used to the hot, humid climate of the city. Being new, he hadn't had a chance to explore the place. So he decided to go to the market and see its vibrant colours. He wandered across the colourful souks, selling bizarre spices and traditional jewellery. Salesmen were everywhere, selling everything from pottery to pieces of Egyptian mummies. There were some shops selling strange items that would supposedly make you immortal, grant wishes or make you rich. But one thing that caught his eye was a stone shaped like a scarab beetle. "How much is this for?" Vernon asked the shopkeeper's assistant, a bored looking teenager. "5 pounds." He replied. "I'll take it." Said Vernon, handing him the money. "Here. Take it. It's a wishing stone. But beware, for every wish there is a cost." The teenager explained, handing him the small stone. After Vernon left, the shopkeeper returned and noticed the stone was gone. "Where is it!?" The shopkeeper demanded. "I s-s-sold it!" The assistant stammered, afraid of his superior's anger. "To who!" "H-he was a b-british man, about th-this t-tall."The assistant said, using his hand to show Vernon's height. "That stone is dangerous! We must find him." Snarled the shopkeeper. The shopkeeper ran across the market, searching for Vernon, but was too late, for he had left and was on his way home. Vernon then examined the scarab stone; intricately carved, it was the size of his palm. He decided to make a wish. "I wish for a bag full of money!" Vernon said to the stone. Suddenly, it vibrated, shimmering blue, and the next second there was a bag full of money right in front of him. "Ow!" He said, feeling a sting on his arm. Probably just a mosquito, he said, and made another wish. What he didn't know was that that sting was something far more sinister.

"I wish that I ruled the world!" He said to the stone. It vibrated, shimmering blue and he realised that he was in a palace, instead of his house. "ALL HAIL THE KING!" Said an army of loyal subjects. It was amazing; he could wish for anything, no matter how great or small, without any detrimental effects! He decided to do a royal wave to his subjects, when he realised that he couldn't move his hands. He looked at them - THEY HAD TURNED TO STONE! The cost of the wishes was his own life! "AAAAAHHHHHH!!" Screamed Vernon-he was turning to stone! "I WISH IT ALL AWAY!!!" He yelled at the stone-this time it burned red, and burst into fragments. Vernon found himself back at home, with no money and no rank. He had turned back to normal, but he was now broke-the stone, when wishing away all his wishes, had wished away all his finances, but he didn't care. At least he wasn't a statue.

By: Krish Khakharia 7G2

The Birds are watching

You cross a path you crossed before, you smell a scent that is not so lost and long ago. We're explorers of life and we drive through the worn down roads of a habitat we know too well and seen one too many times. As our tires screech and leave a trace of need in our heads, a need to go away from going away...to return to more early (premature) ways of experiencing a reality.

There's a sensational gusto and an anxious dread to think that as we swerve and as we talk our habitual ways of living, walking towards our destinations and shrugging off sand on our shoulders or wiping the awaited sweat off our foreheads; we are all close to nothing but beetles on a cracked, dry ground.

These feet that have been sculpted for a walking rather than a swimming or a flying; flying free from restraints, have brought me far, but what is far if you can't get away from the scratching twiddles of branch and rock, of faeces and the dead.

All my life I have looked up, looked up at the sky; the moon, the sun and the silver linings and rain of clouds. All my life have I seen birds shooting through it all and once or twice they would gift me a glance in my direction too.

And once or twice did I ever receive a reassuring gleam in their eyes. Their eyes that would see the world from up above, the top of our heads and the top of our dream schemes. That's what I really call a birds eye view. It is when I pick up and start a journey whole again; when I pick up a pencil, the reins, my broken pieces. That is when I remember that the birds are watching.

By Azora 10M1

Have any poems or short stories?

SUBMIT THEM USING THE GOOGLE FORM

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EDITOR'S NOTE

Hi JC! We at the JC Juice team hope you've enjoyed reading this month's edition. Our writers and editors worked extremely hard to research and discuss relevant and interesting topics for you to enjoy!

If you have any suggestions or topics you would like to see in next month's article - or you would like to write and article yourself - please send us an email at jcjuice@jumeirahcollege.com and we will be in touch with you.

- Maria Davvi and Renata Tabanova, Editor-in-Chief and Lead Editor

Thank you...

- To Mr Simpson, for all the support and advice!
- To this months writers : Wiktoria Blazik, Angelique Hill, Khwaaish Kapoor, Ansh Mandal, Anna Maria Sofia Pisanu, Ved Kedia, Namisha Batheja, Maryam Fayyaz and Jasmine Sakhrani
- To our editors Reyna Mehta, Aarush Jaiswal, Aditi Karode, Namisha Batheja, Reyna Mehta, and Emma Thomas for their hard work getting this edition out!

... and lastly and most importantly to our readers, because without you, there would be no magazine.