

THE Olive

DIVISION OF OLIVE MEDIA

“
There are
no shortcuts
to quality.”

Prof. Yan Xiaohong

JSU PRESIDENT

Find out his 3 important
tips for success!

(pg. 19)



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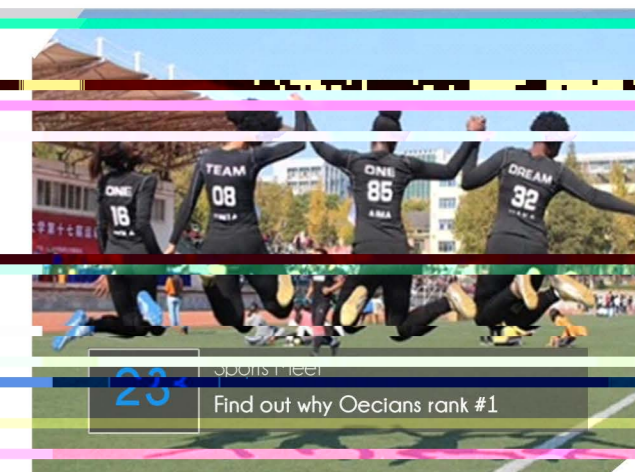
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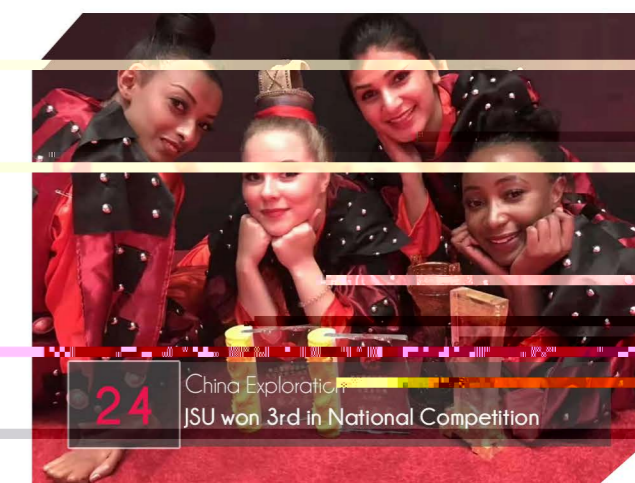
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12th Edition of The Olive Newsletter

The newsletter is a collective collection of work put together by the different branches of the Olive Media Team. It is meant to be an informative, and graphic album showcasing Oecian students' activities, achievements and abilities.

We hope you find our work both inspiring and educative.

We wish you a happy reading.

Olive Media Team

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Message from the Editor-In-Chief

Tiisetso Padima

It is with great pride but with a tinge of sadness that I conclude my term as Editor - in - Chief of Olive Media. I have thoroughly enjoyed designing and editing the newsletter in the past 4 years. When I took over the Editorship at the beginning of 2018, Olive Media was in the midst of a growth spurt as the WeChat Platform and Olive TV were still new.

My goal was to continue the newsletter's upward trajectory and consolidate many of the initiatives my predecessors had implemented, while maintaining Olive Media's focus on JSU foreign students' campus life.

2018 was a big year for the overseas students because in addition to the usual activities, we introduced a few new ones Coffee with Olive, Capturing Sports on Campus, Spoken Word and more. As a member of the team that captured these events, I feel privileged to have had the opportunity to play a part in the continued growth and success of the way these events were reported.

As Olive Media now moves forward under the guidance of the new editorial team we wish the new team the very best. They are an impressive group of talented editors, writers, photographers and designers that will bring new energy and new ideas to the newsletter. The outgoing editorial team congratulates them for agreeing to take on this dynamic and complex task.

With the rapidly changing landscape of how information is published and accessed, no newsroom can afford to stand still. The ever-changing electronic publishing environment offers tremendous opportunities for a publication such as our WeChat platform (Olive Daily). However, there are pitfalls to be avoided. It will therefore be important for the impressive new editorial team to be matched with a comparable commitment for our part, the OEC, in order to successfully realise the teams' ambitions for the Olive Media network.

I have enjoyed working with a team of extremely knowledgeable and dedicated people that includes the Editorial Board, the writers, the photographers, designers and auxiliary members. I would particularly like to highlight the extraordinary professionalism and commitment of Pheona Mckenzie.

With this final word, my editorship comes to an end. It is my sincere hope that those who come after me will, continue to strive to pursue useful initiatives geared at promoting and encouraging the development of learning during their time with Olive Media by being committed to and appreciative of the Olive Media's vision. I believe that there are many exciting times ahead for The Olive.



Message from the Dean

Jing Gao



It's my sincerest pleasure to be back with my warmest regards to all our students. This time we have hit the ground running with the theme of success. We shall win against all odds in order to be happy we need to succeed regardless of the obstacles that we might face. I urge all students this theme amidst all their endeavours, academic, social or work-related.

This academic year we are all about personal and professional development. This is a practice-based skill that will enhance students' capability to work in companies and industries with ease. Students need to work with enterprises and in return enterprises require students' support and innovation to enhance their products. Amongst these will be entrepreneurship training programs that will provide work-readiness oriented education to the trainees. This will enable students to train with affiliated companies and cooperative organizations of Jiangsu university and thus greatly further their skills in their areas of study. I am enthusiastic to share with you about LOE, please are all good!

The Olive test system, yet another new reform, is a platform where students will be able to test themselves on the knowledge they would have acquired. Besides the above, the university is constructing many exciting and greatly beneficial projects, however, for this to succeed, cooperation and commitment will be needed from all students. Students are required first, to be competent, hardworking, and diligent. With all these opportunities are availed to them. Students should strive hard to build a reputation for themselves and enhancing themselves in different areas, from example their extra-curricular activities.

Excellent communication skills are mandatory for working together despite language barriers at times. Communication is key. Interaction between local and international students, is key. We need to have each other's back for our dreams and goals to be realized together. Besides the above, the university is constructing a credit system for students, where the efforts of the students will be recorded in this system and their accomplishments will be evaluated annually.

In closing, I'd like to encourage us to keep on, keeping on!

Dream to succeed, together we can!

Jing Gao

MATERIAL SCIENCE & ENGINEERING

PROGRAM IN FOCUS

Materials, they are everywhere and they are the makeup of basically everything, so it is only natural that there be an entire discipline dedicated to their advancement and development.

Material science and engineering sounds self-explanatory, but you might be surprised to discover its depth and scope. Officially material science and engineering is described as “the study of all materials, from those we see and use everyday such as a glass or a piece of sport equipment to those used in aerospace and medicine.”

Right about now you might be wondering what does a materials scientist actually do? Well here's the answer. Material Scientists or Engineers, through understanding how materials work, can create new materials for new applications as well as develop existing materials to improve performance. They can control the structure of a material, from an atomic level up, so that its properties, for example, strength, can be tailored to suit a particular application. In other words, Material Scientists are the first someone in any and every field is developing a new product with specific material needs. In terms of scope, Material science has a huge impact on societal challenges including:

- The environment and climate change
- Advanced manufacturing
- Renewable and sustainable energy
- Materials efficiency
- Healthcare
- Biotechnology
- Aerospace and transport
- Communications and information technology, to name a few.

Many of those interested in pursuing a material scientist or engineer may be wondering about their employment prospects and opportunities in their degree.

Well the most recent studies have found the following:

Employment of material engineers is projected to grow two percent (2%) over the next ten years. Material engineers will be needed to design new materials for use both in traditional industries, such as aerospace manufacturing, and in industries focused on new medical or scientific products.

However, most material engineers work in manufacturing industries, many of which are expected to have declines or little change in employment.

Demand for material engineers is expected to come from growing fields such as biomedical engineering and three-dimensional printing. For example, material engineers' expertise is used in the development of new materials for new material for medical implants. Research material engineers as they explore new uses for materials technology in consumer products, industrial processes, and medicine. In short, there will be a demand and hence various job opportunities.

In my opinion, a profession that a vast majority of other professions depend on must be a great one.

So, if your ambition is to be a problem solver and creator whose work's influence is not limited to any major or field, Material science and Engineering might just be the thing for you.



Written and compiled by: Gugulethu Jesmine Nyathi & Njaya Cupira

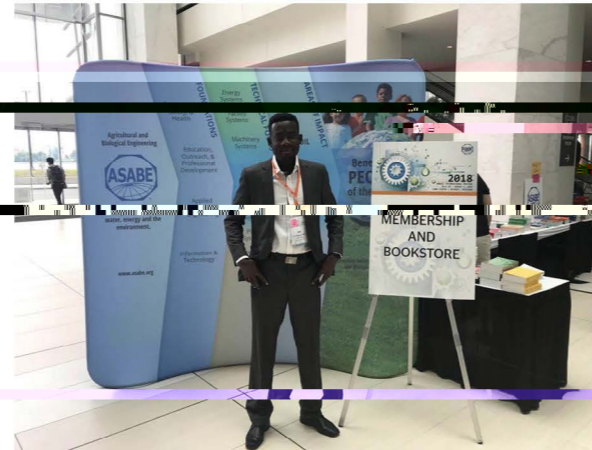
JSU of course offers Material Science and Engineering as a degree program and this is all the info you need!

Degrees Available	Tuition (CNY)	Duration	Scholarships Available
Bachelor	20,000	4 years	First year 10,800 CNY
Master	24,000	3 years	20,000/year on tuition
PhD	28,000	5 years	PhD for you's accommodation covered

COLLEGE NEWS

OEIAN OPK WON IN 2018 RESEARCH COMPETITION IN USA'S AMERICAN SOCIETY OF AGRICULTURAL & BIOLOGICAL ENGINEERS (ASABE)

Detroit Michigan, July 29, 2018 - Mr. OPPONG PAUL KWABENA – (OPK) presented research projects at ASABE conference. He took one of the top 3 positions along with Omid Abari from MIT and Calvin Loncaric from Harvard University. Mr. OPK presented on the topic: 'New Type Arduino Plant Grower (GCKJ)' which is a small automatic Plant Growth Regulator that monitors and supply all the necessary conditions needed for optimal growth.



WRITER: NANA AMA

DIVERSITY CLUB FOR PERFORMING ARTS, 'DISCOVER – NURTURE – PRESENT' JSU TOP TEN PG SINGING COMPETITION

Encouraged and supported by renowned experts, experienced coaches and mentors JSU PG singers realized their dream of a vocal future when October 28 saw two overseas students from the Diversity Club, DJOMO KENZO and LAURENT MWILYE LUKAVU competing for the top 10 positions. The event was organized by PG school and UJS Communist Youth League. The final round then saw individual performances with DJOMO KENZO winning first position and LAURENT MWILYE LUKAVU placing 2nd.



WRITER: GARY

IMSA MEDICAL SEMINAR PATHWAY TO PRATICING IN THE UK

The medical seminar kicked off in grand style on the 23rd of September with a presentation from one of JSU's alumni, Dr Chirag Kukadiya who is currently practicing medicine in the United Kingdom. Mr. Kukadiya delivered an informative session of requirements for medical practice abroad, including the USMLE and PLAB. Kudos to IMSA for a well organized event.



WRITER: NONSO



A BLIND RECLUSE, A HEIST GONE AWRY! "DON'T BREATHE"

Hand in Hand organized its first movie night on Saturday 10th November 2018. The movie selected was "Don't Breathe" and was successful with more than 60 students in attendance, Chinese students inclusive. The purpose of this small activity was to relax the tedious/intensive days of studies and refresh the mind.

WRITER: AMINA ABBA EL-GUJJA

MODEL UNITED NATIONS

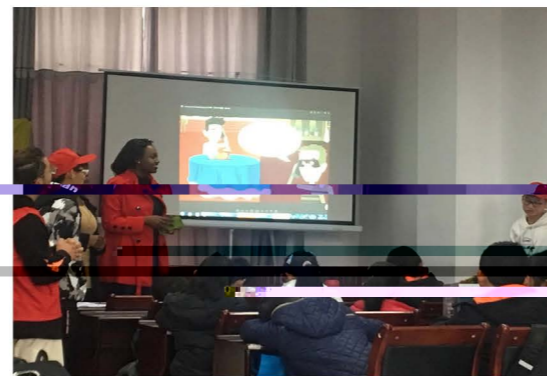
Gender equality, equality between men and women, is the concept that all human beings are free to develop their personal abilities and make choices without the limitations set by stereotypes, rigid gender roles and domestic violence. Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world. On Saturday, October 20, 2018, IBSA held their Third Annual Model United Nations (MUN) to put forward their ideas about this issue. The crème de la crème of the presentations were, Mr. Christian Mandari, Ms. Gugulethu Jemaine Nyathi and Ms. Lujain Farhat.



WRITER: AISHA ALEXIS SUBRIA THOMPSON

JEWELS VISIT ZHENJIANG RENAI SOCIAL WORK CENTER

It was a delightful Sunday on December 2, 2018 when the OEC JEWELS, School of Medicine Youth Association and Zhenjiang Benevolence Social Work Center jointly sponsored by the "Medical Heart Warm Winter Line Series of Activities. Love Run Left Bud" set out to the Zhenjiang Renai Social Work Center in Shiyezhou and successfully carried out a series of engaging activities with these children in order to shed light on the children's lives.



WRITERS : ANGEL AYEBARE JENNY TIBEIHAHO, AMINA ABBA EL-GUJJA, SELINA VIMBAI

OEK HEART- NICE TO MEET YOU

On Sunday October 14, 2018 at the OEC building between the hours of 18:00 to 19:30, the HeART Association organized a "Nice to Meet You" event to welcome freshers and create an atmosphere where each and every participant can have the opportunity to socialize and adapt with campus life.

WRITERS: MANSUUR HUSEIN & NANA YAA AGYAPOMAH

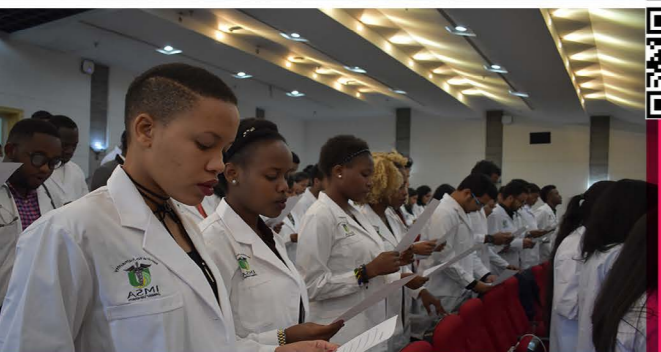
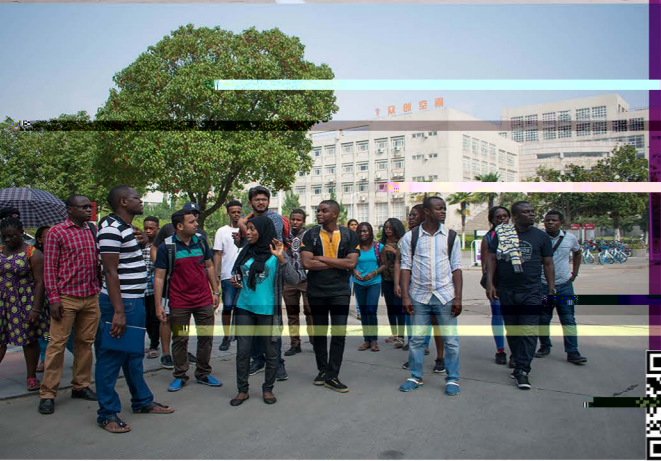


SEMINAR ON INTERNATIONAL BUSINESS BY IBSA & MANAGEMENT SCHOOL

As one of its series of academic programs to improve the students' understanding of how international businesses operate, participants the opportunity to interact with international business experts, IBSA and the Management School invited a renowned business professor to throw more light on the above topic. As scheduled, the program was hosted in Sanjiang building. The speaker, was Prof. Dr. Markus Prandini-Head of Center for Asia Business from Switzerland.



WRITER: MANSUUR HUSEIN



Freshmen Walk

White Coat Ceremony



IE SA Business Seminar

Forum of China

Jiangsu University
FORUM ON
CHINA-AFRICA
COOPERATION
&
DISCUSSION ON THE BOOK
GOVERNANCE
OF CHINA

PICTORIAL NEWS

Summer Camp



Accupuncture Training



Freshmen City Tour



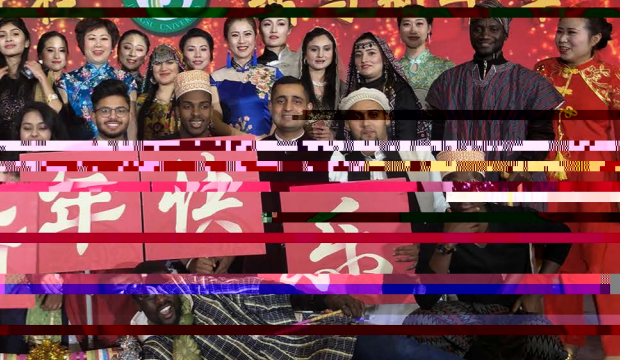
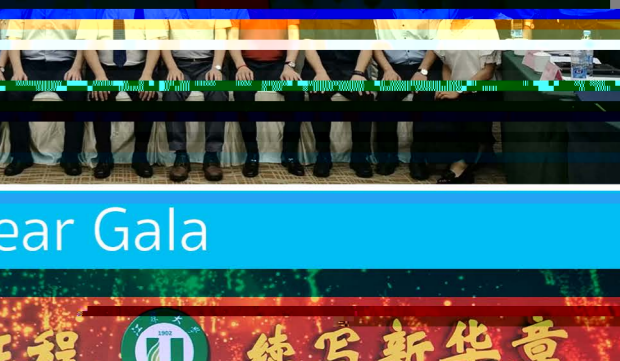
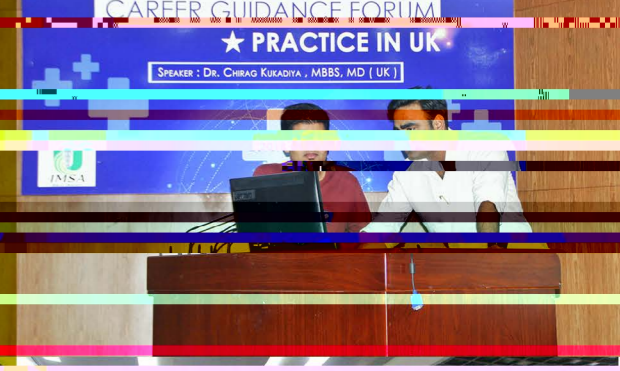
New Year Gala

Visit to Xian



Visit to Xian

ILV Career Forum



Visit to Xian

CAREER GUIDANCE FORUM
★ PRACTICE IN UK
SPEAKER: DR. CHIRAG KUKADIA, MBBS, MD (UK)

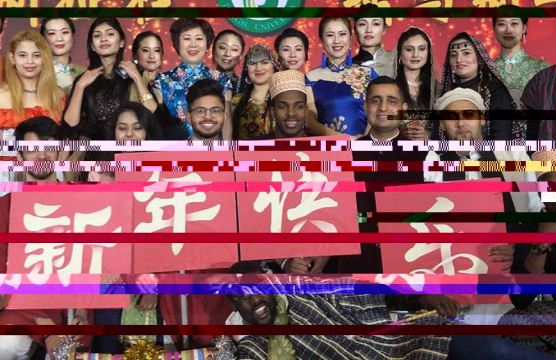
Accupuncture Training

科技部国合司2018年度发展中国家技术培训班
国际腹针疼痛治疗师培训班开班仪式
Department of International Cooperation
Jiangsu University of Education
JW Educational Exchange Center
Therapeutic Training Course



New Year Gala

开启新征程 续写新华章



New Year Gala



Visit to Xian

COLLEGE NEWS

MEDFORUM SEMINAR FOR MEDICAL STUDENTS

A medical seminar was held on Sunday the 30th of September and it was nothing short of excitement for the attendees. The seminar, a venture by the MedForum organization dubbed "Preparing for the Medicine of Tomorrow", had JSU's future doctors informed about the importance of their field and what lies ahead of them as future medical experts. The speakers at the event were Dr. Nicholas Comninellis, an associate professor of Community and Family Medicine at University of Missouri-Kansas City, School of Medicine, and also the founder and president of INMED (USA), Dr. Gloria Francisca Nuer-Allonuvor, a specialist obstetrician gynecologists and the CEO and president of MedForum China, Dr. Paul Adu-Domfeh.



WRITER: CHIMWEMWE MOYO

HEART HELPS FRESHMEN OVERCOME CULTURAL SHOCK

The program was designed to create a platform where students meet to discuss challenging situations or unfamiliar cultures they came across. It involved students sharing their experiences about peculiar situations they faced in China and how they successfully coped. After, the resource persons, Miss Befu, and Dr. Mahmud Abdul-Nazif were invited to give technical advice from the field of Psychology about such situations. Miss. Berfu emphasised that we should focus on similarities rather than differences in cultural exchange. Dr.. Mahmud Abdul-Nazif advised the audience about the tolerance and respect for other beliefs and norms which can create a smooth environment for understanding each other's culture.

WRITERS: MNASUUR HUSEIN AND AMINA ABBA EL-GUJJA



JEWELS ACADEMIC FORUM SUSTAINABLE DEVELOPMENT GOALS

The 2018 JEWELS Academic Forum themed 'Sparkles of Intellect: Are Sustainable Development Goals Achievable?' took place on Sunday, 21 October at a packed JCU auditorium. The forum included the official launch of the JEWELS Financial Assistance Fund. Ms. Martha Coleman (Ph.D. in Finance & Economics) delivered an inspirational speech about the role of students in achieving the SDGs. In her own words, "Any knowledge gained here must be used back home. Any knowledge gained here that is kept in a box means we have failed our nations". This was followed by the head-lining session of the event; The Debate in which the opposition took home the prize.



WRITER: THEONA

GLIMMERS OF INSPIRATION, JEWELS FRESHERS WELCOME

Fun, thrilling, jovial, cheerful, blissful, to mention just a few, are some of the words to describe the wonder of time on Monday the 24th September as JEWELS arranged an interactive activity for the freshers. There were activities, interactive games coordinated by Miss Eleanor, The JEWELS Sports Organizer. These included games such as 'Human bingo', 'Piggies in the middle', 'Water balloon catch' among others.

WRITER: JEWELS PUBLICITY GROUP



OECIANS PERFORM IN 2018 JOY IN JIANGSU COMPETITION

On December 9, the finals of 2018 Jiangsu's Got — Foreign Talent Singing Competition was held in Jiangsu TV Studio. PATRICK OMOLO DJOMO, a Cameroon student of our university, and 3 students from other universities in Jiangsu province together brought the opening song "Fortune Comes from The East", which successfully roused the audience expectations. TAPIWA MANJIZA, a student from Zimbabwe, with some foreign friends sang a classic Chinese poem "Invitation To Drink" in pop style, which was well appreciated by judges and audience. Jiangsu University won the excellent organization award in this year's "Shared Joy in Jiangsu" Foreigner Singing and Talent Competition.



WRITERS: TAPIWA



25TH TRI UNIVERSITY INTERNATIONAL JOINT SEMINAR AND SYMPOSIUM .

Studying at JSU does not only give one the opportunity to catapult his/her academic dreams, but it also opens a global chance for one to share his knowledge on the international arena. Unsurprisingly, the fruits of his Ph.D. colleagues such as STPK and Gabe Tapano, OZGIAN P. PREEA and JUDITH P. SANDRA, the Environment and Safety Engineering from Ghana, joined the JSU academic delegates for the 25th Tri University International Joint Seminar and Symposium 2018 hosted in Chiang Mai University (CMU), Thailand.

PG ACADEMIC CLUB GIVES SPSS TRAINING

October 13th 2018, saw PG Academic Club organizing training for OECians on Statistical Package for Social Sciences (SPSS). At a time when the amount and availability of data is exploding, PG Academic Club SPSS training was to harness OECian's unique data flow to uncover new insights with SPSS analytic solutions. Instructors prepared students for the volume and velocity of business critical information with a series of real-world scenarios and exercises. Thus helping students take full advantage of year 01-05 big data and cognitive systems.



ISSA COMBINED SPORTS WEEK

ISSA made the national holidays energetic and sports-filled by organizing combined sports week for freshmen and seniors and also to find potential talents that have come to OEC this year. The events were as follows: OEC 2018 INTER-DEPARTMENTAL FOOTBALL, BEACH VOLLEYBALL & FOOTBALL, BADMINTON TOURNAMENT, CRICKET TOURNAMENT and TABLE TENNIS.

WRITERS: OPK & ISSA





BUSINESS SEGMENT

Impact of AI on Human Resource

After graduating we all need to get employed and get a good paying job, but with the rise of AI, are our degrees sufficient to maintain us within the developing economy of AI?

Some might not know what AI is, so let me break it down for you, Artificial intelligence is a term for simulated intelligence in machines. These machines are modified to "think" like a human and mirror the way an individual act.

Translators to help us break the language barriers and most importantly Alipay and WeChat pay #cashless society, there is no need to walk around with cash. Smartphones are apt and every day is an example of how we use artificial intelligence. In utilities, we find that they can predict what we are going to type and correct the human errors in spelling. That is machine intelligence at work. A robot professional are exploring in the field of agriculture when we used to go to Pakistan, China and other countries, we can now pay in the comfort of our homes online.

the appropriation of mechanization, mechanical autonomy and AI is quickening within the working environment drastically, displaying a real opportunity to use it in our working conditions that would maximize the esteem of both people and machines. When human resource think about artificial intelligence, the first thing they think of is machines and robotics taking their roles in the workplace, but that's not always the case.

Here are some factors that can cheer you up for a while, before we flip the coin to the other side.

Human Error Reduction:

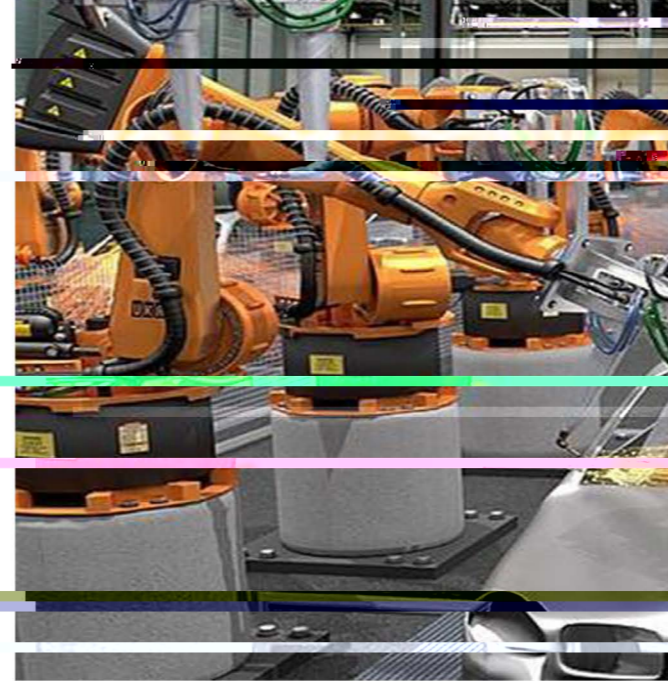
Artificial intelligence helps us in reducing human error and increase accuracy with greater precision is a possibility.

Difficult Exploration:

Artificial intelligence and the science of robotics can be put to use in mining and other fuel exploration processes. Not only that, these complex machines can be used for exploring places where humans can't reach.

Daily Application:

Computed methods for automated reasoning, learning and perception have become a common theme in our everyday lives. As for recent students in China, it also helps us with location services on WeChat,



Medical Applications:

Medical professionals are often trained with the artificial surgery simulators. It finds a huge application in detecting and monitoring neurological disorders as it can simulate the brain functions. Robotics is used often in health care to help patients to come out of depression and remain active. A popular application of artificial intelligence is in radiosurgery. Radiosurgery is used in operating tumors and this can actually help in the operation without damaging the surrounding tissues.

Of course, a coin has two sides, here are the downside of AI

High Cost:

Creation of artificial intelligence requires huge costs.

No Replicating Humans:

Machines do not have any emotions and moral values. They perform what is programmed and cannot make the judgment of right or wrong. they cannot take decisions if they encounter a situation unfamiliar to them.

No Original Creativity:

Do you want creativity or imagination? These are the forte of artificial intelligence. While they can help you design and create, they are no match for the power of thinking that the human brain has or even the originality of a creative mind.

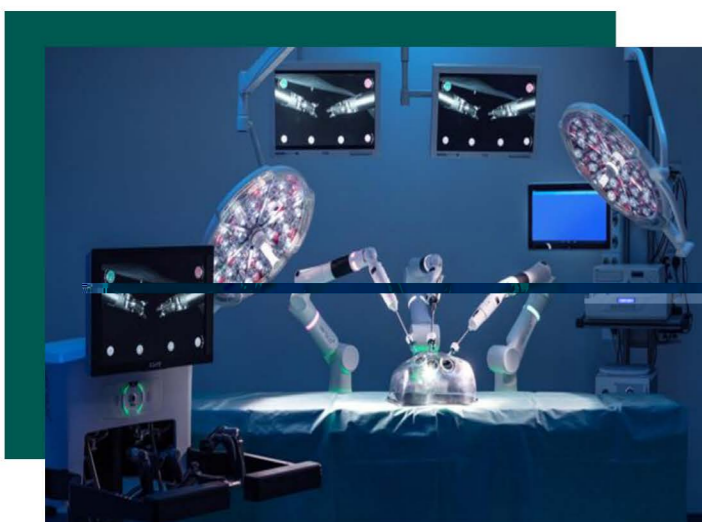
Human beings are highly sensitive and emotional intellectuals. They see, hear, think and feel. Their thoughts are guided by the feelings which are completely lacks in machines. The inherent intelligence of the human brain cannot be replicated.

'HUMANICS'

As an accounting student , I fear for the after college life because of the rise of Artificial Intelligence. Some might think I'm being paranoid but I might not be the only person walking down this road. As the inventor of wireless lines once said "I want communication that uses waves" and his friends made him to be admitted in a hospital because they thought he was paranoid , but here we are , talking about AI , so my main question poses like this , how should we prepare for AI as students?

Well in my opinion I think, we should plan and execute an educational module that engages people to carry out those responsibilities no one but people can do (if humans) has educational modules for students with three skill levels: specialized proficiency, information proficiency and human education, (for example, collaboration, enterprise, imagination, morals and social dexterity). At that point it incorporates them, enabling students to build up an imaginative attitude and the psychological versatility to develop, find and deliver unique thoughts in the A.I. age. indeed, even as brilliant machines end up more astute, we will at present need people to dispatch new organizations, take part in worldwide tact, and oversee various groups or other individuals

Writer: Walter M. Changka



Medical Segment



PAIN - AN UNLIKELY COMPANION

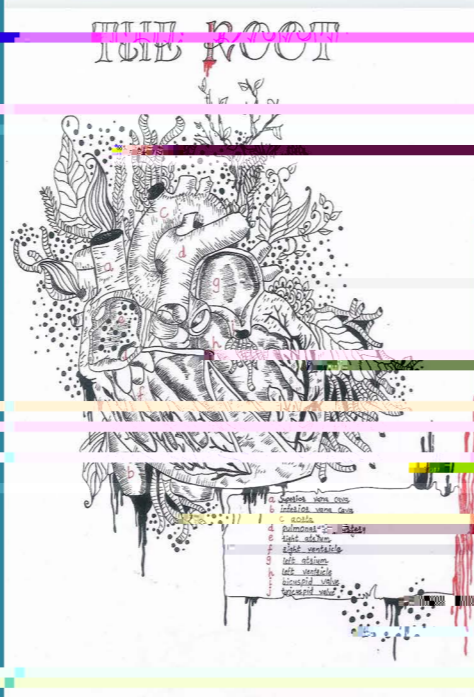
Imagine not being able to feel any kind of physical or emotional pain. Sounds pretty cool right? One can only imagine the kind of death defying stunts they would perform regardless of whatever happens, after all they wouldn't feel whatever happened if things where to go wrong. For many people pain is thought of in a negative way. It is seen as nothing more than a source of major distress, an emotion we shouldn't have to experience and even a nuisance. One has to ask though; is pain simply just a negative phenomenon? What is pain anyway?

Concept of Pain

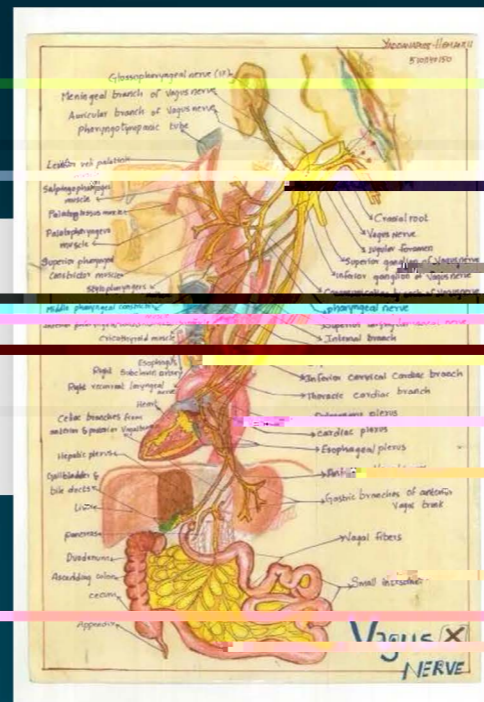
According to Merriam-Webster, pain is defined as 'localized physical suffering associated with bodily dysfunctions' or 'an unpleasant distress or disturbance. From these very definitions, we can see how pain is viewed in an almost entirely negative aspect. However, from the last part of the first definition, we can see that there must be more to pain than what we commonly believe it to be.

How is the sensation of pain produced?

When one thinks about how we perceive the sensation of pain, the first thing that should come to mind is the body's Nervous System. The Nervous system acts like a superfast highway that is responsible for receiving, conveying and interpreting various sensations or stimuli. It comprises of three main parts: Sensory receptors, Nerve fibers and the Central nervous system.



The Root by Bodar Deven Atulbhai



The Vagus Nerve by Yaddan...

Sensory receptors:

These are points located throughout the body that are stimulated by any changes in temperature, pressure and pain. The distribution of receptors is not even, and this greatly influences organ sensitivity to pain. The skin is an example of an organ with a very high number of sensory receptors, the gut has relatively few. Interestingly enough, the brain itself has no receptors at all.

Nerve fibers:

These are a special group of specialized cells that are responsible for transmitting the sensation of pain from the receptors to the central nervous system. They do this at an astounding rate of 30-50 meters per second. Nerves that transmit stimuli from the receptors to the central nervous system are known as *Sensory neurons* while those that transmit information from the Brain to the effectors, such as the muscles are known as *Motor Neurons*.

The Central Nervous system:

The Central Nervous System (CNS) is composed of the Brain and the Spinal Cord. The CNS is the main processing center for all sensory information and it decides the next course of action and transmits this information to the motor neurons. These neurons with the help of different effector organs such as muscles react to the stimuli received. This whole process, mind you, is taking place within a fraction of a second. It's thanks to this incredibly fast reaction time, that we are able to flinch whenever into contact with a hot object without giving it a thought.

Types of Pain

Pain can be felt in two different forms which are sharp and dull. Sharp pain is localized in one area. This type of pain is usually brief and is mostly felt by the skin. Dull pain or slow pain primarily originates from internal organs. It is a more widespread pain that can radiate to other areas that are not within the immediate vicinity of the affected organ. A perfect example of this is the pain that radiates into the neck and left arm during a heart attack. This type of pain is easily relieved by Opoids, which are a type of powerful pain killers. There some instances, however, when dull pain can be extremely painful such as the death of an entire segment of the brain during child birth.

'They feel no pain'-Congenital analgesia

Congenital analgesia is an extremely rare condition which renders those afflicted insensitive to pain from birth. They are either able to feel it but cannot produce the necessary response or they cannot feel any kind of pain at all. At first glance it seems like a blessing, but as we take a deeper look at the phenomenon, problems begin to surface. Those who are born with this condition leaves people susceptible to injuries, which in most cases go unnoticed and become infected. Places in which injuries mostly occur include the oral cavity and the conjunctiva of the eye. Congenital analgesia is believed to be caused by a genetic mutation on the gene SCN9A that is responsible for generating and transmitting pain signals to the spinal cord and brain.

The lifespan of most people who suffer from this disorder is actually quite short because of the frequent infections they are prone to experience and their inability to sense when something is going wrong within their bodies. This indeed highlights the importance of pain in diagnosing most of the illnesses we face. It is our body's way of speaking to us as it informs us of any harmful substances that reach our bodies as a warning sign for imminent disturbances (like the pain we feel in our bellies when we over eat that's the body telling us to stop). It also indicates the severity of a condition. It is the terrifying feeling imminent doom felt during a heart attack or the massive headache of a subarachnoid Hemorrhage. It can be safe to say that pain is indeed the savior.

So the next time you feel any kind of pain, as opposed to simply brushing it aside or drowning it with pain killers, take a moment to analyze what type of pain you are experiencing, how long you have been experiencing it and if possible notice any other important symptoms you might have felt recently. These few questions can help you understand why you feel the way you do. It is very important to note if you are consistently bothered by pain, seek the help of medical personnel as they will help guide asses your health condition. Always remember your pain is not your enemy, it is your companion, not your enemy.

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UP CLOSE WITH JSU PRESIDENT

DR. YAN XIAOTUNG
顏曉鈺

"Develop a passion for learning. If you do, you will never cease to grow. Anthony J. D'Angelo"

“ I am driven by diligence and commitment and this has impacted on my work as JSU President. I simply lead by example, since all eyes are on me I explore different ways to influence the staff and students to greater productivity. This is a big goal and consistently we are working towards its realization. ”

Give us a brief introduction on your professional career before Jiangsu University.

I started my professional career as a teacher in Xiangtan University, Hunan in 1986 and within one year was appointed as the Dean of the Physics Department. The Physics department made great success and innovations and this earned me another promotion in 2000 as the Director of Science and Technology Office.

In 2004, there was a need to join the scholars and experts in Nanjing University of Aeronautics (NUAA).

Through hard-work and dedication I was appointed as the Dean of the College of Science, Nanjing University of Aeronautics and Astronautics (NUAA). Within a span of 4 years, my scholarly, leadership and management experience as the Executive Vice Dean of the NUAA Graduate School (2007) and as the Director of Human Resource Department in 2008 exposed me greatly to University administration.

Again in 2010, I was appointed as the Vice President of Nanjing University of Posts and Telecommunications and in 2017, I was appointed as the Vice President of Jiangsu University.

What qualities do you look for in the people around you?

My experience and knowledge with working and relating with people at all grades of the society has been educative and informative. We all belong to different families, culture and the basic qualities which I look for in people are mutual respect, love attitude, tolerance, compassion and discipline.

What is your typical day like?

I am usually awake as early as 5:30am and study till 6:30 am, then do some physical exercises for approximately 30 minutes. Thereafter, I get ready for my daily task and am always in my office latest by 7.40am and sometimes work till 10 pm.

What is your research field of interest?

My interest in Physics and its importance to the science and engineering field enabled me to pursue my Doctorate degree in the prestigious Chinese Academy of Sciences Institute of Solid State Physics. My research interests include the physical properties of nano structural materials and quasi periodic structures. My early discoveries and publication were on the theoretical method to study the physical properties of quasi periodic structures. In 1994, I was a Visiting Professor in the Center of National Research Science in France in the lab of Professor lochum Bruno and researched on Nano structural materials.

Do you have a role model?

My role model is the former Prime Minister, Zhu Rongji. I am inspired by his sterling qualities, diligence and unflinching care for the peoples interests and welfare.

What's your work ethic?

To exceed expectations and put all my efforts into everything I do.

What is your opinion of overseas students?

International Students bring diversity to the University and this enriches the internationalization, level of cross-cultural communication and exchange. I feel delighted with the scholarly achievements of our International Students and the various innovations they have showed in the University. I am so proud of their abilities to represent JSU.

I feel delighted every time I hear of their achievements at local, regional level and International level. Jiangsu University truly cherishes their contributions and would continue to create more opportunities for them.

Who has influenced you the most in your life?

My parents are my greatest influence and have played active roles in nurturing and instilling essential virtues in my life. My father was an Engineer and taught me the value of responsibility, diligence, focus and perseverance. My mother is an excellent teacher and has instilled the art of listening, respect and compassion for others.

Have you had any particular experience that greatly changed your outlook on life and if so what was it?

As you grow, it is possible to have many experiences that influence your outlook on life. One such experience was the teamwork displayed by both Chinese and International Students in various competitions, activities and their achievements remains a memorable experience. It was during the sports meet when the students won the 1st prize in the "challenge cup" national competition, the sports meet and other activities. The level of teamwork indicates that if work together we can achieve more. Our students are great!

What advice would you give to a young professional about balancing their personal life and professional life?

Work-life balance is essential for productivity and a healthy lifestyle. It is important to use effective time management to ensure that neither suffers at the expense of the other.

What advice would you give to students when are in their first year and advice to students in their final year?

I remember when I was a first year student, I had many questions and expectations, however with the guidance of my parents, colleagues and teachers it was easy adjusting to University life. I advise 1st year students to fully immerse themselves in their new environment, develop a strong social network, remain focused on their education goals learn Chinese language, develop their talents and skills through participation in activities.

Every final year student ought to have gone through positive transformation in terms of skills development, competence, creativity and communication. They should be encouraged to be innovators in their chosen careers and make positive impact in their respective fields of study.

To exceed expectations and put all my efforts into everything I do.

3 IMPORTANT TIPS

PUNCTUALITY. ALWAYS ARRIVE TEN MINUTES EARLY.

THERE ARE NO SHORTCUTS TO QUALITY.

BE PATIENT AND LISTEN.



“一带一路” 2018“Belt and Road” Forum
农业现代化 Agricultural Modernization
国际合作发展论坛 International Cooperation and Development on Agricultural Modernization
主题：理念与模式创新 INNOVATION ON IDEAS AND MODELS

THE LIFE OF HEIGHT



How Do They Do It?

Economists posit that all other being equal for the same age, sex and education, taller people earn more income than the shorter peers. However, consistently the Argentines have produced maestros in the world of sports (Maradona, Messi) who disproved this theory al-beit one of them needed neurohormonal stimulation to attain this.

How come Mother Nature dishes out more resources for same effort based on physique and if this evolutionary advantage of height is true then does it necessarily vindicate genetic enhancement for an economic reason. A cursory glance at visa application grant rate shows it to be higher for the African countries of enhanced physique.

What really is the economic and biological utility of height? Appearance can be deceptive because some manipulation requires lower centers of gravity to adapt to change and stability.

What coup de grace comes with height? Other than reach of higher things, what evolutionary advantage did it confer on the giraffe in addition to making it more visible to prey. The bigger and taller Dinosaurs succumbed to the evolutionary pressure whereas the more nimble and agile mammals with bigger minds conquered the terrain.

“ Height affects how individuals regard themselves, which is self esteem, and how individuals are regarded by others, called social esteem ”

The shorter Orientals tend to outlive the taller Occidentals, Saul was the obvious choice but David a truer King. We need them both the giants and dwarfs. How do we correct this primitive bias? Even when it comes to the watchmen, height seems to matter. One wonders what that has got to do with vigilance and circumspection.

Well, maybe the taller neighbor does not need to straining to eavesdrop but perspicacity allows even the average man to read minds and lips as well. Height may even be pathological just as dwarfism may be an anomaly. Well with height medius titisimus est. the deification and glorification of height has led to too common a phrase as "we look up to God" this has led to its masculinization as well. Perhaps this is why the taller is known to be able to grasp and bring the sweeter fruits of the Heavens. Anyway some roots are equally sweet.

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SPECIAL FEATURE RESEARCH: MATERIAL SCIENCE

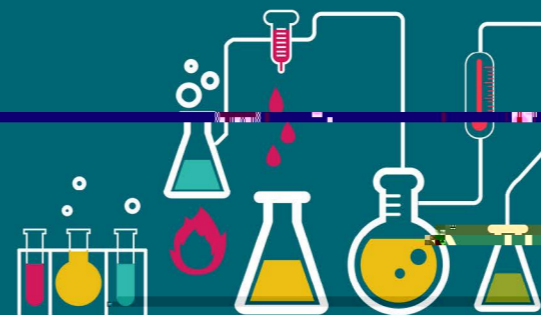
Chaneez Maashri

How has it been studying in Jiangsu University especially in School of Material Science?

Jiangsu University has a peaceful and amazing environment which has allowed me to find comfort. I have been exposed to a positive and wonderful community and the staff have been very helpful.

What your research area?

I will be focusing on manufacturing a non-platinum catalyst for Oxygen Reduction Reaction. Whereby when present in a fuel cell or any other equipment can be used to catalyze the reaction.



Why did you choose this area?

Dealing with chemicals in this field has been my specialty since I started with my Bachelor. Another factor is that over the past few years fuel cells has received recognition for their potential to being the future of a green energy system.

What is the aim of this research?

The aim is to find a non-noble metal to replace platinum as a catalyst for the oxygen reduction reaction in fuel cells. Whereby a fuel cell is a device that converts chemical energy of a fuel and oxidant to electricity.

What are benefits of graphene?

Graphene is a carbon molecule that is thinner than hair and stronger than steel. Graphene also has an important role in providing electricity and is used in manufacturing materials needed for medical purposes as well as other engineering products.

What kind of impact do you want your research to have in the science industry?

The use of platinum has created major expense problems that has reduced the use of fuel cells. Therefore providing a better way to improve oxygen reduction reaction in the cheapest and easiest way possible. Thus increasing the use of Oxygen Reduction Reaction with the non-noble metal graphene.



So far what difficulties have you faced?

A common mistake some people usually make myself included, is not writing down every single thing they observe or analyze thinking they will remember the following day or in three months' time. Making it very difficult to redo some experiments again, so every single detail is important no matter how small.

What advice would you give to other students who face difficulties during their research?

Funny thing is I am going through the same thing but what I have realized about doing a research is that the difficulties only last for a moment. However, the research articles that you research even though I may not understand, but once you start doing experiments and getting results the articles will make sense.

A few tips on writing a good Scientific article

First I would like to advice people to give themselves a deadline in order to have enough time to read and write at a proper pace. Secondly it is good to play around with words in a way that would interest your reader.

Interviewed by: Maddy

JSU 17TH SPORTS MEET



DECIANS RANK #1 FOR TRACK & FIELD & GROUP

Jiangsu University's flagship Sports Gala, the 17th annual sports meet held on the 2nd and 3rd of November came back with new springs of possibilities and mind blowing surprises. The Dongshan Playground was the battle ground and lift off was scheduled for 7:30am. Many guests of note were in attendance including the JSU's Party Secretary Yuan Shouqi, President Yan Xiaohong. The event opened with a beautiful ceremony including wonderful, coordinated parades and performances by various college departments.

HIGHEST MEDAL WINNER:
CHISAMGA BVALYA

MOST EXCITING RACE:
4*400M RELAY

NEW FACES:
BOLA AND ATMA

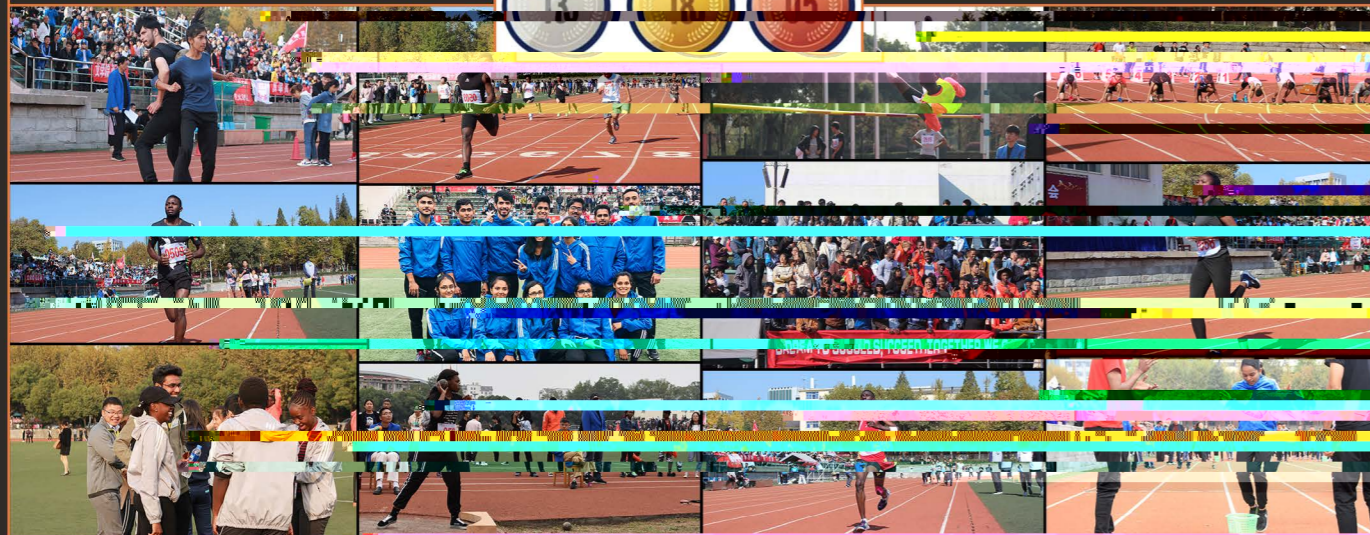
BIGGEST SURPRISE:
TARIRO

TOTAL MEDALS: 36

13

18

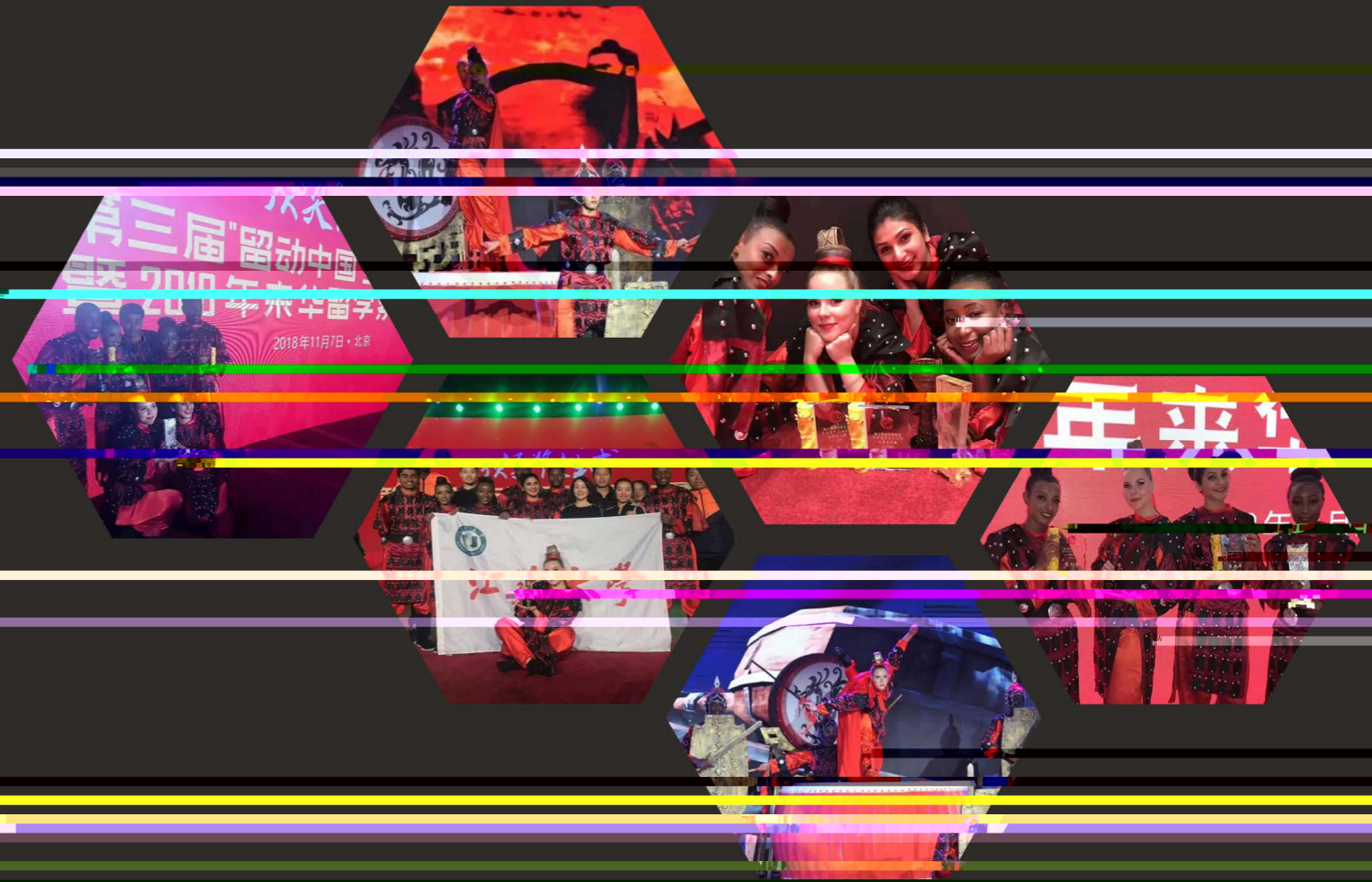
05



JSU RANKS 3RD AT THE NATIONALS CHINA EXPLORATION

The finals of the annual China Exploration, initiated by the Ministry of Education and hosted by the China University Sports Association, was held in Beijing from November 5th to 7th. After intense competition, the excellent performance of the JSU team made of 9 international students and 2 Chinese students from 8 countries finally stood out, ranking third, among the 16 teams of national...

This year's China Exploration finals involved more than 200 overseas students. Since competition events were orienteering, 3X3 basketball and sports art exhibition. All these three competition events were extremely demanding for the athletes and each result of the events would affect the ranking. The JSU team prepared well for the competition and all the participants took full use of their spare time for the training. Their efforts were paid back with winning the first place in both Jiangsu and Southeast regionals and got their ticket to the finals.



The "China Exploration" has become a classical cultural activity for the nearly 500,000 overseas students in China. Three levels for the whole competition are provincial, regional and national level finals. The competition is being more helpful to promote the overseas students' understanding of Chinese traditional culture and customs, enhance the friendship between Chinese and overseas students, strengthen the communication among universities and promote the level of internationalization of the education in China.

2018 JSU'S MOST TALENTED



JSU's Most Talented Results

- Champions: The Everglades
- People's Choice Award: The JSU Rockers
- Most Creative Performance: 文海界限
- Most Entertaining Performance: Classic Beauties
- Most Energetic Performance: 515 & Rhythmic Squau
- Most Popular Team: Laurent & the Beauties

The closing ceremony of 2018 Belt and Road Forum for International Cooperation and Development on Agricultural Modernization and Closing Ceremony of JSU 8th International Culture Festival was celebrated along with 2018 JSU's Most Talented Competition. The event was graced with the presence of leaders who joined the Belt and Road Forum.

Now, to get the audience well relaxed and prepared for the various performances, there was a Guest Performance "Drum Dance" which won 2nd in Sports Arts Performance of 3rd China Exploration National Finals. It was indeed one of the best events on campus, as the whole auditorium was filled with excitement and joy.

8th ICF Awarding Ceremony Results

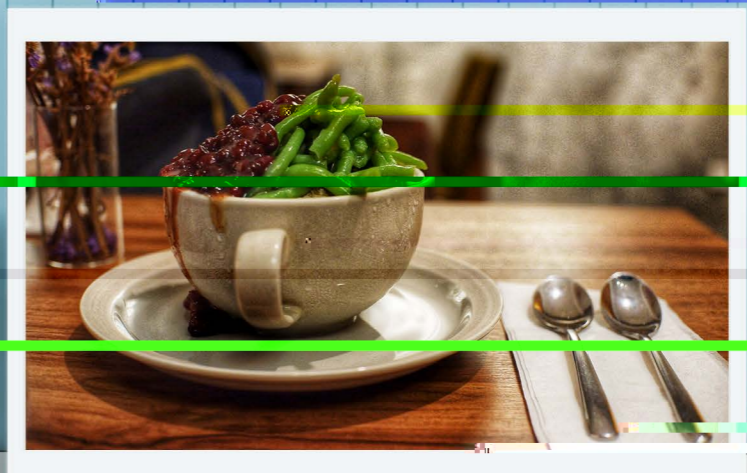
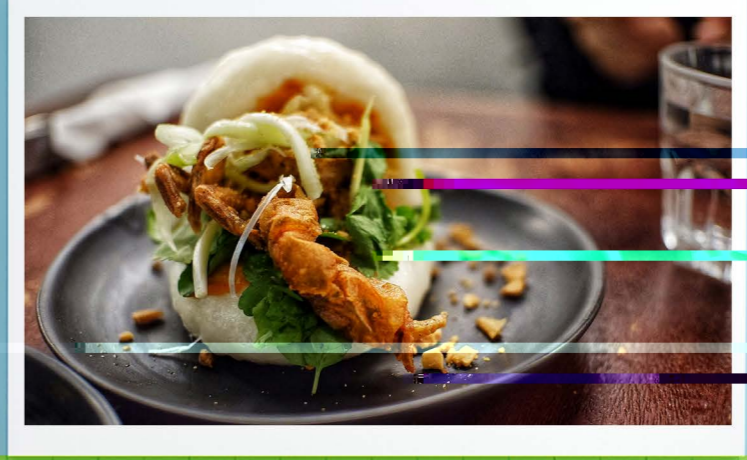
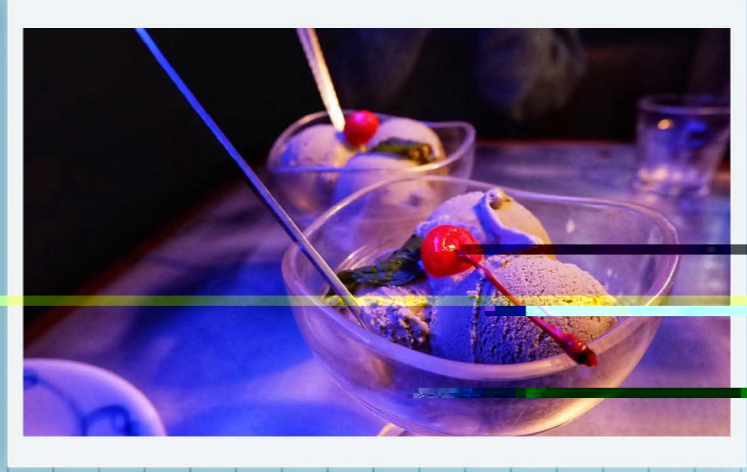
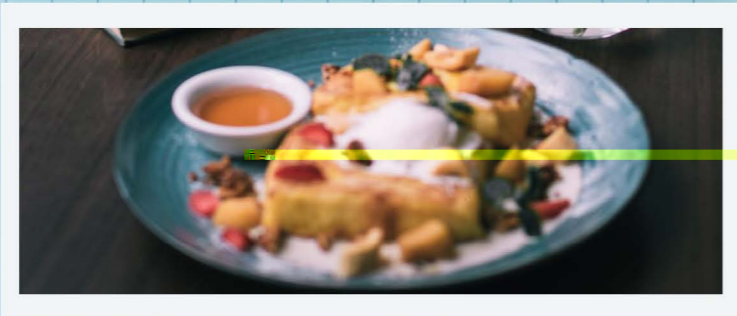
- Best Country: India
- Best Culture Exhibit: Pakistan
- Best Food Exhibit: Ghana
- Best Performance: Zambia
- Most Popular Country: D.R. Congo

After auditions and semi-finals, 104 Chinese and foreign students competed in the finals as 9 teams. A variety of performances amazed the audience as the show was broadcasted live.

All the contestants performed amazingly well for the amusement of the audience which at several intervals, attracted a lot of applause. Yes, they all did extremely well but only one person must take the ultimate prize.



FOOD PHOTOGRAPHY





motivated

AISHA A. Thompson

Your biggest epiphany in life: moments of life-defining change that shaped you into the person you are today:

When I was 8 years old, I watched with pride as a young Jamaican girl, Jody-Anne Maxwell, won the Scripps Howard National Spelling Bee that was held in Washington D.C. After attending one of the most prestigious high schools in Jamaica, Ardenne High School, and I remember in that moment I informed my mother that I had decided that I would work hard to matriculate to the same high school, (which of course I did)

What drives you in life? I am deathly afraid of failure, and this fear, along with the notion that I may not be enough always motivates me to do my best.

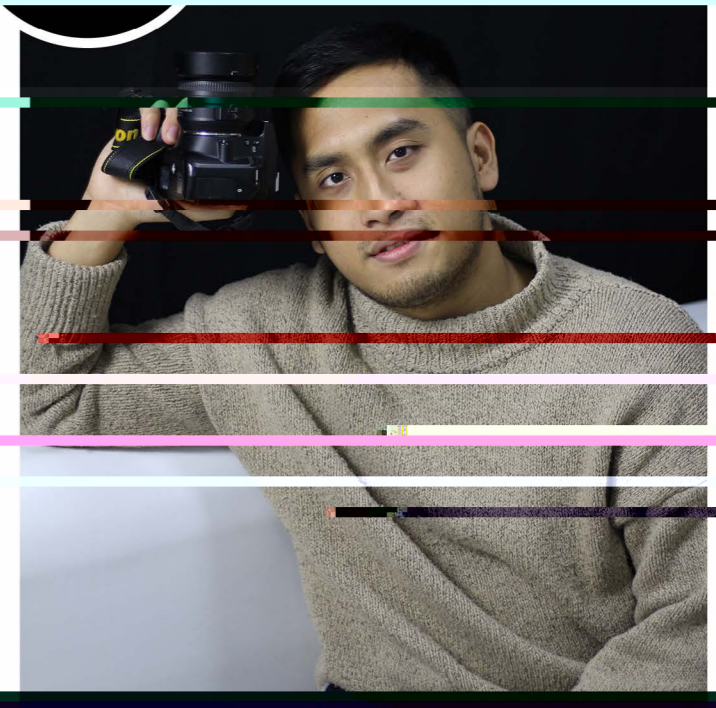
Who is your role model and why? My Mother, she is an intelligent, strong, courageous, hard-working and determined individual who despite all obstacles and limitations always perseveres and gives her 110% best.

What fictional character would you be the most excited to meet in real life? The entire cast of Game of Thrones, minus the Lannisters, but Tyrion is the exception to that rule of course

What is the best purchase you have ever made? My best purchase hands down is the first piece of furniture I bought being my first ping-pong table.

PAUL V Haoken

inspire



What keeps you going in Photography? Photography allows me to give people a pleasing image and hopefully to strike them with awe. Especially when you combine Photography and designing together, you can create jaw-dropping images and this is one of the things that keeps me going in Photography.

Favourite holiday destination and why? My favourite holiday destination is my trip to Singapore last 2018 because I went there with my mom and sister and had the opportunity to explore new places.

What three things do you need to be successful in photography? Passion. Experimentation. Aesthetic Eyes.

Favourite sport and why? Basketball changed my life and molded me to the person I am today. During the trainings, I met a lot of new people, I started to get better, and found myself loving the sport. It is also the sports that made me realized that dedication is one of the most important things in life.

Describe yourself in one word. Goal oriented.

TAPIWA Mandoza

Can you briefly introduce yourself?

I'm Zimbabwean by nationality. My motto "Be independent, creative and positive".

How would your best friends describe you?

Warm, responsible and trustworthy.

Any advice to future doctors such as yourself?

Medicine is from within, you don't have to be a nerd to become a good one, you have to be passionate about it.

If you were to change one thing in the world, what will it be? Time, if that was possible I would slow it down a little bit.

How do you stay motivated?

-As a medical student, it can get extremely stressful at times especially when you put more time in studying and powering through the assignments and lab reports. so to ease the pressure I engage myself in extra curriculum activities be it IMSA role or Olive Media, whilst I am doing these activities to release the pressure I will be figuring out a way to breakdown the workload, before I even know it I would have found a solution to my problems and this is how I get by.



independent



ambitious

PHEONA Mc Kenzie

Share with us something about yourself that you are improving especially as the new head of design.

Currently, I'm trying to improve my communication skills or more widely, my social skills. Being an introvert does present some difficulty in interacting with others. By the time I enter the

How did you handle criticism?

I think everyone is somewhat sensitive to criticism. However, I believe that criticism is necessary for improvement. You can always interested in feedback in everything that I do. Whether that feedback is positive or negative (criticism) is irrelevant to me. It's about using the information given for improvement.

What is your greatest strength?

I could be wrong but I believe my greatest strength is my ability to always be rational and think logically.

Who is your role model and why?

I have no role model. But I admire the revolutionary spirit of Fidel Castro, Nelson Mandela, Forbes Burnham, Marcus Garvey, Martin Luther King and Toussaint Louverture because they all took the risk of attacking the 'status-quo'. Thereby bringing changes to the world that makes ordinary days much easier.

HUMOR

JOKES



Did you hear about the actor who fell through the floorboards?
He was just going through a stage.

TEACHER: Can anybody give an example of COINCIDENCE?
TINO: Sir, my Mother and Father got married on the same day, same time."

What do you call a fake noodle?
An impasta

A man enters a store and says: "15 litres of wine please."
"Did you bring a container for this?" "You're speaking to it."

When Susan's boyfriend proposed marriage to her she said:
"I love the simple things in life, but I don't want one of them for my husband".

What do you call a bear with no teeth?
A gummy bear

Doctor: I'm sorry but you suffer from a terminal illness and have only 10 to live.
Patient: What do you mean by 10? 10 what? Years? Months? Weeks?!

Doctor: Nine.. Patient: What? Doctor: Eight..

I never wanted to believe that my Dad was stealing from his job as a road worker.
But when I got home, all the signs were there.

What do you get when you cross a joke with a rhetorical question?

TEACHER: "What do you call a guinea pig on a hot air balloon, or a talking walrus, or a leprechaun in a hot air balloon?"
HAROLD : A teacher.

A man meets an accident with his new Ferrari. A policeman arrives.

Man: (Cried) Officer! My brand new car!

Police: You're such a materialistic person. You haven't noticed that your left arm has been cut off.

Man: (He looks at his left arm and yells)
OMG! My Rolex watch!

Teacher: Anyone who thinks he's stupid may stand up!

*Nobody stands up.

Teacher: I'm sure there are some stupid students over here!

Little Johnny stands up.

Teacher: Oh, Johnny you think you're stupid?

Little Johnny: No... I just feel bad that you're standing alone.

GUESS THE CHARACTERS



Answers:
Green - Ninja Turtle
Yellow - Thor
Red - Jason
Blue - Spock



BRAIN TEASERS

Q: First I threw away the outside and cooked the inside, then I ate the outside and threw away the inside, what did I eat?

A: Corn on the cob

Q: A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor isn't the boy's father. Then who is the doctor?

A: The doctor is the boy's mother.

Q: What can you hold without ever touching or using your hands?

A: Your breath!

Q: When you have me, you immediately feel like slapping me. But, if you do, you don't have me.

A: A secret.

Q: Somehow you end up in a room which has 3 doors. Behind the first door, there is deadly poisonous gas. Behind the second door, there are trained assassins with knives. Behind the third door, there are lions which have not eaten in years. Which door should you open?

A: You should open the door with the lions. If they have not eaten in years, they will be dead already.

Q: What types of words are these: madam, civic, eye, level?

A: They are palindromes; they read the same both ways.

Q: Pinkie Pinkerton lived in a pink, one-story house on a pink street. The walls were pink, her stuff was pink, even her cat was pink. So what colour were the stairs?

A: There are no stairs in a one-story house.

Q: There are 5 sisters in the room: Anna is reading a book, Margaret is cooking, Kate is playing chess, Marie is doing laundry. What is the fifth sister doing?

A: She is playing chess with Kate.



OH, THE IRONY!

What's ironic about the Beatles?

In 2002, a tree was planted in a park in Los Angeles in memory of Beatles guitarist George Harrison. The tree later died after being infested by beetles.

What's ironic about Abraham Lincoln?

The founder of AA asked for whiskey on his deathbed. (The nurse refused).

What's ironic about the man who invented basketball?

The only losing basketball coach in University of Kansas history is James Naismith- the man who invented basketball in 1891. This hilarious example of irony proves that just because you thought of the idea doesn't mean you'll be the best at executing it.

What's ironic about McDonald's?

McDonald's employee health page, which is now shut down, once warned against eating McDonald's burgers and fries.

What's ironic about the inventor of the stop sign?

"Father of Traffic Safety" William Eno invented the stop sign, crosswalk, traffic circle, one-way street, and taxi stand- but never learned how to drive. He never got to benefit from his own invention.



Pop Culture

GOOD BOOKS

TUNA MELT



INGREDIENTS:

- Tuna, 2 x 5-oz cans, drained
- Onion, medium size, chopped
- Celery, 1/2 a stalk, chopped
- Garlic (1 clove), minced
- Parsley, 1 tablespoon, chopped
- Mayonnaise, 3-4 tablespoons
- Extra Virgin Olive Oil, 3 tablespoons, divided
- Mozzarella 1/3 cup, shredded
- Bread, sliced
- Butter, softened
- Salt and Pepper to taste

DIRECTIONS:

- Step 1: Drain water from tuna and put the tuna into a medium bowl.
- Step 2: Chop onion, celery, and parsley. Mince garlic and add ingredients to tuna.
- Step 3: Add mayonnaise, olive oil, and mozzarella cheese. Combine all ingredients until well incorporated. Salt and pepper to taste.
- Step 4: Place a non-stick skillet on the stove and add 1 tablespoon of extra virgin olive oil. When the skillet is hot, take a slice of bread and generously spread butter on one side.
- Step 5: Place the bread (buttered side down) in the hot skillet. Be sure to keep the temp at a consistent heat (I burned the last two of these! LOL)
- Step 6: Using a spoon, scoop about 2 tablespoons of tuna salad on bread while it is browning.
- Step 7: Butter another slice of bread and place non-buttered side on top of tuna.
- Step 8: Using a spatula, check to see if the bread is toasted/brown. If so, turn the tuna melt over and grill the other side until it's golden brown.



TUSCAN CHICKEN SKILLET

INGREDIENTS:

- 1 tablespoon olive oil
- 1 red onion cut into chunks
- 200g cremini mushrooms
- 1 tablespoon flour
- 1/4 teaspoon salt
- 2 large chicken breasts cut into cubes
- salt & pepper
- 1/8 teaspoon red pepper flakes
- 1/4 cup white wine
- 1 sprig of rosemary
- 1 cup chicken stock
- 1/2 cup sun dried tomatoes drained and rinsed thoroughly, and sliced thinly
- 2 cups loosely packed tuscan kale chopped

DIRECTIONS:

1. Heat oil in a large non-stick pan over medium heat.
2. Add the onion and cook for 2-3 minutes, until softened slightly.
3. Add the mushrooms and cook for 3 more minutes. Remove the onions and mushrooms from heat and place them in a large bowl. Add 1 tablespoon flour and 1/4 teaspoon salt and toss to coat.
4. Add additional oil to the pan if necessary. Add the chicken breasts and season with salt & pepper and red pepper flakes. Cook for 5-7 minutes, until there is no pink when you cut into one.
5. Add the white wine and rosemary, and cook for 1 minute. Add the chicken stock, sun dried tomatoes, and return the mushrooms and onions to the pan.
6. Cook, stirring for 3-4 more minutes, until sauce is slightly thickened.
7. Stir in the kale and stir until wilted.

MUG CAKE



INGREDIENTS:

- 1/4 cup flour
- 2 tbsp. brown sugar
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 2 tbsps. carrots shredded
- 1/4 tsp baking powder
- 1/4 cup milk
- Toppings
- Whipped cream
- Chopped pecans
- Shredded carrots

DIRECTIONS:

1. In a small bowl (or straight up in the mug), combine all ingredients in and stir until there are no lumps.
2. Microwave for 1-1.5 minutes or until baked through.
3. Top with whipped cream, chopped pecans, and shredded carrots. (optional)

3

Half of a Yellow Sun

by Chimamanda Ngozi Adichie

In 'Half of a Yellow Sun', the author tells a gripping story set during a historical backdrop that you would really enjoy this book. It's about dysfunction, better description than the simple word "book". Yes there is a movie about it but don't cheat yourself, the movie does the book no justice. The story sheds an interesting light on progressive minded, working class Nigerian as they grappled with post-colonial problems.

The Adventures of Huckleberry Finn

by Mark Twain

This fun, nostalgic story will take you back to your childhood. Remember when all you had to do was wake up, pray and repeat? Well Huckleberry Finn's adventures give a new meaning to the term "ideal

Mississippi River, it begins with young Huck and his friend Tom Sawyer having a lump sum of money. Tom rescues Huck from his guardian who he thinks is trying to "civilise" him. They join Tom's gang but Huck is suddenly and unwillingly kidnapped by his money-hungry alcoholic father. However Huck ingeniously fakes his own death and so begins the adventures of Huckleberry Finn...

The Twilight Saga Series

by Stephenie Meyer

Yeah sure we're past the whole 'vampire' thing but this series is still a great read. It's about a girl who maybe you live under a rock and have no clue what's going on about the eyes, red dress, and the ever gone should have a read and see what really created the die-hard fan base. So the books chronicle the story of human teen Bella who falls in love with 100-year-old vampire Edward then her best friend, teen werewolf Jacob proceeds to fall in love with her. This all takes place in a small Washington town amongst unknowing humans.

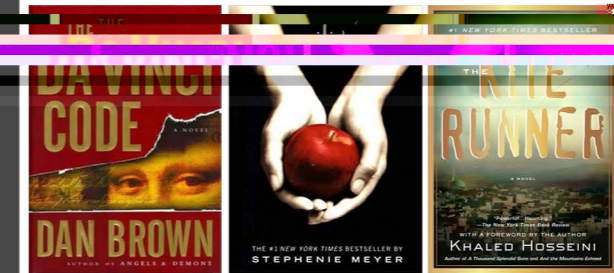
The Da Vinci Code

by Dan Brown

A sensational and exciting book, the term "reading experience" is a better description than the simple word "book". Yes there is a movie about it but don't cheat yourself, the movie does the book no justice. The story sheds an interesting light on progressive minded, working class French as they grappled with post-colonial problems. The story sheds an interesting light on progressive minded, working class French as they grappled with post-colonial problems. The story sheds an interesting light on progressive minded, working class French as they grappled with post-colonial problems. The story sheds an interesting light on progressive minded, working class French as they grappled with post-colonial problems.



6 MUST READ BOOKS THAT WILL CHANGE YOUR LIFE



The Kite Runner

by Khalid Hosseini

The Kite Runner is not a book for the faint of heart. It's a very disturbing but all too real issues in modern day times. So if you would like to test your emotional stability then have a read. The book tells the story of a young, Afghan boy from Kabul and his best friend (or so he thinks) Hassan whose favorite past time is kite flying. It also covers the fall of the Taliban regime and the disturbing inhumane treatment of people.

Outlander

by Diana Gabaldon

Do you find time travel intriguing? Into powerful romance stories? Or are you just a good ol' "book tipper"? In that case, Outlander delivers all that and more. It follows the story of a WWII army nurse who suddenly goes back in time after an eerie palm reading session in Scotland. Leaving her husband in England behind she must marry a Scottish warrior to survive.

Writer: P. Mc Kenzie

1 DELICIOUS RECIPES

2

3

TRAPPED

THE PAINFUL ESCAPE

With his head buried in his hands, he sat next to me on a bench overseeing the beautiful greenery around us, as he relentlessly tried to make me understand how helpless he is. He kept asking me what he could do as if he was ready to do whatever I was advising. His dilemma stems from the fact that he finds himself among a group engaged in activities not in consonance with his internal moral compass.

However, the leader of the group provides his everyday needs. His commitment to the course of the group is a surety of constant provision. What will he do now knowing very well that his whole world will come crumbling down should he disassociate himself from him without any support from elsewhere?

I had actually grown weary after hours of listening to him. Nothing apart from his constant monotonous whining. I have seen scenes like these were intermittently been churned out. Caught in the center of this quest for liberation, a scenario played at the back of my mind. There are a couple of powerful scenes in the Season 5 of USA Network's popular series - Suits, in the events leading to the imprisonment of Mike Ross. Word got out that Mike Ross, a faux lawyer, never studied law at Harvard and had no license to practice. Harvey Specter knew about this and covered and fuelled the perpetuity of this fraud. Anita Gibbs - an assistant US Attorney, who had bad blood with Harvey, sees this as an opportunity to nail him. In the end, she convinces Harvey to disbar himself. Mike covers up his role also for concealing facts concerning some murder cases they worked on. Mike decided to own up to his crime and entered into a plea deal with the Assistant US Attorney to serve a jail time of 2 years despite the ramification. In exchange, the Attorney will not go after anyone from his law firm-Pearson Specter Litt.

Life never seems to offer us uncomplicated and lucid options whenever we are confronted with a complex situation. Most often than not what we envisage to be the easiest way out is just a facade. No matter the complication standing in front of us, idle and just complaining is just suicidal. Sometimes we get trapped in an undesirable situation where it appears that you lose if you stay and lose if you go. This is a very painful and frustrating experience for people who are not used to such situations.

The desire of any victim of the scenario above is to be liberated and unlimited. Nonetheless, it is very important to note that anybody trapped somewhat in an unpleasant circumstance or predicament is actually a victim of his or her own victimization.

No individual trapped in an unpleasant situation can entirely absolve himself or herself from the contributing factors that have led to the complicated situation that is yet to be simplified.

Take a step back from all the despondency and begin to question yourself: How did I contribute to having this sour relationship with my supervisor? What did I do to get this relationship or marriage where it is today? What was my role in getting into this unfortunate situation I find myself? At the heart of all issues is your ability to realize that you played a major part in the creation of this emotional albatross that seems to have locked you up. Answers to these questions will not only help you move on but create a reservoir of knowledge you can always draw from.

The irony of the situation is that while we are looking for attention on how to get out our trapped state, we are also putting energy embroidering the idea of being trapped while accepting the associated misery. We will want everybody to know how bad our situation is so that they join in the pity party.

Shallow minded people will always want to shun the company of individuals who are willing to help bring them out of the damage. Embellishing the feeling of our helplessness and inadequacies seems to be that which gives us comfort through all this. We commit unparalleled levels of energy in making this feeling thrive.

In dealing with situations, we sometimes tend to

wait within our internal members. Most people overlook the dying impact of this element. Guns are jumped and attempts are made to move on. Thus, an outward disposition masqueraded as change is seen sometime then there is a role reversal and regression. Walking away from the situation that has trapped you in itself will not be a

Remember, you can only win the battle outside only when the war within you is won. You will never be able to find your peace simply by walking away from

By Ernest Bonnah

“... realizing that underneath all the contributing factors is one person who has the master key – and that person is you.”



Yellow Pages

Jiangsu university overseas education college information guide

Freshmen Feature

Common Study Locations



Studying differs among various individuals, especially due to the fact that some people are early birds, some are night owls, some prefer to study in groups, while others need complete and total silence to be able to focus. Studying requires developing an organizational system that will work for YOU.

Not all organizational systems will work for everyone. Each of us are therefore obligated to find out what is the most effective method for us, one that will work best with our schedule and needs, and then stick with it. The only thing that is the same across the board is that ALL of us need to study in order to ace our exams. There's no need for you to search for these places by yourself, we've got the inside scoop on the best areas in and around campus for you to study!

School of Pharmacy
Close to the C7, C8, and C9 dorms
WIFI
Air Conditioning

JingJiang Building
Close to G6 dorms
Close to Car Station
WIFI
Air Conditioning

School Library
Car, Car, Car Area
WIFI
Air Conditioning

School of Medicine &/or School of Pharmacy
Close to the C7, C8, and C9 dorms
WIFI
Air Conditioning

SMSLM
WIFI
Air Conditioning

School of Foreign Languages (Z building):
Close to the C7, C8, and C9 dorms
WIFI
Air Conditioning

SU Cafes (LEYAN CAFE):
WIFI
Air Conditioning

JSU Campus - Gate Names



XUEFU ROAD GATE 1
学府路1号门

Previously known to us as "Library Gate"



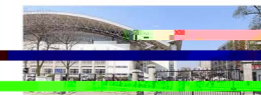
XUEFU ROAD GATE 2
学府路2号门

Previously known to us as "Main Gate"



XUEFU ROAD GATE 3
学府路13号门

Previously known to us as "Back Gate"



XUEFU ROAD GATE 4
学府路4号门

Previously known to us as "Teachers' Apt Gate"



YUSHAN ROAD GATE 1
禹山路1号门

Previously known to us as "North Gate"



YUSHAN ROAD GATE 2
禹山路2号门

Previously known to us as "Campus Clinic Gate"



GUYANG ROAD GATE 1
谷阳路1号门

Previously known to us as "Mailing Gate"



Room 210-1
GAU Jinq
+86-511-88792208
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937230153@qq.com

Room 213-1
Students' Affairs Office
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+86-511-88792566
oecstudent@ujs.edu.cn

Room 213-2
Admission Office
ZOU Shijian
+86-511-88792366
admission@ujs.edu.cn

Room 215-1
Teaching Affairs Office
DING Jinyan
+86-511-88792216
oecteaching@ujs.edu.cn

Room 103 Overseas Apartment(G6)
English Language Course
Room
+86-15751779723
15751779723@163.com



OEC Offices Contact Details

- Services on Campus
- Associations
- Useful places
- Contact Details

Pages

by Aisha Thompson

"One-Stop Service Center"



This facility provides comprehensive services to students to come here to consult students to visit various departments for various services. OEC services at One-Stop Service Center are offered on Counters Z1 or Z2

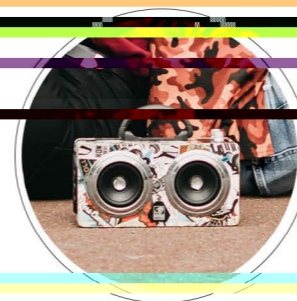
- Location: Beside International Canteen
- Residence Permit: Tuesdays & Thursdays
- Accommodation: (on & off-campus): Mornings of Mondays, Wednesdays & Fridays
- Tuition Fee Inquiries : Tuesdays
- Transcripts: Mornings of Wednesdays (PG Transcripts & Pre-Graduation Certificates)
Afternoons of Mondays & Fridays (UG Transcripts & Pre-Graduation Certificates)
- Inquiries on Teaching Affairs: Mornings of Wednesdays (PG Inquiries)
Afternoons of Mondays & Fridays (UG Inquiries)
- JW202 Application: Tuesdays & Thursdays (if lost)



trendsettersXolivedaily



The Olive Daily in the collaboration with the TRENDSETTERS organized and formed a community of students who have a great sense of fashion to inspire and give ideas on how to rock the runaway!



60

posts

635

followers

621

following

Follow

Media

OliveMediaProduction in cooperation with Trendsetters, China

Director & Visuals: Cladette & Lesley

Photography: PAUL V. PHOTOGRAPHY & GARY PHOTOGRAPHY

call

Email

Share



oliveDAILY X trendsetters



Scan QR CODE to follow write up and photoshoot



WINTER



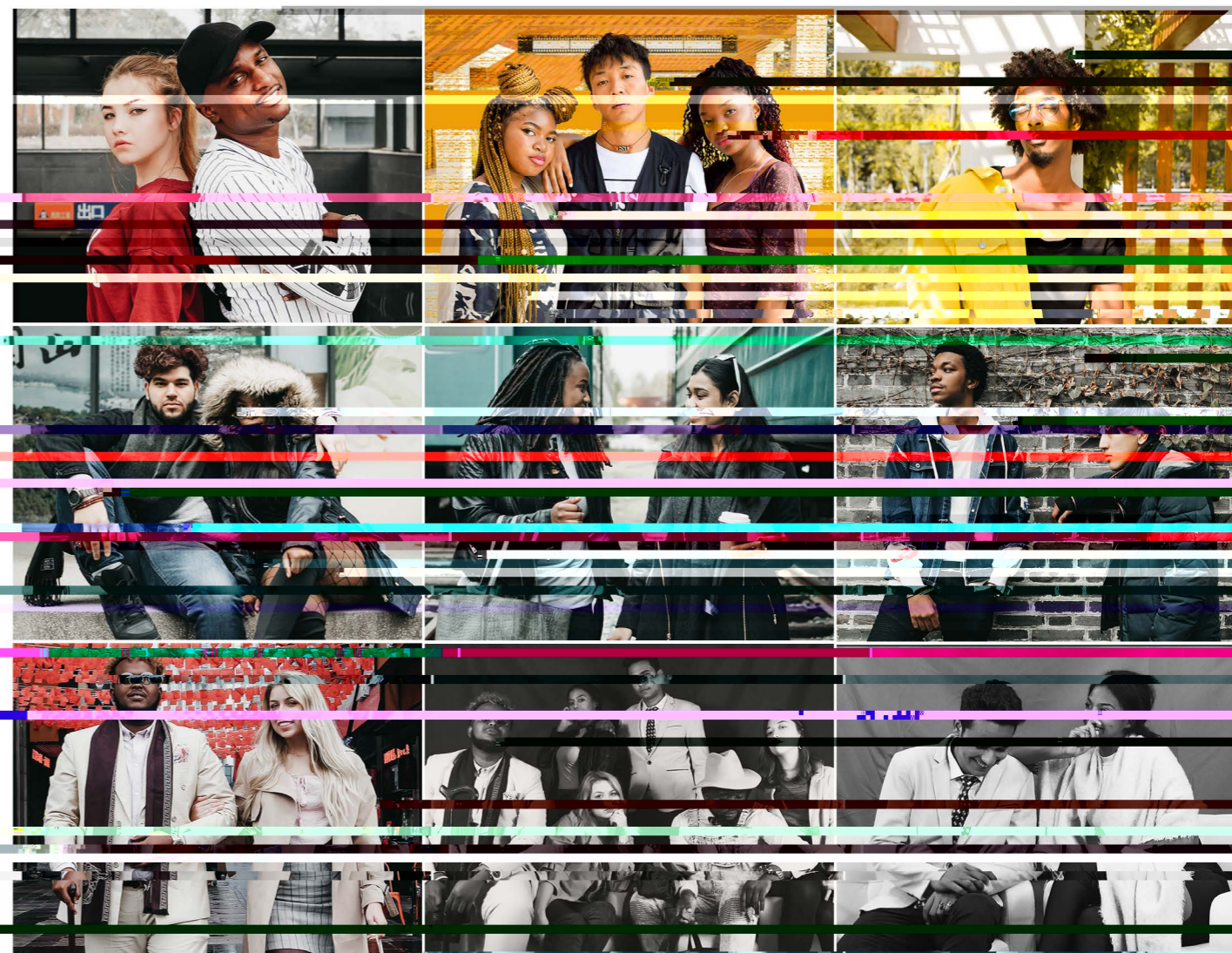
AUTUMN I



AUTUMN II



AUTUMN III



OLIVE VISUALS

INSPIRE Oive Photography Head: Paul Victory Haoken Olive Team

OLIVE MEDIA PHOTOGRAPHY

Join the team of talented photographers and get the chance to explore your passion with us. Join our photography and/or send us your photography to be featured



PAUL V. HAOKEN



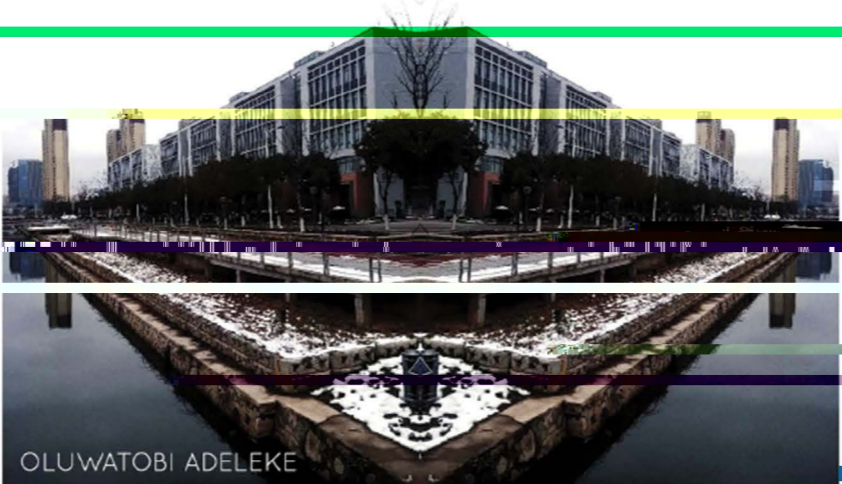
PAUL V. HAOKEN



MD IMRAN KHAN



HARSH D. PATEL



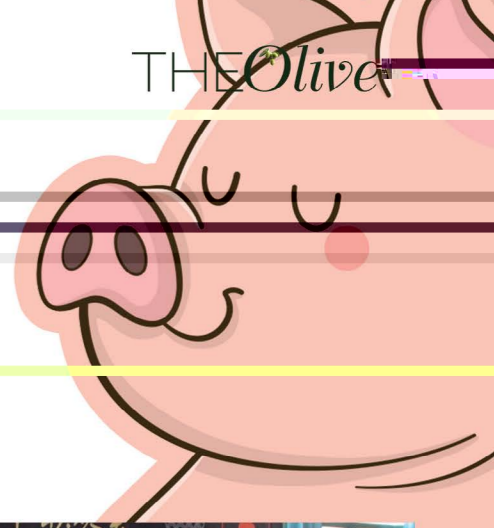
OLUWATOBI ADELEKE



2019

HAPPY CHINESE

NEW YEAR



Spring festival is known as the biggest and most important festival in the whole of China. It is the time of the year when people meet with their families and celebrate this event.

As a family that stands as one team with one dream, we as OECians celebrated a brilliant Spring Festival Party which was held on the 20th of January. The festival was filled with life, fun and joy as more than 400 overseas students filled the venue with expectancy of the outcome of the party.

In the presence of honourable dignitaries: JSU president Yan Xiaohong; Secretary of the Propaganda Department Jin Lifu, Vice Captain of Zhenjiang Entry-Exit Administration Detachment Mr. Luo Jing, Director of JSU Student Affairs Yang Daojian, Secretary of the League Committee of the University Wang Limin; OEC Dean Mrs. Gao Jing.

The spring festival party commenced with a warm welcome address by the Vice Dean of OEC, Ms. Cai Zhaohui, who gave us a brief introduction about the Spring Festival and encouraged us to enjoy ourselves.

The whole party was full of excitement and joy. The dance of Bangladesh and India is full of exotic customs, the teacher's Qipao show is beautiful, and the Chinese classic song 'Nanmin' is warm and melodious. In addition, the party interspersed with games and red envelopes, bringing the atmosphere of the whole party to its climax. Later, foreign students also learned the Chinese traditional paper-cut.

In the other side, dumpling making competition was carried out, where nearly 80 students and staff applied to compete in groups. Students enjoyed making the dumplings and also used their own ideas and styles to make creative shapes. The competition lasted for over 30 mins and awards were given to 'best dumpling makers', 'most dumpling makers', 'most creative dumplings'.

Spring Festival is all about being generous and giving red envelopes filled with money (hongbao) thus OEC decided to share the same spirit of culture and give out hongbao to the overseas students. Besides, we also had an interesting part of it. It was given out in a Lucky Draw which made us very excited.

2019年1月20日，江苏大学400余名海外留学生齐聚留学生餐厅，共同欢度猪年春节联欢晚会。

颜晓红校长、校党委常委、宣传部部长金丽霞、镇江市出入境管理支队罗静副队长、学工处杨道建处长、校团委王丽敏书记、海外教育学院高静院长及其他师生共同参与。

整场联欢会气氛热烈，喜气洋洋。节目表演精彩连连，孟加拉、印度的舞蹈充满异域风情，教师旗袍秀婉丽柔美，中国经典歌曲南泥湾热情悠扬。此外，晚会穿插游戏和抽红包环节，将整个联欢会的气氛带到了高潮。随后，留学生还学起了中国传统剪纸，剪出造型各异、生动形象的各种剪纸作品。

在联欢会进行的同时，还开展了包饺子大赛，几十组留学生用准备好的饺子馅儿、面粉、擀面杖等原料地进行“创作”。经过数层、多层等综合评比决出“饺饺者”。随后，留学生与颜校长共同品尝饺子，享受自己的劳动成果，感受中国年味。

此次春节联欢会丰富了留校留学生的寒假生活，更让他们亲身感知了中国传统节日文化。

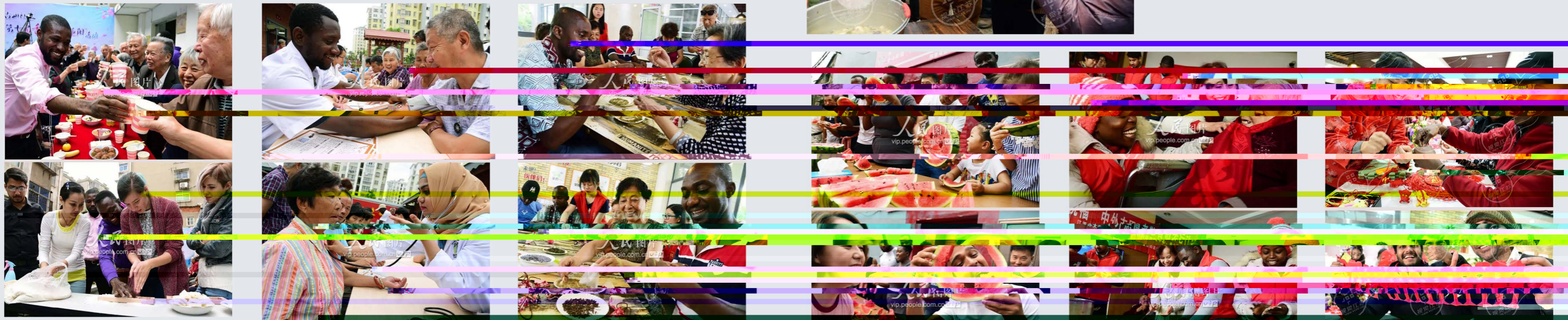


ME & CHINA

Moment shared and cherished by international students of Jiangsu University and Chinese locals



OECians Experience Laba Festival
On January 11, 2019, JSU's OECians from Russia, Cameroon, Pakistan, Nigeria and other countries visited a community of Runzhou District, Zhenjiang City. They made and tasted Laba porridge together with locals to understand Laba Festival customs and feel Chinese traditional culture.



OECians Cook for Elders
(Chongyang Festival)
留学生客串社区重阳宴

On October 16th, 2018, OECians from Russia, Pakistan, Ghana, Guinea and other countries went into a community of Jinshan Street in Zhenjiang City on occasion of "Double Ninth Festival" and cooked for more than 30 empty-nested, widowed and elderly people and shared love as strong tradition of respecting the elderly in China and welcome the arrival of the Double Ninth Festival.

OECians Join Community Health Camp

On August 25, 2018, some OECians from the Medical Association of Jiangsu University went to Jinshan Shuicheng Community at Heping Road, Zhenjiang City, to launch the public welfare event, named "Voluntar's Health Camp". These Medical OECians took advantage of their medical expertise to provide residents with cardiopulmonary auscultation, blood pressure measurement and shared some useful information on health management.

OECians & Traditional Chinese Medicine (TCM)

On July 31st, Some foreign students from Jiangsu University visited a community at Jinshan street in Zhenjiang to get hands-on experience with Traditional Chinese Medicine. The local residents have given introduction about 10 Chinese medicinal herbs. They used some of these medicinal herbs to make mosquito repellent bags and sweet sachets for relaxation. Through this event, OECians appreciated the functions and customs of Chinese traditional Chinese medicine.

OECians Welcomed Autumn with Locals

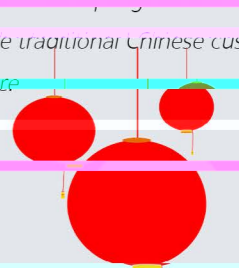
On August 4, 2018, the "beginning of autumn" one of the 24 solar terms according to the Chinese Lunar Calendar was celebrated by OECians. Chinese people have the custom of eating watermelon during this day. OECians from Nigeria, Bangladesh, Nigeria, Malawi and other countries went into Jinshan Community in Jinshan Street in Zhenjiang City to eat watermelon with the residents to share the happiness to say goodbye to the summer heat. The desire to welcome autumn is the common experience of our traditional folk customs.

OECians Celebrated New Year at Oldage Home
中外敬老情 欢乐迎新年

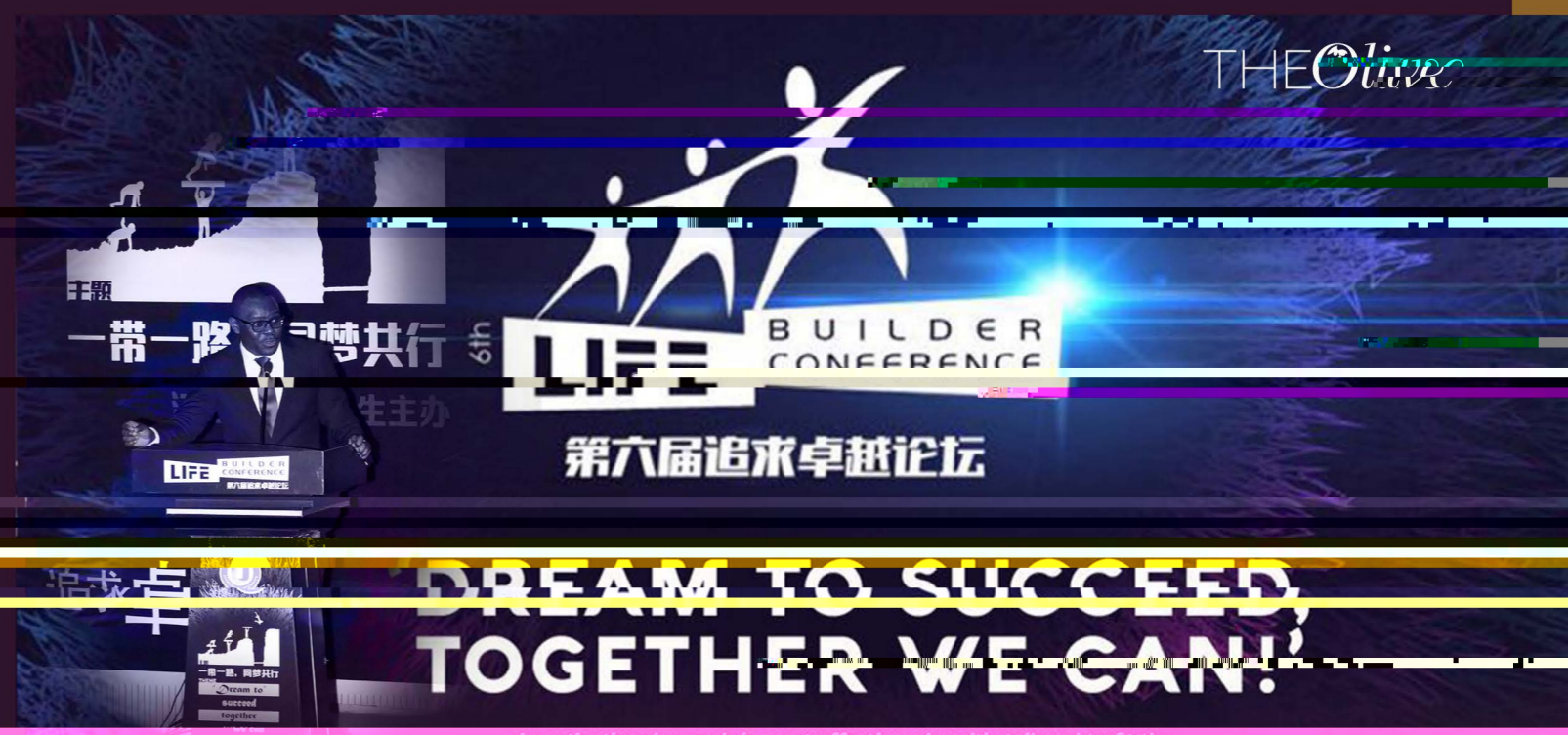
On Dec. 31st, 2018, OECians from Cameroon, Pakistan and other countries visited a community oldage home in Jinshan Area of Zhenjiang City. They enjoyed a happy time together and had a great time remembering 2018 and had a great start for the new year in a caring way and making the elders happy.

OECians Experience Folk Customs & Prepare for New Year

On January 20, 2019, Jiangsu University OECians from Pakistan, India, Nigeria and other countries visited a community of Jinshan Street in Zhenjiang City to carry out the activity on the theme "Experiencing folk customs to welcome the New Year". Through learning the skills of knitting Chinese knots and paper-cutting, foreign students made deeply with the local people and felt the traditional Chinese customs and culture.



JIANGSU UNIVERSITY SPRING COMMENCEMENT



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- OSEI-ADJEI GEORGE
- SEIDU ABRAHAMANI RICHARD
- BENUWA BEN-BRIGHT
- BENJAMIN BEN-AMIN
- ENOCH ASUAKO LARSON
- OLOFIN IFEOLORUN MONYOMI
- PRINCE KOOMSON
- SYED HAMEED ALI SHAH
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- AHMAD JAWID WEFESAA
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- PRINCE MASHAWELE
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- EDWARD KOFI KRUPAH
- CARLOS ASIEDU OCRAN
- AL-DOORI MOHAMMED ISMAEL NOORI
- MUKUKA MUSONDA
- NAWFI SYAMAHINA

DEGREE

- DOCTORATE IN CLINICAL LABORATORY DIAGNOSTICS
- DOCTORATE IN CLINICAL LABORATORY DIAGNOSTICS
- DOCTORATE IN COMPUTER APPLICATION TECHNOLOGY
- DOCTORATE IN COMPUTER SCIENCE AND ENGINEERING
- DOCTORATE IN MECHANICAL ENGINEERING
- DOCTORATE IN SOLID MECHANICS
- MASTERS IN APPLIED ECONOMICS
- MASTERS IN CLINICAL MEDICINE
- MASTERS IN CLINICAL MEDICINE
- MASTERS IN MASTER OF BUSINESS ADMINISTRATION
- MASTERS IN MASTER OF BUSINESS ADMINISTRATION
- MASTERS IN MASTER OF BUSINESS ADMINISTRATION
- MASTERS IN MASTER OF BUSINESS ADMINISTRATION
- BACHELOR OF MEDICINE AND BACHELOR OF SURGERY
- BACHELOR OF MEDICINE AND BACHELOR OF SURGERY
- BACHELOR OF MEDICINE AND BACHELOR OF SURGERY
- BACHELOR OF MEDICINE AND BACHELOR OF SURGERY
- BACHELOR OF MEDICINE AND BACHELOR OF SURGERY
- BACHELORS IN CHEMICAL ENGINEERING AND PROCESS
- BACHELORS IN INTERNATIONAL ECONOMICS AND TRADE
- BACHELORS IN INTERNATIONAL ECONOMICS AND TRADE
- BACHELORS IN CIVIL ENGINEERING
- BACHELORS IN CIVIL ENGINEERING
- BACHELORS IN CIVIL ENGINEERING
- BACHELORS IN BUSINESS ADMINISTRATION
- BACHELORS IN BUSINESS ADMINISTRATION
- BACHELORS IN PHARMACY
- BACHELORS IN PHARMACEUTICAL SCIENCE
- BACHELORS IN PHARMACEUTICAL SCIENCE
- BACHELORS IN COMPUTER SCIENCE AND TECHNOLOGY

The 6th Life Builder Conference which was held on the 13th -14th of December 2018, brought to light that, when we live in a comfort zone, we feel safe, but the problem with this place is that nothing ever grows here. Life becomes predictable. If you don't go beyond your comfort zone you will never be able to become the person that you aspire to be. Sometimes growth and comfort do not co-exist.

The theme for this year's program "Dream to Succeed together we can" commenced at the Post graduate Auditorium at 6:00pm. The occasion was graced with internal and external dignitaries including the Dean of Post Graduate School and their chairperson for this year which was Mrs. Cai Zhaohui vice dean of OEC. She gave the opening remarks and the ceremony continued with Yueda Market Research Competition Awards Presentation.

At 6:30pm, Mr. Abdul Nazif, the first speaker presented on the topic "Power of Imagination." Elaborating on the use of the mind's eye as the grounds for imagination and the use of it to stimulate success creation, he went on to state the use of what he called the "4Cs", critical thinking, communication, collaboration and creation to materialize our imaginative thoughts.

The second presentation for the day was by Professor Wang Changda, the Vice Dean of the Post Graduate School who presented on the topic "A remarkable blueprint for your future." In order to have a remarkable blueprint, we should be knowledgeable, work hard for ourselves not expecting to be spoon-fed always and also seek the truth in both failure and success. "Who you are is more important than who knows you." He said, emphasizing the point who we are could deem us fit for anything because we can prove ourselves eventually.

The day's program came to a close with the interactive session where students interacted with the speakers.

The two day life builder conference ended on the 14th of December, 2018.

Between 5:30pm to 6:00pm, students took their seats in the hall as the program opened with a few questions from the MCs on the previous day's presentations.

At 6:20, the first speaker Mr. Ernest Bonnah mounted the podium. He shared his thoughts on the topic; Confederacy, the importance of working together. In his speech he stated the three essentials for success: a good support system, a good support system, and I) make them", he said and with these words he sensitized the audience that humanity is working towards a common goal and hence should not work against each other but rather work together.

Next was a presentation by Miss Ingrid who elaborated on the agricultural value chain, our individual roles in it irrespective of our fields and the opportunities available for students.

Mr. Li Peng, a representative of manpower Ltd further went on to tell the audience about the opportunities provided by his company that is available to students. The audience was then allowed to interact with Mr. Li Peng and Mr. Cai vice dean of OEC in charge of internship and entrepreneurship.

The conference came to a successful end with the closing remarks by the chairperson Mrs. Cai and the vote of thanks by Max Sali.

CONGRATULATIONS CLASS OF 2018/19

Own North Star



"Great men are not born great. They grow great." This might be a good motto to introduce into your life as something to tell oneself every minute of every day. Starting a new year or semester most times comes with the burden of starting afresh, making changes, resolutions and setting goals. We are all students so no one really knows how to go about it, we're all learning, but here are a few things we can all try.

Questioning and Reevaluating

Let's start by asking ourselves difficult questions about our lives, how we got here, who we are, where we are, are we happy? ...

Career path

If you are starting a new career, are you excited to start your new path, if you are already on yours, do you like it? Are you struggling or flourishing? Find people doing the same thing or have already done it, make new networks, ask for help, remember that's hard for you's easy for them and vice versa. "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..." -Dr. Seuss

Drive

Get clarity on what drives you; set achievable goals, finish already started projects; know your values, give yourself a time and reward plan. "For artists, scientists, inventors, schoolchildren, and the rest of us, intrinsic motivation - the drive to do something because it is interesting, challenging, and absorbing - is essential for high levels of creativity." -Daniel Pink

Change

There's always that thing we say we'll change about ourselves, well, no time like the present. Whether it's a cycle of bad habits or something holding you back. Let's start by trying not to repeat the bad situations but by studying and learning from past experiences. "If I really want to improve my situation, I can work on the one thing over which I have control - myself." -Stephen R. Covey

Planning

Be prepared for anything. I even now bill and pay out of a bill collector. Make a schedule, manage your workload, keep track of deadlines. Live within your means; nothing wrong with learning how to budget. "To... not prepare is the greatest of crimes; to be prepared beforehand for any contingency is the greatest of virtues." -Sun Tzu

Positive Thinking

Be a glass full kind of person. There's always going to be a hurdle but you got this, you can do it, tell it to yourself as much as you need to. "It isn't what you have or who you are or where you are or what you are doing that makes you happy. It is what you think about it." -Dale Carnegie

Article by Daphine N.

Discovery

EINSTEIN'S BETTER QUESTIONS OBSERVATORY

The Solomonic epiphany sapiential symphony in the arrow of time and truth "when I was a child I thought like one, as an adult I reason as such". Maturity, time and tide has taught that sometimes

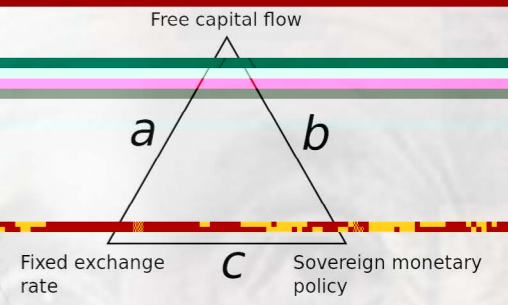
students whose guardians do not put premium on teachers endure needless punishment and labour on wrong questions under their academics' or teachers'.

Data drags whereas information accelerates and of necessity in order to spread success as a priority in education. Insistence on wrong waver engenders a faith in the wrong gods of information, later seen erroneously invoked as axioms to grade and classify future Kings and Queens. For example expecting deterministic answers for stochastic problems as well as taking a frequentist's approach to hold in contempt an honest Bayesian analysis of situations.

It has been an indoctrination plains that fundamentalists remind young people of death and therefore the need to deal death to that which is mortal. Principles perhaps surpass singular ability but populist pandering have left society's leaders in quandaries. That which is demanded from subjects when one possesses power over people. What questions applies the power of thought and of imagination to the realm of meaning and truth in order to

What is pushing humanity and nature towards the melioristic horizon instead of Malthusian cataclysm? What purges cognitive and social biases that frees thought to cling on to policies and procedures that enforce singular efficiency and pluralistic productivity? Where does one find conservatism to find the art form of science and rigorism in a chosen field or endeavor? What is that meaningful life or the mind, soul and body? How does one wade through chaos in order to enforce order? What is truth in epistemology to quest and long for? In the flux of life and fluidity of imagination, private morality and public power all are necessary ingredients for setting us on good horizons.

Churchill demonstrated the world to posit that democracy is the best substitute for monarchy, "I know if I have lost an election I will step aside". That is a meaningful answer to a crass question: you could overrule the elector and rule with mana management. Silence to wrong questions only drown reasons. Games are ways of bringing art to the thinking process. Questions of animus extraction and of creation summoning. The economists say that the correct answer to every question begins with "it depends". For scientists it is as it is. Nip it in the bud of course not the Roses and Lilies.



"10 YEARS, I WOULD PROBABLY BE IN THE THE CAFE I JUST OPENED IN THE MOUNTAINS AND I WILL GET TO DO WHAT I LOVE EVERY DAY FOR THE BEST OF MY LIFE." - KRITIKA SAINI (MASTERS OF FOOD SCIENCE)



Join
The
Fight
Against
HIV & AIDS

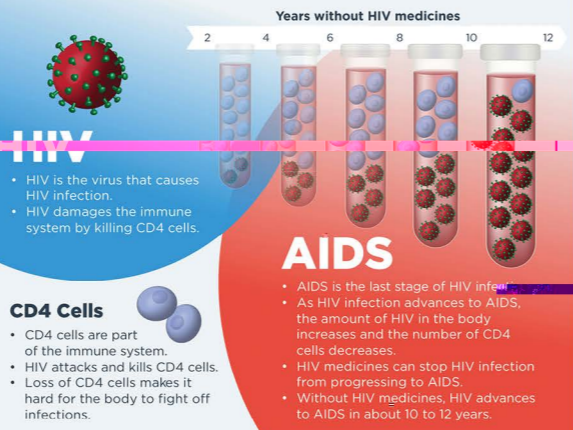
51%
OF YOUTH 13 to 24

LIVING WITH HIV
DON'T KNOW IT.

Get the Facts. Get Tested. Get Involved.

Issued in students interested by
International Medical Students Association
JEWELS Association for International Ladies

HIV and AIDS: What's the difference?



GET TESTED,
BEFORE IT'S TOO LATE.

The Jiangsu University International Medical Students Association (IMSA) and JEWELS Association for Ladies in association with OEC of JSU have contacted the Center of Disease Control and negotiated a discount package for testing Sexually Transmitted Diseases (STDs) such as HIV, Syphilis, Hepatitis A and Hepatitis B.

Price: 100 RMB only

PRIVACY OF RESULTS ASSURED!

You can get tested and receive results personally.

Where to register: 镇江市中区大港路江苏大学国际医学中心国际医学楼205室

My Sanctuary

Have you ever been heart broken, stressed, lost a loved one, failed an important exam or just felt down? What did you do? Where did you run to? We all have that one place we run to when things are not going right in our lives. We have unconsciously developed a natural therapy, a first aid, a safe place we go to when things are not going right in our lives. We see people as being like houses full of rooms. But there is one room that is close to their heart, the place where they feel safe. People create their hiding place when they are young and in most cases the hiding place changes as they grow up.

Everyone has a different Sanctuary: it can be music, reading, eating, drawing, doing sports or even cleaning. We all get injured, emotionally and psychologically and more often than not people tend to overlook these wounds. They don't consider themselves emotionally or psychologically injured when they fail an exam or when nothing seems to be going right in their lives. A sanctuary usually provides the first line of treatment. And this is the treatment we give ourselves, without even realizing it. Your Sanctuary is what your inner self tends to do when you have been psychologically or emotionally injured and it's referred to as a sanctuary only during the time when you are feeling down. Most people have more than one sanctuary and use them in different situations.

Some students on campus shared their sanctuaries

Writing (female)

I found it easy to just write everything down than to tell someone or myself that feeling at that moment with something. Basically, it helps me to rephrase the meaning of the scenario. So writing things down helps to look at things from a different angle and understand them better. Without putting emotions upfront. And other things that I can't write down then those are my notes for the future.

Cleaning and looking at flowers (female)

Cleaning helps me feel like I'm in control and I can do something. I like to look at a flower grow makes me feel that even during the hardest times you keep moving forward because what's coming ahead is more beautiful.

Music (female)

Usually music works for me and I don't just listen to any random songs but the songs that speak to me. Friends help me to push or just forget about whatever it is that caused me to feel down.

New Age Music and Movies from Lifetime Movie Productions (female)

I try to put my phone on, listen to New Age Music and Harps and String Music which put me to a peaceful sleep. I also watch Movies from LIFETIME MOVIE PRODUCTIONS - mostly true life stories for others facing similar challenges in this crazy world, such as the movie "The Pursuit of Happiness" starring Will Smith...

Talking to friends or family (female)

Talk to friends or family, spend more time around the people that seem to be when I'm stressed I spent a day with my friends and just talked to them about it and it felt really good to have people listen to me and encourage me so from their own life more supported and less stressed. Helps me feel more calm and supported.

Music and the gym (female)

Music and the gym take my mind off the issue because of the lifting. I remember I was upset about something and then after

I went to the gym I felt relaxed in a way. There's always some sort of confidence and energy after doing sports.

Nature (female)

When I am stressed I would either go sit near a river or walk in the woods and I will start to think that the problem I am facing is not so big and I can handle it and that everyone of us have a problem in a different way. Or I will go for a walk to release the stress and think of nature.

Music and sport (female)

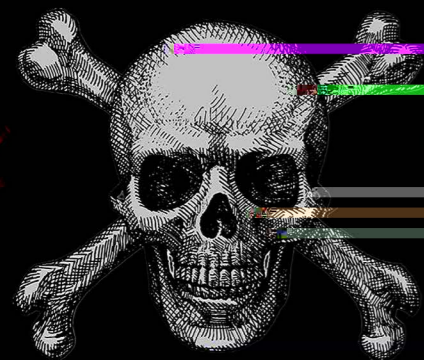
I turn to music and sport. Sport because getting active and sweating helps me release the emotions I'm feeling and I feel so much relief afterwards. I love music because I'll end up dancing and forgetting I was feeling down to begin with.

What's your sanctuary?

Article by
FRANCOISE BONVE PAUNI

江苏大学禁毒宣传
JIANGSU UNIVERSITY ANTI-DRUG CAMPAIGN

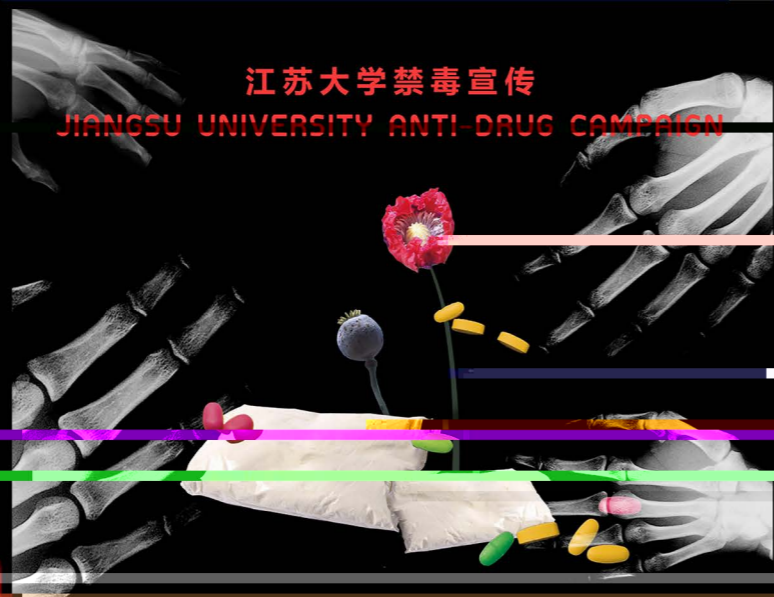
勿贪一时满足
毁一生前途
灭一家幸福



DRUGS GAVE ME WINGS TO FLY,
BUT IT TOOK AWAY MY BLUE SKY

江苏大学留学生医学生协会制作
Prepared by Jiangsu University International Medical Students Association (IMSA)

江苏大学禁毒宣传
JIANGSU UNIVERSITY ANTI-DRUG CAMPAIGN



珍爱生命 远离毒品

LIFE IS SHORT,
STAY AWAY FROM DRUGS

江苏大学留学生医学生协会制作
Prepared by Jiangsu University International Medical Students Association (IMSA)

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Coffee With Olive

SCAN QR CODE



S02E01
Dean of OEC
with Prof. Jing Gao



S02E02
Vice Dean of OEC
with Mrs. Cd'Zibonbi



S02E03
creativity in art TALK
with Clive Muiyru & Tinashe Gakaka



S02E04
fashion, design & Food TALK
with Rosemond Atampokah



S02E05



S02E06
depression & anxiety TALK



S02E07
touch o Feminism TALK
with Priyal Patel



Spoken Word
you don't know my story
with Zai



Spoken Word
If I could write in my dreams
with Kurt



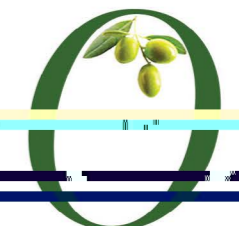
ACADEMIC CALENDAR FOR 2018-19 SEMESTER 2								
WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MONTH
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2	04	05	06	07	08	09	10	
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OVERSEAS EDUCATION COLLEGE

THE Olive

OFFICIAL NEWSLETTER OF THE OVERSEAS EDUCATION COLLEGE



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If you dream of achieving something, get up and **give it 100%**. If you don't then it's on you because this often determines whether or not **dreams become reality.**

Padima Tisetso
(EIC)



PAUL V. PHOTOGRAPHY



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