

BE A STUDENT
AS LONG AS YOU
STILL HAVE
SOMETHING TO LEARN,
AND THIS WILL
MEAN ALL
YOUR LIFE
— HENRY L DOHERTY

anyThink

DISTANCE LEARNING, A PRISON

If at home for two weeks".

We heard this phrase for the first time on the 4th of March 2020.

These words managed to make thousands of students happy; everyone gives up their homework, stops studying and a wind of happiness arrives in students' homes. However this joy did not last long, because a pandemic had started, and our state was defined "in an emergency situation".



This created "distance learning", which led so many young people to find themselves for hours and hours in front of computers, on platforms such as meet, teams, zoom, and so on. Technology has long been colonising the world, and now we have confirmation. Everything seemed easier, especially the lessons, the way of doing them and the lightheartedness with which we spent the first few days, but with time, the situation worsened. Initially the alarm clock was set ten minutes before the start of the first hour, we had breakfast with the teacher of the second hour and we stayed in pyjamas for the whole day.

We passed weeks and months like this, but with each day became more monotonous and sad, our houses started to look more like prisons. As if that wasn't enough, in addition to the difficulties of staying focused for all those hours in front of a screen, there were also problems with the platforms themselves: wi-fi connections created problems, videocameras and microphones did not work

well, and many more. All these problems destroyed our self-esteem.

There were some people who used to always go out, constantly in movement, so when they found themselves stationary and in front of a screen, locked up in the house, they couldn't stand it. Our freedom was denied! Unfortunately though the real problem still had to come, that was "being able to return to normal". In my opinion this still characterises our lives and will haunt us for a long time.

Distance learning has not only disturbed our study method and our cognitive abilities, but also, our thoughts, our soul and our personality. In fact, nowadays, most young people find it hard to study constantly because all these months spent at home have turned their lives upside down. According to several studies, the risk of suicides among students has increased by 42%, depression of 35.5% and anxiety of 23%, all of this due to covid.

These numbers are just data, but it makes us reflect on how much we young people have been influenced by this "lack of freedom".

Carlotta Bottegal & Silvia Piancazzo

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THE SCIENCE BEHIND STRESS AND LEARNING



ave you ever wondered why there are some days in which you are unable to focus whilst in others you manage to do everything you put your mind to?

According to neuroimaging and mindmapping research, stress and anxiety deeply affect the way your brain works, disrupting your "learning circuits" and neurotransmitters, whilst if you find yourself in a comfortable learning environment, you may experience an improvement in your learning abilities.

Studies of electrical and metabolic activity show how your brain is synchronised with external stimuli (e.g. what you see, hear, touch...)

It is thus obvious that you may be affected by what is taught at school and that some of its activities may catch your interest and, subsequently, keep you focused on the task's goal, whilst in other instances you may find yourself lacking any willingness to keep studying the subject.

What should you do then? Thankfully, this information has led to the development of

new strategies (student centric) to help students learn in a more comfortable environment, where their interests and experiences are taken into account thus leading to an increment in the students' performances.

Positive emotions (the ones that obviously follow an interesting lesson) impact brain metabolism and conduction of nerve impulses through memory area, permitting you to recall things more readily.

Furthermore, the subsequent release of neurotransmitters increases your ability to focus and follow through with a particular task.

Lessons can be stimulating and challenging without being intimidating, and the increasing curriculum requirements can be achieved, without stress and anxiety being the most prominent emotion of the school day. Accordingly, it should be the teacher's goal to devise a way through which their students may find their interest piqued.

Arianna del papa





NEWS FROM A GALAXY FAR, FAR AWAY

rom the world of "Star Wars" in this last period we are receiving and we will receive a lot of news both from the film and gaming industry.

For example just a few days ago we received from the game developer Ea, which in this last decade has collaborated with the Star Wars Team, an awesome trailer on the new game that as they revealed will be released in December: "Star Wars Knights of the Old Republic". It is a new format that is an openworld full of surprises. (qui il trailer)

The series Obi-Wan Kenobi will also be released exclusively on the Disney+ platform on a date yet to be decided. This series will illustrate all the life and adventures of this famous character within the saga, and they will also reveal secrets never

known and adventures never told.

The second season of the Mandalorian is scheduled for mid-March 2022. Here we will continue to see and follow our friendly Mandalorian in all of his upcoming adventures, hoping to also see baby Yoda again. For me and for whoever follows Star Wars, it has become a kind of deity.

We were also told that there will be the release of a series on Ahsoka Tano; a Jedi that attracted the attention of everyone in the series "Clone Wars" with his charisma and his constant witty comments to his master. I personally watched the series and I look forward to this deepening on his figure.

This is all the latest news we've received and I genuinely look forward to more updates from the Star Wars world.

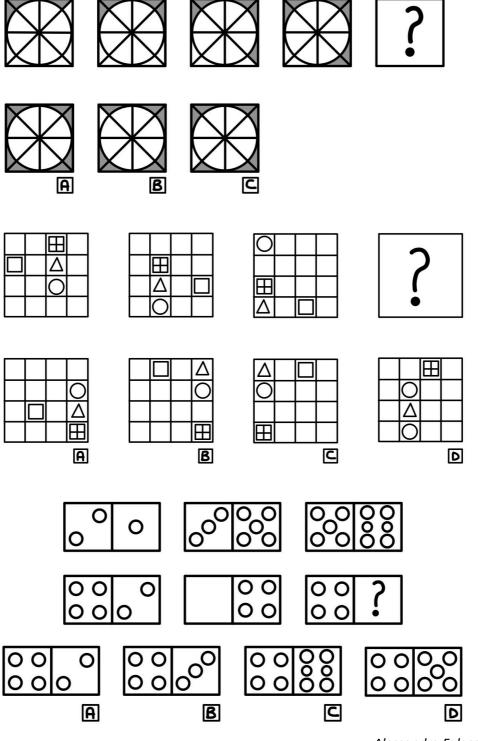
https://www.youtube.com/watch?v=IL-RfE-ioJ8

Filippo Abete





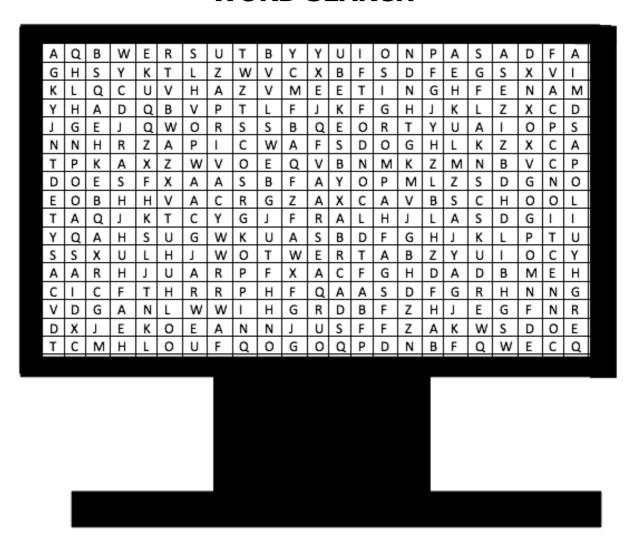
"CHOOSE THE CORRECT ONE"



Alessandra Falasca



WORD SEARCH



Simone Salvatore

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DAD
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PRIVACY
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SHARING
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anyThink is a product of iThink.
Thanks to: Alessandra Falasca, Andrea
Colacicchi, Luca Chisena, Arianna del
Papa, Carlotta Bottegal, Silvia Piancazzo,
Chiara Petrini Rossi, Caterina Bell, Filippo
Abete, Simone Salvatore e Niccolò reggiani

