



APR'22 JC JUICE

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Maria Davvi
Editor in Chief

Imogen
O'Connor
Lead Editor

Study Techniques

Studying takes a lot of time, but it's not particularly fun. During exam season, you'll likely spend a couple of hours each day revising for your tests. But what if I told you that a lot of that time is wasted? Unfortunately, not all study methods are equal - some are more effective than others. If you study by re-reading the textbook or your notes, then you're probably wasting your time! There's many other ways to revise, most of which are much more effective and efficient. By replacing your current study methods with more effective ones, you'll be able to watch Netflix instead of studying for so long.

So, why are some study methods so inefficient? It's because they're forms of passive recall. This is when you learn by passively reviewing information, which means you retain very little. On the other hand, active recall is when you learn information by retrieving it. This essentially trains your brain to access the information faster. Scientists found that active recall strategies are more effective than reading a textbook four times! Clearly, if you want to succeed in exams, you have to use active recall!

The best way of including active recall in your revision is by doing past papers. Not only will you be using active recall, but you'll also be practicing your exam technique! If you can't find past papers for the subject you're studying for, or you only want to study one specific unit, consider doing practice questions. You can usually find these in your textbook, and they tend to be exam-style as well. If you can't find past papers or practice questions, write some yourself! Read through your notes, your textbook, and any online resources. As you do that, write some questions, and answer them once you're done! This is even better than past papers and pre-written practice questions, as you'll be covering the areas in which you feel the least knowledgeable about.

Another very effective way to study is through flashcards. You can either make your own with index cards and a pen, or you can make them online! Apps like Quizlet and Anki are great for making flashcards, and they include directories of pre-made flashcards created by other people. As well as this, they use spaced repetition, which increases their efficacy even more! Spaced repetition is when you learn something, then review it multiple times over a period of time. By taking longer breaks in between the review sessions, your knowledge of the material will stick in your mind better. Quizlet and Anki both do this by shuffling the flashcards in such a way that you'll be reviewing different concepts over a longer period of time. Of course, if you decide to make paper flashcards, then you'd have to make sure to review them periodically, in order to take full advantage of spaced repetition.

You can also study by explaining a concept to someone else. This forces you to think logically and consider how to explain the concept most simply. It's also beneficial as the person may ask you questions that may make you realise if you have any gaps in your understanding. However, there are some drawbacks to this method. You might get distracted and start chatting with the person you're explaining to. Moreover, you might not even have someone to explain it to! If any of those happen, then don't worry: you can always just explain it to yourself. You do run the risk of looking crazy though.

Finally, the Cornell notes-taking method can be super helpful to revise with. On the page you're taking your notes on, split it into three sections: a small column at the side, a wide column on the right, and a box right at the bottom. In the wide column, you can write your notes. After you're done, you can write practice questions that relate to your notes in the column on the left. Then, write a summary of the information you've learnt in the box at the bottom. Try doing this without looking at your notes though! This is one of the best ways to write notes as it includes active recall, so try it the next time you have to revise.

If you've got exams coming up but you don't want to spend all day studying, try out some of these methods! Remember that active recall is the most important aspect of revision: without it, you'll probably be wasting your time doing low-yield studying rather than doing something fun.

The role of Politics in Sport

Art is a method of expression, recreation, association, identification and occupation. But, more than anything, it is something which binds people together. Sports is a kind of art that brings people together. It is played at national and international levels. The players represent their country and win medals and trophies for their country. But in the current time, sports are no more sports. It is treated as a way to make easy money by adopting unfair means such as match-fixing, spot-fixing etc. The people who are involved in such activities are either connected to politicians or are politicians themselves. The players are punished because of such activities

Arguably, the main aim behind playing a game of cricket and also watching a game of cricket has changed. Cricket is losing its significance day by day due to the cases of match-fixing and spot-fixing. In tournaments like the World Cup, IPL, PSL there have been cases where players have been caught under the acts of match-fixing and they have been banned by the BCCI. Recently, a television sting operation implicated five cricketers of the IPL in a spot-fixing scandal during the 2011 season. The spirit of the game is spoiled because of such activities. The talent of the players is also wasted. Politics plays a major role in such activities as without the support of a powerful body no one can do such things because there is always a chance of being caught. There have been cases in which the central body that is BCCI or the Board of Control for Cricket in India in case of Indian cricket which has been involved in the cases of match-fixing and spot-fixing. "SUSPENDED Board of Control for Cricket in India president Narainswamy Srinivasan and three other officials are guilty of "misdemeanour" according to a panel investigating spot-fixing in the Indian Premier League, India's Supreme Court revealed on Friday". This is a clear example which shows that the heads of the central body who are given the authority to make the code of conduct of the sport are misusing themselves and degrading the sport worldwide.

Not only cricket but in F1, The 2011 Grand Prix, due to be held on 13 March, was cancelled on 21 February due to the 2011 Bahraini protests after drivers including Damon Hill and Mark Webber had protested. Human rights activists called for a cancellation of the 2012 race due to reports of human rights abuses committed by the Bahraini authorities like There have been reports of torture and forced confessions in death penalty cases, some involving political prisoners accused of "terrorism". Prince Salman bin Hamad al Khalifa, the man in charge of the race and a member of the Bahraini royal family, said: "We must focus on immediate issues of national interest and leave the hosting of the race to a later date." This is a clear example of how F1 has involved politics in the sport resulting in the cancellation of the entire race. But in some cases, can it be justified?

In football, Russian oligarch and Chelsea owner Roman Abramovich was sanctioned by the UK Government and had all his assets frozen, which meant he was not allowed to make money of Chelsea FC, but as Chelsea was deemed a cultural asset for the government, it was still allowed to run. But with heavy restrictions like the clubs shop being closed and no tickets allowed to be sold to the supporters. Since the Government sanctioned the Russian due to his supposed links to Vladimir Putin, the fans of the club have been on a rollercoaster. First off, the decision to close the club shop was one that affected every supporter who wanted to perhaps buy the Blues shirt. On top of this, the issue of tickets sales has meant that certain sections of the fanbase couldn't travel to Middlesbrough, with some still missing out on the Real Madrid quarter-final despite changes by the government. It's not only Abramovich who has been hurt by the sanctions, but the supporters too. Not letting fans in I don't understand what the government gain from that to be honest. Is that because the government think that Chelsea make a bit of money, I mean that's absolutely nothing compared to the funds that we are talking about regarding what Abramovich is going to sell for and what he's put in himself. There were further complications to this as well, Chelsea lost sponsorship from two of its major sponsors, Three UK and Hyundai Motors resulting in a loss of lots of money. This is a clear example of when politics within the UK Government has lead to the supporters being affected. The result of such political decisions not only affect the sport but the fans as well.

I would like to conclude my argument by stating that politics plays a very crucial role in such malpractices. Sports is no more sports in the current period. The kind of illegal activities that are taking place is degrading the sport. Money is an extremely crucial thing that should be given emphasis as all these activities take place only because money is involved in it. In the earlier times, sports were a medium through which people came together and supported their country. The spirit of the game increased its importance and the players would work hard to make the country proud. But now somethings have changed people still come together come together to support their country, but the players and the central body are trapped in the whole politics and are getting involved in cases of match-fixing. A thing which should be taken care of is that the players who are selected so that they can make their country proud are easily influenced by the evils of the society.

The Art Maze

The Art Maze is an exhibition recently located on the helipad of Burj Al Arab showcasing 30 original artworks by renowned artist, Sacha Jaffri. The exhibition was created in celebration of UNESCO's 50th anniversary of UNESCO World Heritage Sites (there are 1,154 sites however only 30 are displayed in artworks in the exhibitions) and is the result of a partnership between Jaffri and Marcus Schaefer – an art developer and curator. I was lucky enough to have seen the wonderful maze. The art is showcased 212 meters above sea level and is placed in a 12 by 12-meter metal maze

The maze began its worldwide journey in Dubai (having been on show from the 23rd–27th of March) and will continue travelling the world until the journeys end in 2023. Kathmandu, Nepal is the next stop on its journey and Abu Dhabi in 2023 will be the maze's last.



The project is the first of its kind and is aimed to spread awareness about some of the core values of UNESCO; Culture, Science and Education. It invited people from all over the world to learn about the unique places on our Earth and to take a minute to appreciate what a wonderful world we live in. It encourages people to be aware of our planet and our impact upon it as many sites have been here longer than us and hopefully will remain long after we're gone. Visiting the maze was truly a memorable experience!

By mid–September this year, 20 additional paintings by Sacha Jaffri are going to be added to the maze, leaving it at a total of 50 captivating artworks. The artworks are absolutely stunning and my personal favourites were of The Silk Roads, The Pyramid Fields and the Galapagos Islands. The pieces were glowing with colour; from vibrant blues to shining greens and striking pinks! Each piece seemed to tell its own story of the beautiful site it represented.

Quotes from Jaffri and Schaefer:

"Just like real life, the visitors of our Art Maze have the opportunity to choose which path to take. The end point hence becomes the starting point; an eternal cycle in which the journey is the destination. We get to reflect on the unique beauty that surrounds us – without losing sight of the big picture." – Marcus Schaefer

"My vision and inspiration for my artworks for The Art Maze stems from the beauty, the spirit, the history and the anthropology of the UNESCO World Heritage Sites. Trying to depict the emotion of a culture, a building, a story, a vista, and most importantly, an energy, all inspired me to create this collection which is so special, almost spiritual and otherworldly. It has been an honour for me to celebrate these sites as part of UNESCO's 50th Anniversary of World Heritage." – Sacha Jaffri



Why do people relocate to Dubai?

Dubai is an amazing emirate located in the U.A.E. The Ruler of Dubai is H.H Sheikh Mohammed Bin Rashid Al Maktoum. From the modern, bustling Dubai to the serenity of the sweltering desert, Dubai has changed drastically over the years! From its humble beginnings as a sleepy fishing port, Dubai has a skyline that has changed beyond recognition! Today, Dubai is a lavish city that has not only grown in its economy, but also in its terrific tourism. It's undeniable that people from across the globe would love to visit and settle in Dubai to see the beauty of this incredible emirate. Let's explore what Dubai has to offer!



First and foremost, Dubai's crime rate is negligible, which makes it one of the safest cities to live in. The remarkable initiative led by the leaders of the U.A.E has helped Dubai's safety evolve immensely! Sheikh Mohammed ensured that everyone in Dubai must abide by the rules governed by the law and order of the country. This has been possible with the installation of more than 100,000 cameras to keep a watch on the city and suspects 24/7. It is not mere creation of the laws, but the strong and effective implementation done on the ground level that has made Dubai one of the safest cities globally!

Following on, Dubai is extremely rich in tourism and is home to many world records. It's undoubtedly true that the towering Burj Khalifa, the luxurious Burj Al Arab hotel, the extraordinary Dubai Mall, the marvelous Miracle Garden, and the scintillating view of the Dubai Skyline do not only attract people to visit the place in person, but it also leaves a spark in them to relocate to Dubai. It's certain that Dubai is home to numerous nationalities, which makes it a multicultural melting pot. Therefore, one can meet people from all over the world.

Last but not the least, Dubai offers massive job and business opportunities to people. It's definite that Dubai attracts expats from all over the world for better job and business prospects. The large supply of attractive housing units, high salaries, and low taxes motivate people to move to Dubai and live the luxurious lifestyle. It's for sure that large multinationals have their presence in Dubai, which creates an adequate amount of opportunities for people to work.

Without a doubt, Dubai is one of the most comfortable places to live in! It's not only a multicultural melting pot, but it's also the amazing land of dreams and opportunities. Dubai is a lavish city that is definitely paradise with everything one needs for a successful, fun, and safe time abroad. With its magnificent sand dunes, towering skyscrapers, sunny weather, and fantastic shopping experiences, this fabulous city will attract you into a mesmerizing world of fun.

The OSCARS : a controversy

The Oscars - an introduction

The Oscars are an award ceremony held annually within the film industry, and are one of, if not the most, prestigious awards for aspiring actors worldwide. This year's show began no differently to any others - presented by comedian Chris Rock, actors waited for their chance to be nominated. However, the events that soon unfolded overcast many actors and their achievements as the media raved about Will Smith and his impulsive actions.



Chris Rock's slap

Moments before it occurred, Chris Rock made a joke about Will Smith's wife, Jada Pinckett Smith, by comparing her hair to G.I. Jane's - a bald character. What Rock may not have processed is that Jada's head isn't a personal fashion choice (although she looks amazing regardless!), but instead an involuntary condition which she has low control over. Jada Pinckett Smith suffers from alopecia, a medical condition that causes temporary or permanent hair loss. She has made it evident that her diagnosis has put her through emotional turmoil in the past, and so this joke made by Rock was agreeable indeed incredibly insensitive and unwarranted. However, Will Smith took it a little too far when he rose from his seat, walked on to stage, and swung at Chris Rock's face. And he wasn't done just there! He proceeded to yell profanities at Rock once back in his seat, before eventually settling down to leave the other Oscar invitees behind him, as well as everybody watching at home, incredibly shocked at the events that just unfolded. Since the event, Will Smith has apologised profusely on social media, however continues to face criticism for his impulsive decisions.

Aftermath

As repercussions for his actions, the Oscars academy has banned Will Smith from attending the Oscars for 10 years. In a statement the organisation has since released, this measure was taken as the academy believed that this year's Oscars had been "overshadowed by the unacceptable and harmful behaviour we saw Mr Smith exhibit on stage." You see, by Will Smith's actions dominating world headlines and Oscar news globally, actors that won awards simply may not have been able to gain recognition for their achievements, which is incredibly fair to them and the hard work they may have put towards achieving such a prestigious award. The Academy hoped that, by banning Will Smith, he wouldn't get away with his unprofessional behaviour. Additionally, the Academy attempted to provide Smith with such a harsh punishment to ensure that similar behaviour would not be displayed in the future.

Conclusion

So, now that I've given you a quick rundown, what do you think of the situation? Do you think Will Smith was justified in punching Chris Rock, or do you think Will Smith deserved a 10-year punishment? Personally, I've always been a fan of Will Smith and respected him greatly as an actor. However, despite this I do believe that the punishment the Oscars gave him, despite a long one, was justifiable. What about you?

The global Economic impact of war in Eastern Europe

The world has once again been shaken by, not another pandemic – but a war. This one is between Russia and Ukraine two countries, following Russia's invasion of Ukraine, and is a war that is being claimed as the biggest military conflict after World War 2. An estimated 20,000+ Russian soldiers (as per Ukrainian sources, 15,000 as per Pentagon's information), 2,500 Ukrainian soldiers, dozens of thousands of civilians killed or disappeared and 11 million people have been displaced. While the humanitarian impact is unprecedented, let's look at the lesser-acknowledged perspective of this conflict – the global economic impact. That's exactly what this article aims to inform you about: Europe's dependency on Russian oil and gas; how commodities' supply and prices will be impacted; and the long-term economic impact this war will have on the world.

Russian oil and gas:

Did you know that European Union (EU) is the largest regional importer of Russia's natural gas, accounting for nearly 75% of Russia's total natural gas exports? One of the most exposed economies is Germany, with pre-war dependence on Russian gas of around 55%. Germany would face around a \$238 billion hit if Russian gas is cut off. Other than Germany, the list of the top Russian gas imports is Italy, Belarus, Turkey, Netherlands, Hungary, Kazakhstan, Poland, China and Japan while the United States imports almost no Russian gas. On the other hand, the United States (US) stands in a tight spot being the highest importer of Russian oil (16.5 million barrels a day). This is just the thing that Biden wants to stop. The EU and US have decided that to weaken Russia, as a nation, they want to stop being dependent on them – which is a challenge, as seen from the statistics above. Therefore, alternatives need to be brought in.

While the US has agreed to ship an additional 15 billion cubic metres of liquefied natural gas (LNG) to Europe by the end of this year, US President Joe Biden has ordered a major release of oil from America's strategic reserves to bring down high fuel costs. While these provisions are still not entirely enough for the EU to reduce its dependence on Russian oil and gas, American oil will serve as a temporary relief until the EU can figure out how to initiate domestic oil and gas production. If the EU's ambitions of not being dependent on any Russian fossil fuels by 2030 come true—Russia is going to need new customers. One option is China, being an existing customer, China is one nation they can earn big from. On the other hand, India could be another contender being the world's 3rd biggest importer of oil. But with this title comes a catch. Iraq, Saudi Arabia and the UAE are India's biggest suppliers and in 2021, Russia accounted for just 2% of Indian oil imports. However, with discounted prices, India might as well consider buying more Russian oil.

Commodities:

Energy and commodity prices—including wheat and other grains—have surged, adding to inflationary pressures from supply chain disruptions and the rebound from the Covid-19 pandemic. Both Russia and Ukraine are big food producers. Russia is the 2nd biggest producer of sunflower oil, according to S&P Global Platts. Between Russia and Ukraine, they account for 60% of global production. The two countries also account for 28.9% of global wheat exports according to JP Morgan.

Ukraine is the:

- 1st place in the world in exports of sunflower and sunflower oil;
- 2nd place in the world in barley production and 4th place in barley exports;
- 3rd largest producer and 4th largest exporter of corn in the world;
- 4th largest producer of potatoes in the world;
- 5th largest rye producer in the world;
- 5th place in the world in bee production (75,000 tons);
- 8th place in the world in wheat exports;
- 9th place in the world in the production of chicken eggs;
- 16th place in the world in cheese exports.

Ukraine can meet the food needs of 600 million people. With such big agricultural supply chains impacted, there will be a rise in food prices, stressed supplies and possible shortages. These impacts are visible in the US inflation rate at 7.5 per cent over the past 12 months, the highest rate in 40 years. This will lead to food inequality and food insecurities for some families in the world. To tackle these issues, nations will have to be more self-sufficient where possible and perhaps find different countries to trade with for more stable supply chains.

Trade links will have to be further strengthened between nations, and this is being addressed. For example, recently, Indian foreign minister S Jaishanker and UN chief Antonio Guterres held a meeting regarding the Ukraine war, its global impact and many other matters. This meeting comes less than a week after PM Modi said that India is ready to supply food stocks to the world if the World Trade Organization permits them to do so. Demand for India's food supplies is already visible, when this week, the largest wheat importer in the world Egypt, requested India to supply wheat to them.

Long-term economic impact:

While currently, the world can see the economic implications of this war, the truth is, that the longer the war lasts, the longer will be the impact. Price shocks will have an impact worldwide, especially on poor households for whom food and fuel are a higher proportion of expenses. The sanctions on Russia will also have a substantial impact on the global economy and financial markets, with a significant spillover effect on other countries. Plus, Russia is still living through the impacts of sanctions imposed during the annexation of Crimea.

In terms of sanctions imposed on Russia, these have had an appalling impact on Russia, its institutions, banks, businesses and individuals, with frozen assets (property and yachts), difficulty in transactions where(in essence) money cannot be exchanged or transferred. On the ground level, the sanctions are leading to high inflation in Russia and the common person will struggle to afford basic food.

In Ukraine, the seaports and airports have been damaged, and many roads and bridges have been destroyed. While it is very difficult to assess financial implications precisely at this stage, it is already clear that Ukraine will face significant recovery and reconstruction costs. Worth noting that there is still corruption in Ukraine and that could be a big challenge for the future rebuilding of Ukraine.

It has been reported that Russian soldiers looted Ukrainian families and villages. Even though the Ukrainians have less (financial) means, their hard work, perseverance and discipline help them achieve a much better quality of life.

Historically, it is believed that the Ukrainians used to work hard, save money and spend it very wisely. This perseverance is a part of Ukrainian culture, just as a Ukrainian saying goes, "Work and you will be strong; sit and you will rot."



Normalcy after a Pandemic

The world is finally returning to its normal state with COVID-19 cases considerably reducing (except in China, which ironically is the epicentre of the pandemic), after an almost never-ending 2-year period of endless safety precautions. Do you remember the last time you were able to go to the mall without a mask and hand sanitizer? However, it is only recently when it has been allowed to walk in open spaces without requiring a mask and we all hope that masks will be removed in closed places as well (such as schools).

What is COVID-19?

I'm sure everyone has heard of it many times over the last two years.

COVID-19 (also well known as coronavirus) is a variant of the SARS disease, which originated in Africa in 2018. All variants of SARS (likewise for COVID) are known as "SARS-CoV-2" as a scientist would define it. Statistics show that the first-ever reported case was filed on the last day of 2019 (what a way to welcome the New Year...), leading up to the 500 million cases today, with 6 million deaths. But the good news is that the number of people getting the virus lately is going way down, thanks to testing, vaccines, and other preventative measures, like wearing masks and social distancing.

However, despite all the developments in the science and medical field, there's still no evidence that confirms with surety that by when COVID-19 will be completely eradicated, which appears to me that it's playing a hide & seek game as it keeps coming back as new variants under new names from new origins, like last year from South Africa, China, Brazil and UK. It looks like the pandemic is playing world cup match with different variants from respective countries playing as teams. Another fun fact is the names of the variants; Delta, Alpha, Gamma, Beta etc. Are the scientist solving a Math equation in the University??

How did UAE succeed in winning over the pandemic?

The cases have generally remained low in the UAE due to our government efforts, i.e., well articulated planning and handling of the situation timely, with several measures implemented immediately like massive free vaccination drives for the UAE National and Residents, opening of numerous PCR testing facilities, managing lockdowns strictly with war-zone like sounding warnings on the phone during the lockdowns, sterilization drives, healthworkers working round the clock, opening of isolation facilities, etc. Kudos to the UAE Government and Frontline workers.

How did this virus affect our lives?

Very few people have been spared from the disruptions of the COVID-19 pandemic. People's lives and businesses were forced to shift and reshape to adapt to a new normalcy.

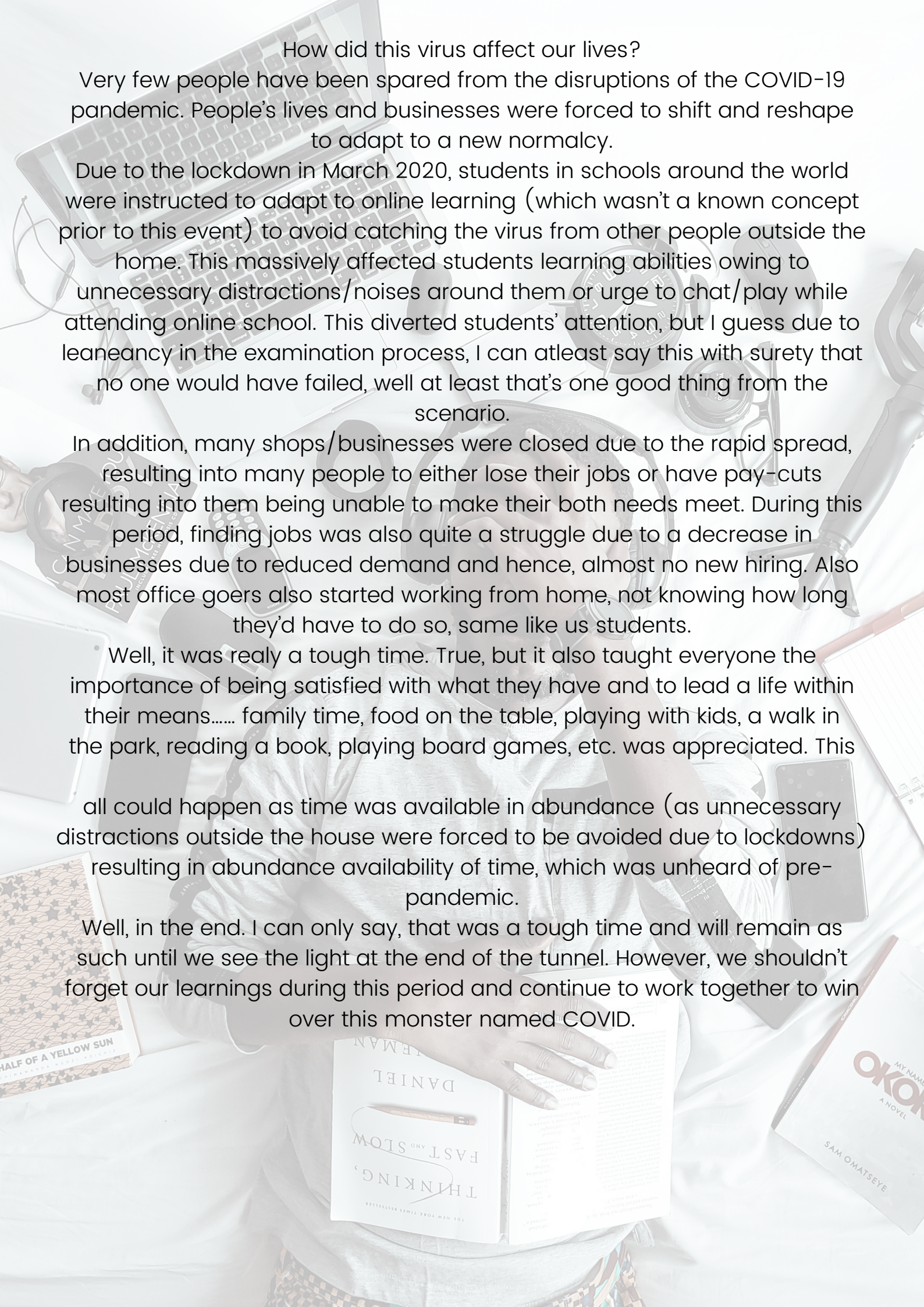
Due to the lockdown in March 2020, students in schools around the world were instructed to adapt to online learning (which wasn't a known concept prior to this event) to avoid catching the virus from other people outside the home. This massively affected students learning abilities owing to unnecessary distractions/noises around them or urge to chat/play while attending online school. This diverted students' attention, but I guess due to leaneancy in the examination process, I can atleast say this with surety that no one would have failed, well at least that's one good thing from the scenario.

In addition, many shops/businesses were closed due to the rapid spread, resulting into many people to either lose their jobs or have pay-cuts resulting into them being unable to make their both needs meet. During this period, finding jobs was also quite a struggle due to a decrease in businesses due to reduced demand and hence, almost no new hiring. Also most office goers also started working from home, not knowing how long they'd have to do so, same like us students.

Well, it was really a tough time. True, but it also taught everyone the importance of being satisfied with what they have and to lead a life within their means..... family time, food on the table, playing with kids, a walk in the park, reading a book, playing board games, etc. was appreciated. This

all could happen as time was available in abundance (as unnecessary distractions outside the house were forced to be avoided due to lockdowns) resulting in abundance availability of time, which was unheard of pre-pandemic.

Well, in the end. I can only say, that was a tough time and will remain as such until we see the light at the end of the tunnel. However, we shouldn't forget our learnings during this period and continue to work together to win over this monster named COVID.



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 an article yourself – please send us an email at jcjuice@jumeirahcollege.com and we will be in touch with you.

– Maria Davvi and Imogen O'Connor, Editor-in-Chief and Lead Editor

Thank you...

- To Mr Simpson, for all the support and advice!
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