

THE CELAC STUDENT VOICE

How to Prevent Test Anxiety

by Xinghui Pan (Pam)

Test anxiety is common in students. Those who suffer from test anxiety are not able to complete the study plan in time or concentrate on reading. Currently, it is necessary to face test anxiety directly because it has many negative effects on people's test performance, so here are some suggestions that can effectively alleviate test anxiety.

Effective reviewing before the test can reduce anxiety. Before the exam, people need to do a review plan. They need to understand the scope and content of what they learned and assign the content of exam review to each day in detail. This can make people clearly understand their learning tasks and turn many wide-ranging learning tasks into smaller learning tasks which will make the review process easier.

In addition, people also need to review for a test in a timely manner. Strictly following a review plan helps people to avoid excessive psychological pressure. Also, if people complete the review task in time every day, they can review all the knowledge points in time before the exam, which gives people enough confidence to face the exam.

Finally, people can entertain and exercise after studying. This method can divert attention to achieve the purpose of relaxation. For example, people can go to a concert and relax themselves, go outside for running and compete with others, or see a comedy movie and laugh when they see funny clips. These activities allow people to release their anxiety to review more efficiently after recreation.

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During the test, small changes in behaviors can relieve anxiety. People need to enter the examination room in advance and be familiar with the environment of the examination room, so that they can have sufficient psychological preparation. Also, sitting still for a period can make the heart rate stable. Secondly, people can take deep breaths to relax their brain. For example, they can take a deep breath and let the air stay in their abdominal cavity for two to three seconds and then slowly exhale. Finally, people should read the questions carefully and repeatedly when they are doing the exam. This can turn people's attention to the questions and allow them to focus on the exam questions.

Lastly, the teacher can provide help for students suffering from test anxiety. The teacher's emphasis on the examination must be neutral. Excessive reminders of the examination process and precautions will make students feel nervous. A neutral stance and a relaxed tone of voice is the key to alleviating test anxiety in students. The teacher can express the purpose of the test to the students during the daily teaching process, so the students can understand why they need the test in their daily study. In the end, teachers can motivate their students by providing more help to achieve academic success.

Is Chocolate Poisonous?

by Ying Nian Chen (Tina)

"Chocolate is initially made from cacao seeds, and its first use was by Mayans and Aztecs in the nineteenth century BC. After a period of time, chocolate became a fashionable drink in Europe in the fifteenth century. However, over the course of history, people have wondered how healthy chocolate is. For instance, eighteenth century French philosopher Diderot once speculated that adding vanilla to chocolate gives it "the pleasant scent and sublime taste...but a long experience having shown that it could potentially upset one's stomach." However, a number of studies have found that cocoa is a key ingredient that benefits us humans. The higher cocoa content, such as in dark chocolate, the more benefits it includes.

According to *WalletHub*, 38% of women and 32% of men hope to receive chocolate for Valentine's Day. Apparently, at least approximately one third of people seem to like chocolate. I assume everyone has eaten a piece of chocolate in his or her life. One of the most well-known assumptions is that females are eager to consume chocolate either before or on their period. The main reason is because the components in chocolate are helpful to calm women's mood and release the pain from cramps. However, skeptics might argue that chocolate is unhealthy, so people should not eat.

Why do some people stand against chocolate? Why do they think eating chocolate is harmful? The main factor of this myth is the sugar in it. As most people know, too much sugar can destroy many of our body functions. Hence, we should worry about the artificial additive in the chocolate we eat, but not the original chocolate itself. Plenty of research suggests eating dark chocolate may benefit people's health. I would say that consuming wrong chocolate types or consuming it in a wrong way could be harmful; nevertheless, here are some reasons why chocolate could be a good snack.

First, studies have shown that people who eat dark chocolate frequently have a lower risk of getting heart disease than people who eat chocolate less often. That is because the compounds in dark chocolate help our body to protect against the oxidation of low-density lipoprotein cholesterol which is bad in our blood vessels. In addition, several studies showed eating chocolate regularly may cause less cholesterol in the arteries, resulting in a lower risk of heart disease.



Secondly, eating dark chocolate may improve our blood flow and lower blood pressure. Studies showed that the components in dark chocolate can stimulate our blood vessel to produce nitric oxide. One function of nitric oxide is sending signals to our arteries to relax, and consequently, it would help to lower the resistance to our blood flow and reduce the blood pressure. However, that is not to say eating dark chocolate is the best way to heal diseases caused by high blood pressure. It is just one of the ways to prevent heart disease and stroke caused by blood pressure.

Last but not least, having dark chocolate may benefit your mental health. Some components in dark chocolate have been shown to improve depression and anxiety symptoms. Besides, it may boost the feelings of calmness and contentedness. Several studies in assessing the effects of chocolate have shown improvements in mood. In one study, the consequence reported that participants felt calm and contented after drinking a daily dark chocolate beverage with a high number of polyphenols. The other participants, on the other hand, who drank a placebo chocolate beverage without polyphenols experienced no change in mood. As a result, we could infer that the component polyphenols in dark chocolate have a capacity to settle down the human mood. Thus, we might also infer that this is one reason why some females eat more chocolate while they are on their period, for it helps to calm their mood when suffering from menstrual cramps.

To summarize, consuming dark chocolate regularly could offer some aid to our health. Research has revealed that reducing heart disease risks, improving blood pressure and calming our mood are some benefits. Nonetheless, we have to pay attention to what kind of chocolate and the amount we consume. Chocolate can surely be poison if you eat it the wrong way.

College Life

by Yulin Gao

When I was in high school, I was yearning to go to university. But when I first went to university, I felt differently. It was a sunny day. All the students who passed by me had smiles on their faces. They seemed to like the coming college life so much. But in my heart, I had completely the opposite thoughts. Fortunately, I changed my mind soon. I realized studying at a university, which is far away from my hometown, is a great experience, and I learned to be independent, outgoing, and to broaden my horizons.

That first year, my homesickness felt strong because my university was so far away from my hometown and it was the first time I moved away from my parents to study in other cities. But my roommates were not homesick like me. Their homes were not far from the school, and there were people they knew in the school. Thus, on the weekend of the first week of school, they all went out with their friends at night. I went back to the dormitory after dinner. Looking at the empty room, I did not turn on the light. By the light of the street lamp outside the window, I sat on the bed, looking up at the round moon while my ears filled with the lively sounds of the cafeteria opposite. At that moment, my heart said: "They look so happy. I really miss my family and friends. I also want to chat and play with friends like people who are in the restaurant."

After a few days, I no longer missed home and wanted to make some friends, but it was a little difficult for me as a freshman in college because I am shy when I meet strangers. One night, my roommate and I were walking on the campus with dim street lights. Suddenly, my roommate said: "Are you worried?" I was surprised that she could sense my depressed mood. I told her that I wanted to make friends but I didn't know how to do it. She told me with an excited expression and mysterious tone: "Leave the matter to me, and you will definitely make many friends." Later that week, she took me to the playground where there were many people. Some seniors were performing robots, and others were handing out flyers to introduce their clubs. At that moment, I realized that my roommate wanted me to join a club. Lots of club activities can not only enrich my after-school life, but also help me make more friends. After careful consideration, I joined the student union.



Although joining the Student Union has greatly enriched my after-school life, I still had a lot of leisure time. After half a semester passed, I felt bored because I spent almost all my time in school. I needed to try something new. At this time, my history teacher asked us to visit places of interest. After discussing with my group members, we chose a garden which was built according to the Old Summer Palace. Eighteen Yuanmingyuan landscapes were selected for this garden, including the most famous Yuanying Temple. My friends and I enjoyed and were shocked during the tour. This tour gave me an idea. I decided to visit the scenic spots in my leisure time in the future, which greatly helped me broaden my horizons and understand the past of the city. In addition, not only did I visit the scenic spots, I also tried to learn about other cultures and food. Because my roommates' homes were near the school, they were familiar with all kinds of delicious snacks. I often followed them to taste treats and learn the table manners, which are a little different from my hometown.

One year later, my cousin successfully passed the university entrance exam. Because I was a sophomore, he came to ask my opinion when choosing a school. Without hesitation, I suggested that he should go to other cities to study because studying far away from the hometown is a great and necessary experience.

According to my experience, we can make friends from different regions and learn their cultures. And in our daily study life, we will become more independent and learn to handle various things by ourselves. We will become quite different.



Pam

My name is Pam. I come from China. My hobby is painting.



Tina

I'm from Taiwan. My major was Food Nutrition when I was in the university in my hometown. I like to watch videos, especially Korean dramas.



Yulin

My name is Yulin Gao. I come from China. My major in university is Communication Engineering. I like reading, listening to music, and watching movies.