

ISSUE 4

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THE STUDENT OUTLOOK

THE MIDDLE SCHOOL
NEWSPAPER

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The Best Choice of Recipes!

by Ruowei Liu

Do you ever have the sudden urge to cook? On the weekends or during your free time, do you feel hungry and want to cook your own food? I sometimes do, and I thought that it would be a great idea if I can have a list of my go-to recipes so I can start cooking right away. If that is how you feel sometimes, try taking a look at this article! There are a wide variety of recipes from cookies to salads, and I can guarantee that by the time you finish cooking these recipes, you will enjoy cooking even more. (Please click on the title of each recipe to find out how to make these delicious dishes.)

Tasty Baked Goods (Options for Bake Sales)

On my first bake sale, I was really worried about whether people would like the baked goods that I brought, and didn't know what to make. But, here are some amazing recipes for when you don't know what to make for bake sales, or when you feel like baking in general.

Chocolate Chip Cookies by Sally's Baking Addiction

I have personally made these chocolate chip cookies before, and they are so soft and sweet, which is just how most people like their cookies! Although not everyone may find this an easy, simple, quick recipe, you can still take some time during the weekends or holidays or so to bake these. Also, they are a great choice of baked goods to make for a bake sale, so you can make one piece of cookie per packaging.



Oatmeal Raisin Cookies by Sally's Baking Addiction



I also make oatmeal raisin cookies very often because they are not too sweet but have a nice and crunchy texture. These are a perfect recipe for you if you enjoy texture and flavor at the same time, and also a great bake sale recipe when you are stuck and don't know what to bake!

Cupcakes by BBC

One of my favorite baked goods to make are cupcakes, because you can customize it however you like. For example, you can choose exactly what flavor cupcake you want and the color of your buttercream. Cupcakes give you so much freedom and can also be a way of expressing yourself! This recipe from BBC also has a recipe for the buttercream and would allow you to have so much fun and explore your inner creativity while baking.



Easy and Simple Breakfast Recipes

Sometimes when your parents are too busy to make you breakfast or when you do not have enough time to prepare your breakfast, these recipes are for you! They are so effortless and so much healthier than just eating plain pieces of bread. Find out more on the next page!

Breakfast Cereal with Fruits by TopValue

(A recipe that I once saw on the back of my cereal box)

Recipe Card

NAME OF DISH : 4 INGREDIENT GRANOLA BOWL		
SERVES : 1	PREP TIME : 3 MINS	COOK TIME : 2 MINS



INGREDIENTS

YOGURT

CORNFLAKES

FROZEN FRUIT

HONEY

DIRECTIONS

1. MIX ALL THE INGREDIENTS IN THE ORDER OF YOGURT, CORNFLAKES, FROZEN FRUIT, AND HONEY.

Again, here is also one of my favorite breakfast recipes. Although it is pretty basic, it covers the grain, fruit, and dairy section of the MyPlate Guidelines. The amount of the ingredients you put in also does not really matter, so you would be able to get a good balance of the ingredients as you like.

Ham and Cheese Omlets by Tastes of Home

If you are not too used to cooking, this may be a better breakfast option for the weekend. This is also a simple, basic, and tasty breakfast recipe if you want to feel full.



Healthy Lunch and Dinner Recipes

I have chosen three recipes that I think many of you would like. They are all easy one-pan/bowl recipes that would not take you too long to cook. When your parents are not free to cook or when you do not know what to cook, try taking a look at one of these recipes even if you may not be used to cooking!

Shakshuka by Downshiftology



Some of you may be familiar with this recipe from Home Economics. If you like tomatoes, this recipe is for you! A great way of eating this is putting it on bread. The steps and ingredients are very simple, so a wide range of ages is able to enjoy making it.

Mac and Cheese by Tasty

Do you ever crave something junky and cheesy? Although this may not be the healthiest option, this recipe will answer your needs and make you feel satisfied! Mac and Cheese is a classic pasta recipe enjoyed by many generations. This recipe also only uses one pan so you will have less dishes to wash.



Kale Caesar Salad by Love and Lemons



In contrast to the recipe above, do you ever crave something healthy? Salad is an easy way of getting enough nutrients when you do. My favorite part about salad is that there aren't specific measurements of the ingredients, so you can never go wrong. This recipe would also probably change your opinions on vegetables if you do not like it.

So, how were these selections of recipes? Cooking can be a great way to like foods you originally did not like because it gives you a chance to look at the food you make step by step. I hope I have encouraged you to cook at least one of these recipes when you have some free time!

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Using Generative AI Effectively to Study

by Yuma Aketa and Suhani Jain

AI has become quite popular recently, especially among students. Yet, most students don't know how to use it effectively to save time studying for tests or exams. So today we will be interviewing different students about what AI methods they use to help them study. However, be sure to not trust AI completely or to rely only on AI for all your homework or assignments. Depending on AI too much can mean that you are not developing key skills like your critical thinking skills, which could cause you issues in the future.

Be sure to follow school policies regarding AI. Some obvious ways you can not use AI are as follows:

- Using AI to create something entirely like entire essays or assignments.
- Asking for a whole summary of the book instead of reading the book itself.
- Asking AI to paraphrase your work entirely, or do anything else to finish and submit your work without teacher permission.

Asking AI for anything that needs your OWN thinking and your OWN work is not a good way to use generative AI.

It is also important to remember that **generative AI can and will make mistakes**, even if it is about school subjects.

Here are some ways in which **students use AI effectively without breaking school policy**:

Sophie L. (Grade 8): AI such as Chat GPT can make studying simpler and easier. When you want someone to test your knowledge, Chat GPT is a great option. If you upload all your notes on it, Chat GPT can generate some questions that can test your knowledge or understanding. This will help you with test practice for any subject.

Leah W. (grade 8): Gizmo is an extremely effective way to study for quizzes, tests or exams. You can upload all your notes into it and it will create a quiz for you. The quiz is really effective and helps you memorize all your notes. Another advantage of Gizmo is that it doesn't care about typos when you answer a question, unlike when you make your own quiz on Quizlet.

Ruowei L. (grade 8): Chat GPT is helpful to study for math and science tests. You can insert a math problem and ask it to give you similar problems for practice. If you don't understand how to solve a particular question, it can also help explain it to you and give specific steps to solve it.

You can also ask Chat GPT to explain your science notes to you if you don't understand them.

Arianna M. (Grade 8): She asks for study methods for particular subjects and situations. For example, she could ask about how to use your notes effectively or how to use your time wisely to study. This will help with studying for tests, especially when you want to study quickly and efficiently.

Marie F. (Grade 8): ChatGPT helps with understanding a concept that you don't understand. You can ask for effective study tips that can help when studying for tests and quizzes, and how to work effectively when working on long essays or projects.

Maki S. (grade 8): ChatGPT is really helpful when you have vocabulary tests or quizzes. If you don't know the meaning of a word, you can ask AI to explain it to you. AI can also help in creating a sentence with a given word or explaining how to use the word in a sentence.

Ai L. (Grade 7): Whenever you don't understand a concept that can appear in tests or quizzes, you have two options. Ask the teacher or ask ChatGPT. ChatGPT explains it one concept at a time in detail, which helps her for deeper understanding.

These are a few other ways we think AI can help you study:

Making Notes

Making notes yourself can take hours. Generative AI can help you do this within seconds. NoteGPT is an effective way to do so. Just upload a video, audio, worksheet or document about your topic. It will help you summarize the entire document and mention all the keypoints. If it's an audio or video recording, it will also give you a transcript of it.

Creating Flashcards

We all know flashcards help us study but making flashcards one by one on Quizlet or on paper takes a really long time. You could use either Revisely or Turbolearn.ai to make flashcards faster by just uploading all your notes.

Simplifying Information

Sometimes, school can give you documents that are quite complex and hard to understand. In this case, you can ask ChatGPT to explain that information to you as if you were a 5-year-old.

"Plants make sugar and get energy by using light energy from the sun to transform carbon dioxide from the air with water from the ground into glucose. This occurs in the chloroplast of the plant's cell. The glucose produced is used by the plant to do cellular respiration so that they can make their own food."
Explain this process to me as if I were a 5-year-old.



Okay! Imagine a plant is like a little chef, making its own food. But instead of using a stove, it uses sunlight! 😊

The plant takes **air** (carbon dioxide) from around it and **water** from the ground. Then, inside its tiny green kitchens (called **chloroplasts**), it mixes them together using sunlight. This makes a special kind of **sugar** called **glucose**, which is like the plant's food! 🌱

The plant then takes that sugar and turns it into **energy**, kind of like how you eat food to run and play! This helps the plant grow big and strong. 🌱💪

This whole process is called **photosynthesis**—it's like the plant's way of cooking up energy with sunlight! ☀️🌱⚡



An example of how you can use this method on ChatGPT

Creating a Podcast

As we all know, AI is quite advanced and it can now create podcasts based on the information you give it. You can upload all your school notes and more on Monica. It will then create a short podcast based on your notes, which you can listen to wherever, whenever you want. It also gives you a script and the highlights of the podcast. It provides a QR code so you can listen to it on your phone. This is an extremely useful method as you can also listen to it on the way to school.

Monica English

(Example) 5 Golden Rules of Productivity

05:23 | 2024/11/07

In this episode, we explore essential tips for enhancing productivity by focusing on effective practices. Learn how to embrace morning rituals, structure your day into focused blocks, make quick decisions, manage technology use, ...

More >

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Highlight Podcast Script

- 00:06 Welcome to the World of Productivity
- 01:09 Finding Your Unique Routine
- 01:59 Taming Distractions
- 02:54 The Power of Quick Decisions
- 03:41 Navigating the Tech Jungle
- 04:35 Reflecting for Growth

Listen on your phone

Create your own podcast

15 00:00 05:27

This is an example podcast we asked Monica to make.

In conclusion, there are various ways to use AI effectively. If you know how to use AI correctly and efficiently, AI can be a great companion for your studying. However, you have to remember that AI should not be used as a tool that completely generates everything for you as this does not help you; instead it is taking away the possibilities you have. Depending on AI too much will take away your opportunity to develop and improve your thinking skills. You need to develop your skills so that you do well in school, but also so that you can reach your full potential in life. We hope this article will help you get an idea of what generative AI offers to help you study for tests.

The Rise of Japanese Collectables

by Sophie Lee

Recently, there has been an online craze for Japanese collectibles, like Sonny Angels and Smiskis, Both of which were created by Dreams Inc's CEO Toru Soeya. Today, I would like to talk about what these dolls are, why they are so popular, and how they have impacted the Japanese economy.

Why are these collectables so popular?



Vox tells us that the one most important reason as to why Japanese collectibles are so popular is because of one shared characteristic: they are blind boxes. Blind boxes are packages with mystery products in them, meaning that you will not know what you are buying until you open it. Blind boxes have had a chokehold on all of us since we were children. Think about it: these collectables are just a more mature version of Kinder Eggs.

When we were younger, we all loved the anticipation of opening our blind boxes, anxiously waiting to see if we got the toy we wanted. That joyous feeling of manifesting the character that you really wanted was priceless. And if we didn't get it... we went back to buy more. Then the special editions, different series and more collectables would come out. Once you buy one, there is no going back. Furthermore, Japan has taken these collectibles to the next level by creating hipplers. Hipplers are the same figures, except they are shaped with adhesive tape so that you can stick them on any hanging surface, like your phone or laptop. This has only increased the demand for Smiskis and Sonny Angels making them even more lovable than they already are.



Sonny Angels

The Origins of Sonny Angels

These are naked baby dolls inspired by the Kewpie Mayo character created by an American cartoonist, but used by the Japanese Kewpie Mayonnaise company. Prestige tells us that Sonny Angels were created in 2004 and was Soeya's second successful figure. Soeya said that his idea



for the doll was to create a figure that acted like a “little boyfriend” for working women in their 20’s to carry around. These dolls were created to give a feeling of calmness to women who are stressed, struggling, and anxious as they navigate through what is often considered the toughest times of their lives. This fits into Dream Inc. company motto, “Heal your Heart”.

How Sonny Angels Rose to Fame

Vox’s article on these dolls tell us that they began appearing all over social media in November 2023, from Bella Hadid's instagram to making cameos in clips by other major influencers' TikToks. People would make videos showing off their outrageously large collections of the dolls, videos hunting for the dolls and one where they would unbox them. People all around the world began to fixate on finding different series of the dolls. A series was a specific type of Sonny Angel blind box that had a specific theme of Sonny Angels in the box, like the “Cat Series”, where each blind box had a different type of Sonny Angel

inside, like ones wearing cat headwear or ones that looked like vegetables. Annie Chung, the owner of a toy shop in New York that carries Sonny Angels, told Vox that she sells between 500 to 1000 Sonny Angels per week. She even stated that every time a new series would be released, there would be a long line of people that had been there hours in advance. Another popular thing toy stores that carry these figures are starting to do is Sonny Angel trading. This means that you can trade your Sonny Angel for a different one at the toy store and it has been very successful in many toy shops across the globe.

Smiski

The Origins of Smiskis

If you have heard of Sonny Angels, you have probably heard of Smiskis, another cult-favorite blind box. Smiskis are little green human-looking creatures that are loved for their cuteness and ability to glow in the dark. The figures have various poses of all sorts, and similarly to Sonny Angels,



Smiskis also have many different series. Smiskis were first released in 2009 and quickly became loved by many.

The Popularity of Smiskis

Like Sonny Angels, I have personally witnessed Smiskis rise to TikTok fame because of their collectability. What people love most about them is their simple, yet childlike and lively expressions. Looking at the figure hand on the side of a wall or sitting in the corner makes the collectors nostalgic of childhood they once had. Furthermore, the glow in the dark feature on Smiski's also contributed to their fame as you can easily see them at night, giving you a sense of warmth and comfort while you fall asleep. We can see their growth in popularity on various social media sites, such as Pinterest, TikTok, and Youtube. On TikTok, the #Smiski has over 753,999,490 videos using this hashtag. Furthermore, just by browsing on Youtube, you will be able to find both long and short form Smiski hunting videos that get a largely absurd amount of views.

What Impact Do These Collectibles Have on Japan?

Sonny Angels and Smiskis are hard to find all around the world, and the first place people think to buy them is directly from the source: Japan. If you scroll through there are various examples of TikTokers, like @lenynism, who

went to Japan solely to hunt for these figures. While at the Narita Airport, she bought over 40 Sonny Angel blind boxes, clearing the entire row out. Currently, because of the weak yen compared to the United States, Japanese Smiski and Sonny Angels are at a great discount. I, myself, have also gone on the hunt for these dolls in various different countries. In the United States, the average cost of Sonny Angels and Smiskis are \$10 per box, which is equivalent to ¥1543. These prices may seem low, but what makes people want to find these figures in Japan is the fact that they are nearly impossible to find in the US.



Furthermore, we can see from the Dreams Inc. official website, with the increase in demand for Sonny Angels and Smiskis the price has also increased. After the figures became internet sensations, Dreams Inc. put out a notice on their website announcing that they will be raising the price of these figures. On June 1, 2024, and the prices went from ¥900 to ¥1000.

I have recently seen that because of the Sonny Angel craze from foreigners in Japan, stores like Hands, Kinokuniya, and Loft have been implementing new rules to make supplies last longer. One such rule is that one person is only able to buy one blind box. Now, at first, I thought, why would they purposefully want to stop their business from booming? However, while I was at a Loft in Tokyo, I was a first-hand witness of a visitor buying out all of the Sonny Angels. Another example of those who visit Japan buying these figures is Nessa, a Youtuber/TikToker (@bynessa_). Nessa bought over 30 Smiskis on her trip to Japan. All of these examples of people taking the whole supply of figures and leaving others with no figures, made me realize the importance of rules that regulate the amount one person can buy.

Conclusion

Blind boxes are nothing new, but with figures like Sonny Angels and Smiskis, Japan has taken the concept to a whole new level. As the popularity of these figures continue to grow, we see



more stores that carry them start implementing more restrictions towards customers. Although most trends like these tend to lose popularity in the long run, it is more than just the toys being viral that makes them so special: it is the feeling of nostalgia we get from these blind boxes, reminding us of the simpler, happy times in life.

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The Dark Sides of K-Pop

by Celine Chung

What do you think of when you hear the word, K-pop? You probably would think of the popularity of idol groups, or their success in their careers. However, what we see across media is only a part of the K-pop industry. Today, I would like to introduce to you, the dark side of K-pop.

There are several dark sides of the K-pop industry. Some well-known ones are slave contracts, malicious comments and skill controversies, but there are also some not as well known sides, like evil edits and deathly schedules. I would say that one of the most infamous aspects of the K-pop industry is the hateful comments. Not only does these comments bring on fights between the fandoms, but it also adds pressure and negativity to the artists themselves. Unfortunately, these hateful comments are also the reason why many idols have panic disorders or struggle with other lasting impacts.

A similar dark side of K-pop that I will introduce to you is evil edits. Evil edits are edited videos that are cropped and put together, mostly by the idols' anti-fans. These videos are cropped videos that only show parts of the original

video. They can not only make the person in the video seem rude, but also can start controversies between people who do not know the truth.

One case of these evil edits were Huh Yun-jin, current member of Le Sserafim, but also a Produce 48 (An idol survival program) participant. During Produce 48, Huh Yun-jin had a decent score, with stable vocals and facial expression, and eventually settled in 10th place, which is a position that will certainly allow for her debut.

Unfortunately, after Episode 7 was released to the public, many people started to criticize her. The way a part of the video was edited was the problem. Apparently, during a discussion to choose who will be the center of the group, another participant, Abuki Nako, was chosen. Huh Yun-jin gently asked everyone and Abuki Nako, “I feel like I really won't have a chance if I don't show it this time, so may I try one more time?”, and Abuki Nako willingly passed on the role of center to Huh Yun-jin. Unfortunately, this scenario was edited to seem like Huh Yun-jin was being greedy, and taking Abuki Nako’s role. This edit caused her to become 27th place in the 9th episode, and eventually, she was eliminated, and could not make her debut through this program.

Evil edits mostly take place during a lot of survival programs, since the idol does not have a stabilized fan community. Not only does the idol receive many malicious comments, but also that the one evil edit can make the idol's fans turn their backs on the idol.

Another unknown side of K-pop are deathly schedules. Many K-pop idols suffer from deathly harsh schedules, which results in not getting enough sleep and time to rest. One example is the boy group ENHYPEN. Their fans have sent many protest trucks to their agency to make them stop sending ENHYPEN on world tour after world tour. In many clips, the members are seen exhausted and falling asleep. It is common for idols to take 1 plane flight a day, as they are so busy they do not even have the time to stay an extra day in the city they have a concert in.

Another example is Wonyoung from IVE. In 2022, Wonyoung had a scheduled event or performance for 20 days in a row. In a particular month, she finished performing one of their songs 'After Like' on the 18th, had a fan meeting with her Chinese fans online on the 19th, and went to perform in festivals during the 20th to the 22nd. She then went on Music Bank, a music program, and the next day, performed in a college festival. On the

same day, she left for Paris, coming back after 4 days. She performed on 6 stages in just 2 days, and had a fan meeting with her fans. The next day she went to Paris again, for 4 days again. When she came back to Korea, she had a concert, followed along with a music award program on the next day. As you can see, this is a very full schedule, with not a lot of time to rest. This is why fans who know these schedules often complain to the idol's agency, to give the Idols time to rest.

When these kinds of schedules repeat, some idols take health leaves, such as Soobin of TXT. Soobin recently had to take a break due to bad health conditions. According to HYBE, TXT's agency, Soobin had gotten a recommendation from the doctor that he needed rest. After hearing the news, the fans blamed HYBE for giving TXT deathly schedules, and people started pressing to give TXT more time to rest. But this was not the only reason TXT fans were angry at HYBE. Other members of TXT also showed health problems such as Beomgyu and Hueningkai, which caused them to not be able to participate in some of their events.

As I explained above, most things you see over the screen are only some parts of an idol. A lot of idols are going

through evil edits and deathly schedules. These are the two dark sides of K-pop I wanted to introduce to you, and now I'll leave you off with a question. Do you think there might be any ways for fans to peacefully help these idols?

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Top Places to Visit in 2025

by Maya Fein

As 2025 starts, people are seeking destinations that offer unique experiences, rich history, and natural beauty. There actually are so many options, from the vibrant culture of Brazil to the beautiful landscapes of Dominica. This year there are so many amazing places to discover, so here is a list with 1-3 of the top places in each continent, recommended by various websites, to help you plan out your next adventure in 2025.

Africa

Kenya

First Kenya is a perfect place for all wildlife lovers (and has been top on my list for years). From the Great Migration in Maasai Mara, where millions of animals cross the plains creating a breathtaking experience for visitors, to the stunning landscapes at the shores of Lake Naivasha and the views of Mount Kenya, the country is full of wonders. Kenya is a magical place for visitors and a place you will certainly always remember.

Morocco

Morocco has a bit of everything: captivating culture and history, and you can not forget about those breathtaking landscapes. You can hike the beautiful High Atlas Mountains or cool down while exploring the town of Essaouira. Depending on when you go you can join in for the celebration of Aïd al-Fitr, which marks the end of Ramadan and is celebrated with colorful decorations in the streets and big feasts. Whether you're interested in the cool history, or stunning landscape, Morocco offers a truly unique experience for all.



Americas

Dominica

Known as the “Nature Island”, Dominica is a paradise in the Caribbean. With beautiful waterfalls, rainforests, and hot springs, it's a great place for nature lovers. You can hike to the breathtaking Boiling lake, swim in the crystal-clear waters of Champagne Reef, or just relax and enjoy the island's beauty.

Brazil

Brazil, the land of vibrant energy and so much diversity. From the iconic Christ the Redeemer in Rio De Janeiro to the beauty of the Amazon rainforest, the country never ceases to amaze. And you can't miss the Carnival, an annual festival before Ash Wednesday or the stunning Iguazu Falls.

Asia

Jordan

Jordan is a wonderful place to go and explore, whether it's the ancient city of Petra, one of the new seven wonders of the world, or floating in the salty waters of the dead sea. If that's not for you, maybe stargazing in the Wadi Rum desert is more your thing. Whatever your thing is, Jordan has it.

Bhutan

Hidden in the Himalayas, Bhutan is a quiet but beautiful country. Known for its happiness amongst its people, Bhutan has vibrant festivals and iconic landmarks like the Tiger's Nest Monastery in the Taktsang Monastery. Bhutan is a great place to escape for a little and be in peace.

Uzbekistan

Uzbekistan is a history filled county. You can go and see the remains of the ancient Silk Road cities of Samarkand or Khiva that boast stunning architecture, including ornate mosques and intricate mosaics. Uzbekistan offers a glance into the culture and heritage of the region.



Europe

Greenland

Greenland is a great destination for those looking for breathtaking beauty. You can go and see glaciers, fjords, and the amazing Northern lights. You can kayak among icebergs, hike into mountains, or explore Nuuk, Greenland's capital.



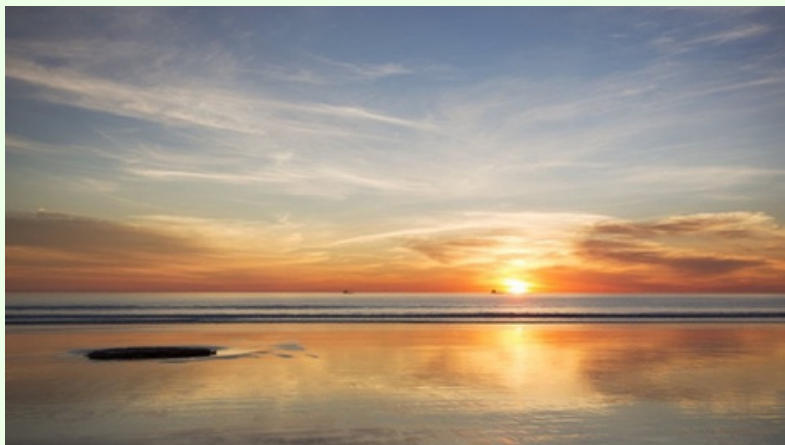
Wales

Wales is less touristy than London, with medieval castles and cute coastal towns. Go and explore Snowdonia National Park, the Pembrokeshire Coast, or visit Cardiff, a town full of history and culture.

Australia

Western Australia

Western Australia is full of diverse landscapes and lots of outdoor adventures. You can swim with whales and sharks or just relax on the white sands of Cable Beach. Also I highly recommend visiting the capitol Perth, which offers a mix of cultural food and traditions.



I hope this list helps you plan your next adventure. There are so many amazing places to explore this year, whether it's to the amazing beaches in Dominica or the medieval castles in Wales.

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Study Skills 101: How to Romanticize Studying and Build Good Habits (while still getting work done!)

by Euie Hyun and Leah Wong

Do you ever sit down on your desk to start studying, just for you to find yourself not getting any work done and procrastinating? Well, although the authors too spend ages procrastinating, today, we'd like to introduce to you ways to study: by romanticizing and building good habits!

Ways to romanticize studying (Leah)

Romanticizing is only one way to get the motivation to study. Use this method in the wrong way, and you'll probably spend zero time studying at all. Romanticizing studying is only a preparation for studying, and it may not be effective for everyone. There are more effective AND efficient ways to study out there, so it may not suit everyone. (These "strategies" to romanticize studying are a combination of information that come from "GRIDFITI", "Connections Academy", and myself, therefore it is harder to directly source one specific website and say "according to...". I hope you understand!)

One way to romanticize studying is to make your study area more appealing, for instance by adding posters or images that you like. Eg. Find any aesthetic posters of your favorite color on Pinterest or print a Polaroid of your best friends and hang it up on your wall. Bonus points if you have an [IKEA peg board](#) (or any peg board) to display your things! This useful tool can help organize the items of your choice – whether it'll be headphones (like the image on the right).

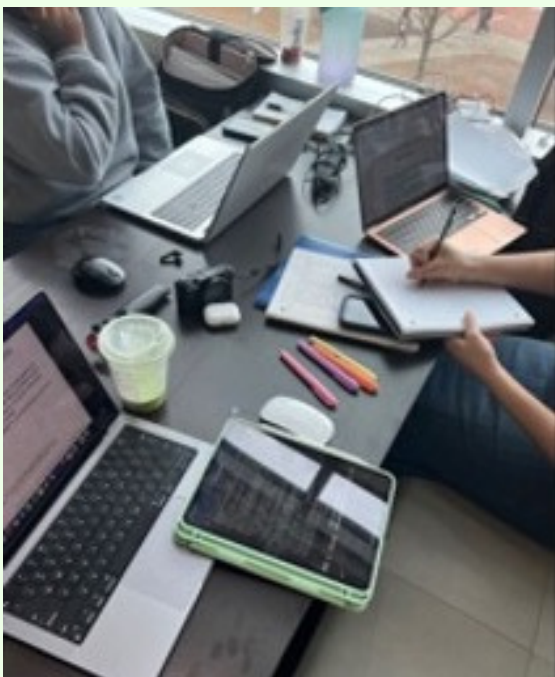


Keep in mind though, that this isn't something you should be doing the night before an important test, and probably do it when you're free (maybe during a break).

Another way to romanticize studying is by making a study playlist full of your favorite songs. However, this is controversial, and is not a method that I can recommend

to everyone. Some people may easily get distracted. But, if this helps make an environment more suitable for you to study, this may be an option as well. If you feel like music makes you more focused, make a nice playlist with a cute album cover on Spotify (or any other music platform!) and play it while you study.

If you're still stuck and can't get the motivation to study, try forming a study group! There's always more fun when you're doing anything with your friends. If you don't understand the material, you can always ask them when you're with your friends. But make sure you don't get too distracted! If the conversation gets off-topic, you could easily forget about studying, so pick who you're inviting to your study group wisely. Another



way to stay focused on a topic with your friends is to use Facetime. Not literally, though. The idea is to put your microphone on mute, and screenshare. This way, you're "peer-pressured" to not procrastinate because you know someone is

always watching you. And if this still doesn't work, go to the public library with your friends as others stare at you and silently judge if you do procrastinate. For once, the peer pressure helps.

To motivate yourself to start studying, there's also a choice of starting a pre-study "ritual", to put yourself in the mood. This could include pouring yourself a cup of coffee or tea, doing light stretches, or basically anything! As long as it tells your brain that it's time to study, it doesn't have to be anything complicated or crazy.

And to inspire yourself, it might be good to make a vision board of your goals. You can display it on your wall and look at it as your study. But, again, you really shouldn't be doing this before a test, but rather when you have time, such as during a school break.

How to write aesthetic, yet effective notes in minutes (Leah)

The final way to romanticize studying is to have pretty notes. But obviously, you'd think: "It's a waste of time!"

and “It doesn’t work effectively”. That’s not always the case! There are easy methods to make your notes nice and clean, and the preparations only take minutes!

Here’s the first step: get a set of pens of the same color palette, especially of your favorite color. My personal favorite color is pink, so I have different shades of pink as pens, highlighters, etc. If you already have these, you’re all set! That took seconds. If not, have fun on your next visit to Loft or Hands to buy stationery.

Second, grab yourself a notebook. Again, this should be something that can easily be found at home. It’s even better if the color of the notebook’s cover is part of your color palette!

Then, write the title of the notes. This doesn’t have to be anything extravagant. You can write the title in a thicker marker to make it pop. It’s that easy!

Now, set your notes aside, and make a key. For example, use a lighter pink highlighter for important information, and a darker pink marker for important vocabulary that needs to be remembered.

Finally, start writing your notes! I advise using erasable markers, so if you do make a mistake, you can always easily erase these. In addition, it might be better to leave our notes for a day before highlighting to avoid smudging. If the subject you are studying for has images or shapes that need to be studied (ex. the shape of a cell), you can use translucent post-it notes and trace the image from your computer or worksheet.

Now, you'll be motivated to actually look at your own notes and make an effort to remember the information that will be on your upcoming tests. However, as I said with other ways to romanticize studying, this won't work for everyone. Some may take more time to do this than others, and it may not turn out the way you'd like. What's best is to use note-taking methods that suit yourself best. This particular method is just about the fact that you can make it slightly more appealing to look at. Examples of aesthetic notes from the author:



How to build stable habits on a daily basis (Euie)

When studying, there are multiple, important elements you need such as knowing how to take notes, making time for at least once a day to review, and reflecting on your mistakes and improvement. These are all habits that you need to increase the progress of your hard work. Now, the real question would be, how do you build these habits? Well, it takes time and patience to see the results of your effort. And so, start small, with a slight change in your daily lifestyle. You don't have to brace yourself for something massively complicated. It'll make you feel pressured and in turn, make you give up faster. Perhaps you could start by taking a look in your Math notebook every morning and just casually read through them.

One of the many reasons why people try so hard to build good habits is to get rid of the negative tendencies they already have and/or to replace them. Examples of such tendencies are waking up late or not studying enough. And so, another way to build a good study habit could be finding out the root of the troubles you have and fixing that instead. If you want to wake up early, perhaps you could go to sleep earlier

instead of shortening your sleep time. If you feel as if you don't study enough then try to find something that'll motivate you, such as making a study group with your friends, or setting yourself up for a small reward every time you achieve your chosen goal.

In order to build habits you need one thing in common: Being consistent with your actions. This is probably the most important thing needed for you to get into a good pace and set the overall foundation for both your body and your mind to get used to the routine. Although your efforts will start small, it'll gradually snowball into an astonishing result. As a bonus, your motivation in general will increase as well!

What habits to build (study methods / habits) - (Euie)

When building habits, it's important to be careful in order to not be influenced into unintentionally getting a bad routine as it can lead to a steady decline of results and increase in procrastination due to pressure and stress, which is common among students with busy schedules such as having lots of clubs or competitions, whether they are related to sports, academics, or art.

And so, I'd like to introduce you to a few of the habits

I have picked out that have helped me out in various ways throughout my school years, especially with studying.

First and foremost is your sleep. Although most of us do have a set, regular sleeping schedule, some, or more than some, don't. This will impact your studying and the results of your major assessments. This is because sleeping is what lets our brain as well as our body take a moment to rest. If we don't have enough sleep, our physical and mental health will deteriorate and our conditions for the entire day will be quite poor.

What also decides the efficiency of our studies is the quality of your sleep. It's similar to charging your electronic devices, really. A shallow sleep, or a low-quality charger, requires more time for you to acquire the amount of energy you need daily. On the other hand, a deep sleep, or a high-quality charger, would shorten and better the time and kind of it. For me, stretching out your muscles and/or listening to calming instrumental music helped. You could also try exercising more during the day, and reading before sleep, which is said to tire you out and help you shut down faster.

Next is note-taking. Although it was mentioned before in the earlier paragraphs as well, that paragraph focused more on the aspects of “how” to take notes and not “what”, which is why I will be explaining two of my own. Now, I’m sure you all have methods of your own along with the necessary information given by the teachers in each subject. However, there are some important bits that come out in the discussions during class that aren’t always remembered.

This is how I take mine to avoid that from happening: Focusing on the connection to the overall topic. After writing down all of the points you feel are necessary, think on your own about how it connects to the main theme and why it is considered important. Keep on wondering and questioning. It is a good skill to have and will develop your brain further. This is mostly helpful for English and Social Studies, but works in other subjects too. Taking selective notes is also good. If you already have partial knowledge of the information being learnt, you do not have to write them down. If you have too many examples, take the one you think you are having the most difficulty with. Only taking note of what you think is challenging for you to

understand can also improve your memory by making you remember the rest as well.

After taking notes, you need to use them to revise and memorize the information from the classes. I mostly use the 2/3/5/7 method. After you learn the specific piece of information, which counts as the first day, you read the notes on the next day (the 2nd day). Then you read it again on the third (3rd), rest on the fourth, read again on the fifth (5th), and skip the sixth one again, and read it for the final time on the seventh (7th) day, hence the name. This does require some effort to keep the days on track when being used for multiple things at once, but whenever I need to study for the test, this works very well for me.

Sometimes, on the days I can't concentrate or my surroundings are too noisy, I listen to music while working on my notes. It helps relax and stimulate my mind to work on the assignments I need to do. I usually listen to calming music in order to focus but usually, it depends on the subject. There are lots of genres you can listen to while studying. Some people might like listening to loud music while others may prefer quiet

ones. I'd personally like to recommend searching up playlists for studying on a music platform.

Now that we've introduced you to building good study habits and using them aesthetically, it is time for you to put it into action! By using these tips we have written, our procrastinating did become lessened! And by using these methods, we hope that you can improve your studies! Thank you for reading this article.

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