

# THE STUDENT OUTLOOK

January 2024  
Issue 4

**The  
Middle  
School  
Newspaper**

**DO YOU KNOW  
THE UNIFORM  
RULES?**

**LEARN ABOUT  
A COMMON  
MEDICAL  
CONDITION**

**CAN YOU  
RELATE?  
(CONTINUED!)**

**LEARN MORE  
ABOUT  
COMMON  
PETS**

**TEACHER MBTI**



# TABLE OF **Contents**

**3**

**UPDATED RULES FOR MIDDLE SCHOOL STUDENTS**

**6**

**EVERYTHING YOU NEED TO KNOW ABOUT BRAIN STROKES**

**13**

**RELATABLE SITUATIONS CONTINUED**

**14**

**WHY ARE CATS AND DOGS THE MOST POPULAR PETS IN THE WORLD?**

**21**

**MBTI TYPES OF MIDDLE SCHOOL TEACHERS WITH EXPLANATIONS**

# UPDATED Rules for Middle School Students



by Ruowei Liu

Some people might know about the change of rules for the Middle School. Starting this school year, we're now allowed to wear black sneakers, wear nail polish, wear accessories, etc. In my opinion, these rules help us express ourselves and feel more comfortable. However, some people may be uncertain about some rules, so let's go over them.

## **1. Jewelry**

Now, we're allowed to wear up to two bracelets. Last year, we weren't allowed to wear any jewelry except a pair of studded earrings. (They need to be safe for PE, though.)

Accessories could be pretty fun to choose and wear to school, right? Bracelets, necklaces, rings, and many more are available as options! In my opinion, I think this new rule helps us not only to express ourselves more but to have fun instead of just wearing our uniform to school.

## **2. Shoes**

This year, we're allowed to wear not just loafers, but black sneakers. So, we could wear them to school on a day we have PE so we don't need to worry about our outdoor shoes for PE.

I find this rule pretty helpful. I used to keep two pairs of shoes at school: outdoor shoes and indoor shoes. But now, since we can wear black sneakers to school, we can reduce the amount of shoes to keep at school to one. That also helps on the first and last days of school, because you don't need to bring two pairs of shoes all the way back home and have a hard time.

## **3. Makeup**

Even though Middle Schoolers weren't allowed to wear any makeup, we are permitted to wear subtle makeup to school this year.

This rule could also help us identify ourselves and be expressive, along with the new rule for accessories. Makeup could be a way for some people to feel more confident in themselves.

#### **4. Cardigans**

Starting this year, we are allowed to wear navy cardigans. Although we can't wear an extra layer, a cardigan could be a great upgrade.

Sometimes, 6 layers of clothing would still not be enough. An undershirt, a long-sleeved shirt, a white triangle-collared shirt, a vest, a sweater, and the school jacket with the Sacred Heart logo on it. This seems like a lot, but it still gets pretty cold around the halls. So, we could wear our own cardigans which could keep us warm through the cold winter.

#### **5. Free dress days (Not a new rule)**

We all probably know this: Nothing too tight, too short, or too revealing.

In conclusion, I think these new sets of rules are pretty helpful. It can teach us to be unique and expressive. It also lets us stay warmer throughout the winter. In conclusion, these rules are very convenient for us students and let us have fun while in school.



# Everything You Need to Know About Brain Strokes



by Nyla Deshpande

According to the Stroke Awareness Foundation, every 40 seconds, someone has a stroke. So, what is this mystery that happens to someone every 40 seconds? You might already know a bit about strokes, or they may be completely new to you. Either way, it's a good idea to learn about them seeing as they are so common, and can majorly impact people's lives. So, without further ado, let's go!



## **What Causes Brain Strokes**

Simply speaking, a stroke is caused when there is not enough oxygen supplied to the brain. According to the NHS and the CDC, if the supply of oxygen is restricted/stopped, brain cells start to die within minutes because of the lack of oxygen. Our brains, like all other organs, need oxygen, and nutrients from blood to be able to function. A stroke usually only affects one side of your body at first, because one side of the brain controls the other side of the body (i.e. the left side of the brain controls the right side of the body).

There are three main causes of a stroke. First of all, the most common type of stroke is called an ischemic stroke. According to the NHS, this is where the supply of blood to the brain is stopped because of a blood clot. Fatty deposits, which are also called plaque, can build up over time by building up slowly in the blood vessels. Ischemic strokes are responsible for 85% of all strokes.

The next type of stroke is called a haemorrhagic stroke. According to the CDC, this is where an artery in the brain that is already weak ruptures, which means to leak blood. The blood that leaks puts too much pressure on the brain cells, which leads to them being damaged. An artery could burst due to high blood pressure, or aneurysms (bulges in an artery that cause them to stretch).

Lastly, there is a transient ischemic attack (TIA), which is a mini-stroke. This is called a "mini-stroke" because according to the NHS and CDC, the oxygen supply is only blocked for a short amount of

time. TIAs usually last for only a few minutes. They are often caused by blood clots, like ischemic strokes. You might be thinking that a TIA stroke is not that bad - after all, it's only a mini-stroke. However, TIAs are just as serious as normal strokes because they are a warning that you could have a full stroke in the future.

## **How to Spot a Stroke**

You can test if someone is having a stroke by using the following acronym "FAST", as explained by the NHS:

**FACE:** Ask the person to smile. If one side of their face is drooping, it is because they are losing the ability to move and control the muscles in their face due to a stroke. As I stated before, strokes affect one side of the body to start with, so a drooping side of a face could be due to a stroke.

**ARMS:** Ask that person to lift both their arms up. If the person has trouble keeping one arm up, it could be because of weakness or numbness due to the stroke.

**SPEECH:** Ask the person to speak to you. Their speech might be slurred or incohesive, or they may not be able to talk at all even though they are awake. They might also not be able to understand what you are saying to them.

**TIME:** If that person matches all the descriptions of having a stroke, it's time to call an ambulance immediately. The earlier a stroke is treated, the better, so calling an ambulance as soon as possible could help save that person's life.



## How to Prevent/Treat Brain Strokes

After reading this article, you might be worried about you or the people you love having a stroke. Well, there are some things you can do to reduce your chances of getting a stroke. Here are some things you can do, according to the CDC:

Your blood pressure and cholesterol (fat-like substance) levels play a large part in how likely you are to have a stroke. People with high blood pressure and high cholesterol are more likely to have a stroke, because there is a lot of pressure put on the arteries if you have those conditions. So, it is important to try and reduce your blood pressure and cholesterol levels. The two main ways you can do that are as follows:

1. **Choosing healthy eating habits.** Eating a lot of fresh fruit and fibre and eating foods that are low in fat can prevent getting high blood pressure and cholesterol.
2. **Getting enough exercise.** Exercising regularly also helps to lower your blood pressure and cholesterol. It also helps you to maintain a healthy weight. It is recommended by the CDC that children and teens get at least 1 hour of exercise per day.

Furthermore, If you have already had a TIA stroke, then it is especially important that you monitor any abnormalities in your cholesterol and blood pressure. As I mentioned before, transient ischemic attacks are mini-strokes. According to the Mayo Clinic, more than  $\frac{1}{3}$  of people who have TIA's and do not get treated have full strokes within one year.

In the unfortunate event that you or your loved ones do get a stroke, you shouldn't panic excessively. There are many treatments and medications available to help. Here are the most common medications that help treat strokes, according to the Mayo Clinic:

The main focus of doctors when treating an ischemic stroke is to restore the blood flow to the brain. The most common way to treat an ischemic stroke is through emergency IV (intravenous) medications. An IV medication is a type of medication that is injected into the veins. These drugs work best when administered within 4.5 hours of the stroke. So, what do the doctors inject in your veins if you have a stroke? Most commonly, they would inject something called a recombinant tissue plasminogen activator (TPA). This medicine restores the blood and oxygen flow to the brain by dissolving the blood clot in an ischemic stroke. By removing the cause of the stroke (the blood clot), it may make it easier for people to have a full recovery. Since TIA's are also usually caused by the same reason as ischemic strokes, doctors would also use this type of medication for cases of TIA's.

When treating a hemorrhagic stroke, the doctor's main focus is to control the bleeding in the brain, and to remove the pressure building up in the brain by removing the excess fluid caused by the brain stroke. To do this, doctors might perform surgery to remove the blood and the excess fluid in the brain. You might think that cutting into someone's brain and making them bleed is not a great idea, however, that is what is supposed to happen. Pressure is building up because there is blood in the brain, which is not

supposed to be there, and the head cannot fit all this extra liquid inside of it. So, removing the blood is removing the pressure, which is preventing your brain from being damaged by being squished.

## **Conclusion**

To conclude, strokes are life-threatening complications that occur when there is not enough oxygen supplied to the brain. Your brain cells start to die within minutes, according to the NHS and CDC because of this. There are three types of strokes - an ischemic stroke, which is caused by a blood clot, a haemorrhagic stroke, where an artery ruptures in the brain, and a transient ischemic attack (TIA), which is a mini-stroke that should still be taken very seriously.

If you think that somebody is having a stroke, follow the “FAST” acronym test. This will test for symptoms in the face, arms and speech for strokes, as well as a reminder to call the ambulance right away if you think someone is having a stroke.

Lastly, to prevent strokes, you can regularly exercise and choose a healthy diet. This helps to lower your blood pressure and cholesterol which can lessen your chance of having a stroke. To treat strokes, doctors might use IV medications for ischemic strokes and TIA's or perform a surgery for hemorrhagic strokes.

I hope that you are now more aware of not only the dangers of strokes, but also what you can do to help prevent yourself from getting them, and help others to make a full recovery. Thank you!

# Bibliography

(CDC), Centers for Disease Control and Prevention. "About Stroke." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 4 May 2023, [www.cdc.gov/stroke/about.htm](http://www.cdc.gov/stroke/about.htm).  
Brown, Robert. "Stroke." Mayo Clinic, Mayo Foundation for Medical Education and Research, 8 July 2023, [www.mayoclinic.org/diseases-conditions/stroke/diagnosis-treatment/drc-20350119#:~:text=An%20IV%20injection%20of%20recombinant,within%20the%20first%20three%20hours](http://www.mayoclinic.org/diseases-conditions/stroke/diagnosis-treatment/drc-20350119#:~:text=An%20IV%20injection%20of%20recombinant,within%20the%20first%20three%20hours).  
(NHS), National Health Service. "Overview Stroke." NHS Choices, NHS, 13 Sept. 2022, [www.nhs.uk/conditions/stroke/](http://www.nhs.uk/conditions/stroke/).



# Relatable Situations Continued



By JJ Zhang

Story 3.



What was I gonna say ...



Story 4.



ME who forgot to submit the work on time :(



# Why Are Cats and Dogs the Most Popular Pets in the World?



By Amanda Ying

Do you know what the two most popular pets in the world are? They are cats and dogs! People already know that when people start talking about pets, many think about dogs and cats. However, do you know what makes them special? Read this article to find the reason.



## **Why are cats and dogs the most popular pets in the world?**

*PBS* says that this is because they can provide us with comfort, love and companionship that is different from other fluffy animals. The connection with them can be one of the most important and unique, longest, and strongest in the owner's whole life.

## **What are the benefits of getting a dog or a cat?**

### **1. Decrease your loneliness**

As people know, they are a great companion especially when you are living alone. According to *Morethan*, when you feel loneliness, you can caress them since they are fluffy. In 2020's Coronavirus pandemic, studies discovered that the pet owners found their pets are a source of considerable support to them.

### **2. Makes you feel safe**

This could happen especially when you pet a dog. According to *The Spruce Pets*, they will protect you from danger. For example, when you are going out in the dark or walking in unknown places, having a dog can make you feel safe.

### **3. Strong loyalty to their owners**

In people's minds, dogs are the most loyal pets to humans, however, cats are also loyal. According to *The Independent*, studies from Oregon State University have found that cats also form emotional attachments like children and dogs. This happens when the owner helps cats form emotional attachments.

#### **4. Easy to train**

According to *Freshpet* and *The Spruce pets*, they are both easy to train. However, even though they are both easy to train, cats are easy to train at home. On the other hand, dogs are difficult to train at home. They need to train outside. However, dogs enjoy being trained by humans more than cats.

Here are some other pieces of information about these popular pets.

#### **Why are cats and dogs enemies?**

You may notice that when a cat and a dog are together, they often fight with each other. The first and main reason is that dogs are told to become a predator when they are born. So in their minds, cats are the prey that they can kill. The second reason is they are completely different animals. For instance, they have big differences in how they greet each other. The way that dogs greet each other is by sniffing each other's bums. However, when the dogs try to greet cats in that way, cats may get angry and think that it is threatening since it is not the way that cats greet each other. The way that cats greet each other is by nose touching. This is a polite way of greeting other cats.

#### **What is the lifespan of cats and dogs?**

*Wikipedia* says people have found that there is a lot of difference in the lifespan between cats and dogs. For average cats, they can live 12-18 years. Some cats can even live more than 20 years! However, for average dogs, they can only live 10-13 years. The reason that

affects dogs' and cats' lifespan is because of metabolic rates.

Metabolic rates are a type of rate of metabolism that occurs for a living organism. Metabolic rate affects them by the size of the organisms because scientists have found that small animals live shorter than bigger animals, like elephants and humans.

### **What happens if there are no cats and dogs in the world?**

As I mentioned before, there are a lot of benefits to getting a cat or a dog. But can you imagine if there are no cats in the world, the population of rats and birds will increase? According to *NBC News*, in the United States, cats kill about 3.7 billion birds.

However, it will also affect people's emotions because many people love cats.

Furthermore, *Medium* says that if dogs disappear from the world, some people will have no purpose. You can often see that people who have a dog will take a walk with dogs, to provide them with physical exercise to make sure that they can be companions for a longer time and live happily. Do you find that dogs provide us with the physical exercise we had provided them? For example, when we are feeling upset, dogs give us energy to let us give them a walk. This can give you a reason to walk every day.

### **How many cats and dogs are in the world?**

According to *simplyinsurance*, there are around 900 million dogs in the world, and there are just 600 million cats in the world.

However, there are just around 470 million dogs that are kept for domestication, and there are also just around 370 million cats that

are kept for domestication. Cats and dogs are both populous in these countries: the USA, China and Russia. Studies have found that in some of these areas, for every four people, there is one dog. In addition, they found that there are more dogs or cats in some families than children.

## **What are the differences and similarities between cats and dogs?**

According to *Hills Pet*, there are many differences between dogs and cats.

### **1. The time when they get active**

Like humans, dogs are likely to be active during the day. Cats, on the other hand, are active at night. They will usually be active in the evening.

### **2. Way of using the bathroom**

If you have a cat, you will know that they use a litterbox instead of doing their business outside like dogs. So if you are a germaphobe, it is a better way to pet a cat than a dog.

### **3. Way of exercising**

Even though cats are often seen to love playing games with you, they don't like to exercise. Conversely, dogs are recognised to be good friends when exercising. Many breeds of dogs enjoy running and hiking. In addition, they are happy to let you take them on the trip.

## 4. Way of playing games

As you are aware, many dogs enjoy playing a game called “fetch”. On the other hand, when you play the game of “fetch” with a cat, they often just watch you throw a ball and walk away from you. The most favourite game for a cat is to scratch your feet when you are lying or sleeping on the bed.

## Conclusion

To conclude, these are the reasons why cats and dogs are the most popular pets in the world. The connection between them and the owner is as strong as family or friends. I hope that you enjoy reading this article and be kind to your dogs and cats.

## Bibliography

- “9 Benefits of Having a Pet: Dog and Cat.” 9 Benefits of Having a Pet | Dog and Cat | MORE THAN, [www.morethan.com/pet-insurance/guides/9-benefits-of-having-a-pet/#:~:text=Along%20with%20generally%20making%20us,feelings%20of%20isolation%20or%20loneliness](http://www.morethan.com/pet-insurance/guides/9-benefits-of-having-a-pet/#:~:text=Along%20with%20generally%20making%20us,feelings%20of%20isolation%20or%20loneliness) . Accessed 25 Nov. 2023. Accessed 25 Nov. 2023.
- “Cats Are Just as Loyal to Their Owners as Dogs, Study Finds.” The Independent, Independent Digital News and Media, 24 Sept. 2019, [www.independent.co.uk/life-style/cats-loyal-owners-dogs-behaviour-myth-a9118496.html](http://www.independent.co.uk/life-style/cats-loyal-owners-dogs-behaviour-myth-a9118496.html).
- “CAT.” Wikipedia, Wikimedia Foundation, 25 Nov. 2023, [en.wikipedia.org/wiki/Cat](https://en.wikipedia.org/wiki/Cat).
- “Dog.” Wikipedia, Wikimedia Foundation, 12 Nov. 2023, [en.wikipedia.org/wiki/Dog](https://en.wikipedia.org/wiki/Dog).
- “How Many Pets Are in the World & the US? 71+ Pet Stats.” Simply InsuranceTM, 24 June 2023, [www.simplyinsurance.com/pet-statistics/#:~:text=How%20Many%20Dogs%20%26%20Cats%20Are,cats%20are%20in%20the%20world](http://www.simplyinsurance.com/pet-statistics/#:~:text=How%20Many%20Dogs%20%26%20Cats%20Are,cats%20are%20in%20the%20world).
- How do cats communicate with each other? TrustedHousesitters. (n.d.). <https://www.trustedhousesitters.com/blog/pets/how-do-cats-communicate-with-each-other/#:~:text=Touch%20noses%2C%20foreheads%2C%20cheeks%2C%20and%20chin%20rubs&text=If%20two%20cats%20are%20familiar,foreheads%2C%20cheeks%2C%20and%20chins>.
- Interesting Differences between Dogs and Cats | Hill’s Pet, [www.hillspet.com/pet-care/resources/differences-between-cats-and-dogs](http://www.hillspet.com/pet-care/resources/differences-between-cats-and-dogs). Accessed 26 Nov. 2023.
- NBCUniversal News Group. (2012, February 7). What if all the cats in the world suddenly died? NBCNews.com. <https://www.nbcnews.com/id/wbna46295807>
- Sample Blog Article 1, [www.freshpet.com/blog/10-reasons-why-cats-make-great-pets](http://www.freshpet.com/blog/10-reasons-why-cats-make-great-pets). Accessed 25 Nov. 2023.

## Bibliography (Continued)

- Stregowski, Jenna. “Are Dogs Better than Cats? 10 Reasons Why They Might Be.” The Spruce Pets, The Spruce Pets, 21 Sept. 2022, [www.thesprucepets.com/reasons-dogs-are-better-than-cats-1118371#:~:text=Dogs%20are%20more%20trainable%2C%20use,other%20but%20still%20love%20both.](http://www.thesprucepets.com/reasons-dogs-are-better-than-cats-1118371#:~:text=Dogs%20are%20more%20trainable%2C%20use,other%20but%20still%20love%20both.)
- Vea, Tanner. “Why We Love Cats and Dogs ~ About.” PBS, Public Broadcasting Service, 9 Nov. 2022, [www.pbs.org/wnet/nature/why-we-love-cats-and-dogs-introduction/4538/#:~:text=What%20makes%20these%20creatures%20such,slobber%2C%20claws%2C%20and%20laughs.](http://www.pbs.org/wnet/nature/why-we-love-cats-and-dogs-introduction/4538/#:~:text=What%20makes%20these%20creatures%20such,slobber%2C%20claws%2C%20and%20laughs.)
- Waterson, Nikki. “What Would Happen If There Were No Dogs?” Medium, Pets and Animals, 2 Oct. 2021, [medium.com/animal-rescue/what-would-happen-if-there-were-no-dogs-b48f3cd2c7e0](https://medium.com/animal-rescue/what-would-happen-if-there-were-no-dogs-b48f3cd2c7e0).





# MBTI Types of Middle School Teachers with Explanations



By Jiwon Baek and Ashmi Kumar

Have you heard of the Myers-Briggs Personality Type Indicator (MBTI or 16 personalities)? If you have, have you ever thought about why it is so frequently used or what it actually means about you? In this article, we will explain to you some information about the test, then show some of the middle school teachers' personality types and what it might tell us about them.

On the MBTI, a person's personality type is an arrangement of 4 letters. In the next few paragraphs, we will break down what each letter means according to the official website, 16 Personalities.

### **Energy: Introvert (I) or Extrovert (E)**

The first letter symbolizes what type of energy you have. You can either be an introvert (I) or an extrovert (E). An introverted person enjoys spending their time alone which allows them to be good listeners and have deep thoughts/insights. They are cautious and like to be in their own space where they are well adjusted to their environment. They are humble and tend to avoid unnecessary attention. Extroverted people, however, like engaging with their environment and its people. Without others, they feel alone and get bored easily. They often choose to be a leader when possible and share their outgoing energy with others.

### **Mind: Observant (S) or Intuitive (N)**

The second letter represents how you see the world around you and process information. People who are observant often focus on the present which makes them focused and logical. They are reliable and prefer taking action rather than just thinking.

Conversely, people with intuitive traits prefer imagining all of the different possibilities which leads to them enjoying the bigger and more theoretical questions in life. They are helpful in providing different and interesting perspectives to an idea, and taking others along with them.

## **Nature: Thinking (T) or Feeling (F)**

The third letter shows how you make decisions and understand emotions. People who have the type of thinking prioritize focus and rationality instead of feelings. When making decisions, they consider facts and then test both options before choosing the more efficient one. They are only satisfied when a plan is made which makes them extremely beneficial when organizing ideas. However, they usually seem to ignore their and other people's emotions since they don't make sense to them. Feeling type people follow their heart and tend to be warm, compassionate, and protective people. They might feel down when they feel as if they haven't been selfless enough or if the help they gave people wasn't effective.

## **Tactics: Judging (J) or Prospecting (P)**

The last letter determines how you approach work, planning, and making decisions. Judging individuals are very organized and decisive, which explains why they usually follow plans (or backup plans) rather than going with the flow. They always prioritize responsibilities over anything else which makes them fair people who value rules. Prospecting traits allow the person to be more flexible and good with adapting to any situation. Their uncertainty of their decisions leads them to delay decisions/deadlines and struggle with long term commitments. They are creative people who develop new passions when they aren't satisfied with the results of their former interest.

Please keep in mind that in reality, people are more complex than a combination of four traits. These test results are meant for people

to hopefully understand themselves better and not for others to use to judge people or make assumptions about them.

“I’m not that fantastic of a person as the letters ‘INFJ’ seem to indicate.” ~ Ms. Shiozawa

## **Middle School Teachers’ MBTIs**

### **Ms. Shiozawa and Mr. Baker : INFJ**

Ms. Shiozawa’s (our beloved English teacher, wonderful 8th grade homeroom teacher, and brilliant volleyball coach) and Mr. Baker’s (our knowledgeable social studies teacher) personality types are INFJ or an ‘Advocate’. Advocates' traits are introverted, intuitive, feeling, and judging. They are part of the rarest personality types and their type is described as an idealistic person who wants to leave a mark/make a difference in the world. For these types of people, happiness comes from helping others fulfill their goals which leads to them being passionate and caring people. They value integrity and fairness which is why they are only at peace when they know that they did the right thing. Having a clear idea of their priorities and beliefs is important, which is one of the reasons why they never lose sight of their goal and ambitions. We can see that Ms. Shiozawa fits into the Advocate personality because she is a warm and caring person and tends to make right decisions. We can observe the traits mentioned above from Mr. Baker as he is always thoughtful and wise when teaching a class or talking to a student.

### **Ms. Peck : ESTJ**

Ms. Peck's (our lovely science teacher) MBTI is ESTJ, or an 'Executive'. Executives' traits are extroverted, observant, thinking, and judging. Presenting a great show of bravery, they make sensible and right decisions. They are reliable, have a firm character, and often provide order and stability for others, which results in them being a great leader. Honesty, dedication and dignity are of the greatest value to them. They offer effective and clear advice, happy to lead others. We can observe these traits in Ms. Peck as she is excellent at creating order and leading the class. She constantly offers great advice for students.

### **Mrs. Griffiths : ISFP**

Mrs. Griffiths's (our amazing middle school principal) has the personality type of ISFP, also called an 'Adventurer'. Adventurers' traits are introverted, observant, feeling and prospecting. They have open, warm minds when approaching life, new experiences, and people. They are very attentive and therefore easily discover their various potentials. A true artist, they are extremely expressive and curious about everything. People often describe ISFPs as being unique and remarkable, but as they have a very humble mind, they do not realize their extraordinarily special qualities. The traits above can be seen in Mrs. Griffiths as she is always observant of everything that goes around in our school and has an open mind toward things.

## **Mr. Griffiths : ESFJ**

Mr. Griffiths's (our humorous science teacher and great 8th grade homeroom teacher) MBTI is ESFJ, or an 'Consul'. Consuls are extroverted, observant, feeling and judging. This personality group enjoys taking part in their social community, being very attentive and people-focused. Their decisive values and guidance leads to achievements. Being around others and socializing is the greatest thing for an ESFJ, as they have open hearts and affectionate minds. They believe in the power of hospitality and good manners, which leads to them having an extremely good relationship with their family and friends. It is clear that Mr. Griffiths belongs in this personality type as he is very social, enjoying the company of others and having an open heart to every student.

### **Source:**

"Free Personality Test." 16Personalities, 16Personalities, [www.16personalities.com/free-personality-test](http://www.16personalities.com/free-personality-test). Accessed 8 Dec. 2023.





# THE STUDENT OUTLOOK

## MEMBERS

**Jiwon  
Baek**

**Nyla  
Deshpande**

**Theresa  
Feng**

**Marie  
Fujikawa**

**Elena  
Goldberg**

**Eunha  
Huh**

**Ashmi  
Kumar**

**Sophie  
Lee**

**Ruowei  
Liu**

**Marie  
Sato**

**Sora  
Sheetal**

**Akina  
Smith**

**Maki  
Swan**

**Leah  
Wong**

**Amanda  
Ying**

**JJ  
Zhang**

**Sponsor  
Ms. Shiozawa**