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Helping the international community get the most out of life in Beijing

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Meet the 2022 *Jingkids International* Parent Board

We're thrilled to introduce the 2022 *Jingkids International* Parent Board. These outstanding individuals represent a fraction of the diverse Beijing expat community and will be helping the *Jingkids International* team shape the direction of our publication. We're honored to have each and every one of them as members of our Parent Board this year.

Serina Baik-Lueders

Serina Baik-Lueders was born in Korea, raised in Canada, studied and worked in France, England, and Germany and came back to Asia in 2015. She came to Beijing with her husband and two daughters and the city has been home for them for the last several years. Serina has worked many years in the fashion industry, teaching languages and since residing in China, she has gained an avid and passionate interest in TCM.



Libby Fitzgerald

Libby Fitzgerald is originally from Canada and moved to Beijing three years ago with her husband and two children from the UK. Despite the moving being a huge transition that she's sure many families can relate to, they've been pleasantly surprised by their life in Beijing. The family has made some truly great friendships here and has created brilliant memories that Libby is grateful for. She loves exploring Beijing with her family, reading, dreaming of traveling, and more recently, checking out their local neighborhood with their new(ish) French bulldog named Baozi.



Angie Chan

Born in Indonesia, Angie Chan relocated from Shanghai to Beijing in 2021 with her Malaysian husband and six-year-old son. Angie holds a Masters degree in Marketing Communications with more than seven years of Public Relations experience in the hospitality industry in Indonesia before moving to China. Angie's known as The Chiffon Lady, specializing in baking Pandan chiffon cake which is a popular Southeast Asian delicacy. During her free time, Angie likes to do crafting such as crochet and macrame. She is also a pilates and barre enthusiast.



Dave Hanssen



Dave Hanssen is a born and raised Texan and has been living in Beijing since 2008. Around Beijing he's better known as Dave from Dave's Studio. Established in 2013, Dave's Studio has been the go-to choice for families and schools for professional photography. Dave is also the beloved photographer of *Jingkids International*, having shot many of our covers over the past eight years. When not behind the lenses, Dave spends his free time with his two sons and is a member of Beijing International Ice Hockey (BIIH).

- Get in touch with Dave on WeChat at dlhzao

Alessia Chizzoniti

Alessia is a philologist, Montessori educator, full spectrum Doula, lactation consultant, pre and postnatal yoga teacher, Dancing for Birth and Coach, and entrepreneur. She's the Founder of Baobaole Beyond Doula&Family Services, Founder and Director of Blossom Montessori Culture Centre. Originally from Italy, Beijing is the place she calls home for the past 12 years and counting. Here she lives with her soul mate Luigi, her three children, Giosuè, Zeno, and Corinna and their two cats Pillow and Dupa.

- Get in touch on WeChat at alessia_chizzoniti



Darla Ridlon

Darla Ridlon is an American from Ann Arbor, Michigan. Her education and work background is in banking and finance. In 2010, her family began their expatriate adventure moving to Germany and then in 2015 to Beijing. In between being a mother of two sons, Darla works part-time at the International School of Beijing. She also serves on the board of the Champagne & Caviar Club. Her passion is teaching and practicing yoga. She teaches private and charity yoga classes to benefit various charitable organizations in China.



Dr. Jaclyn Dam-Laute

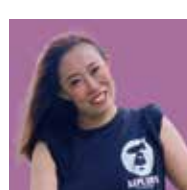
Dr. Laute is a graduate of UCLA Dental School and the founder and CEO of IDC Dental. She came to China in 2002 with her husband and have two children born and raised in Beijing. Dr. Laute and her team are passionate about dentistry and community outreach. The clinic's long lasting charity projects include free dental treatments for orphans and children with special needs.

Jaclyn has been on the committee of Chifan for Charity since 2016, active in charity groups like Wild Women on the Wall, and is an active volunteer and parent representative in the schools.

- Get in touch with Dr. Laute via WeChat at JaclynLaute



Shu Qi



Shu Qi lived in Oxford, Michigan before settling down in Beijing in 2019. She's a graduate from Michigan State University with a MA in Teaching and Curriculum, and Oakland University for M.Ed in Educational Leadership. Born to a family of educators, Shu had worked as an IB teacher with students from Y 5-12 in both public IB school and private schools. Shu has been working as President of PTA of Beijing City International School since 2020 and hosts a book club for the community on how to take care of ourselves as parents to enjoy a healthy and peaceful relationship with our children.

- Contact her at qishu@msu.edu



A NOTE TO OUR READERS

Senior year of high school hit me like a freight train. All of a sudden, everything seemed so final. I would no longer be going to the school I loved and knew so well, I was never going to see 90% of my classmates again, and I was never again going to be in an environment where I was respected like an adult but protected like a child. It was the school year that went by in the blink of an eye, and suddenly I was off to another country, starting my college experience as a freshman.

As much as I want to claim that I was ready to live on my own, my piles of laundry that got accidentally dyed pink, my naivety, and my lack of culinary skills proved otherwise. Academically I was more than ready, but lifestyle-wise I was much more reliant on my family and friends I grew up with than I expected.

Thus, we dedicate this issue of *Jingkids* to all the high school seniors who will be going off to college and embarking on the next exciting chapter of their lives. Your schools have prepared you well academically, but before you head out, check out a few of our tips on managing your money in college (p. 12), being aware of your surroundings so that you're safe no matter where in the world you end up (p. 24), making new friends in a brand new environment (p. 8), and a few simple dorm room cooking tips that'll come in handy when you're feeling homesick (p. 14).

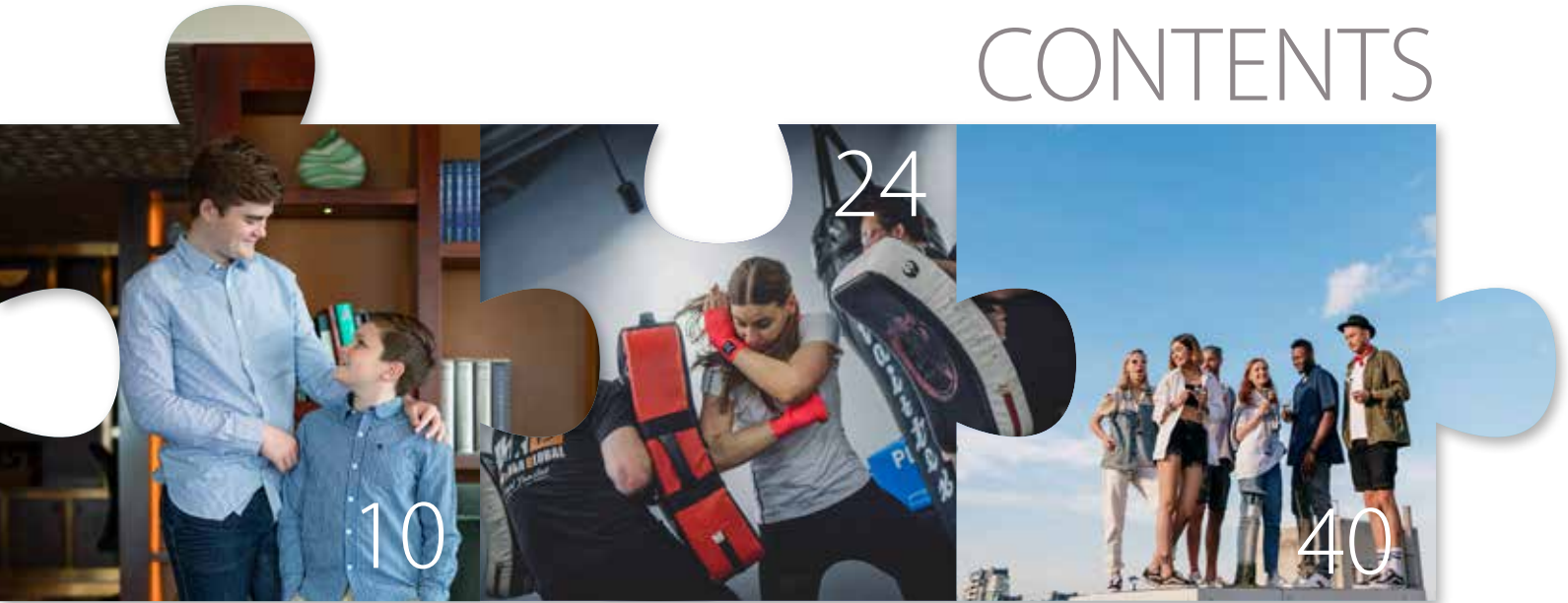
And for the parents who are about to watch their little birdies fly out of the nest, we asked students to address parents' biggest college life concerns (p. 28). Hopefully that'll help provide soon-to-be empty-nesters some peace of mind.

Congratulations to the class of 2022! Your future is bright and filled with endless possibilities. We can't wait to see where you'll be a few years from now.



Mina Yan
Managing Editor

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ON THE COVER

Beijing City International School class of 2022 graduate Linda Huang passes the torch on to the next generation.

Photos: Uni You

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*Note that we will only publish
photos of babies born
in the last 12 months*



Cary David Markway

American
Born Feb 10
to Kristofor and Annie Markway
at Beijing United Family Hospital



Jaclyn Jade Hysen

American
Born Sep 15
to Cai Min and David Shaban Hysen
at Oasis International Hospital



Dean Stewart Anthony Fok

Dutch
Born Jul 4
to Rowena Haverkamp and Patrick Fok
at Oasis International Hospital



Te (Theo) Zhang

Chinese
Born Jun 13
to Yang Zhang and Thomas James
at Beijing Honghe Hospital



Hailey Margaret Foulkes

Australian
Born Jul 6
to Sharifah Foulkes and Timothy Foulkes
at Oasis International Hospital

What's New

Spring Blossoms Bloom + Catkins Return

After an extended winter that still lingered to the end of March and refused to fade (like the ending of *The Lord of the Rings: The Return of the King*), spring finally arrived with the first pink blossoms popping up around the city in the first week of April. Along with the blooming of everyone's favorite cherry blossoms came the explosion of fluff-like seeds from the catkins of cottonwood poplar trees just trying to propagate themselves. The fluffy seed phenomenon has greatly reduced in severity since the 1990s, when the white tufts all but covered the capital in a blanket of "snow." But no matter the decreased numbers, the pollen and seeds in springtime certainly call for extra protection against allergies and hay fever, so mask up!



Schools in Chaoyang District Go Online

After confirmed Covid cases emerged, local authorities instructed schools in the Shuangjing, Jinsong, and Panjiayuan areas to suspend classes and switch to online learning immediately. Within days, the closure included schools in the Tongzhou District and eventually all schools in the Chaoyang District. Nucleic testing on Mondays, Wednesdays and Fridays, became mandatory for most residents in the capital. At the same time, panic-buying and hoarding of certain grocery items occurred at a few grocery stores, namely expat-friendly chains such as April Gourmet, Jenny Lou's and Jenny Wang's. Many local grocery stores remained largely unaffected.

Ice Cube Opens to Public and Offers Winter Olympic Sports Games

The Ice Cube, formerly the Water Cube (and officially the Beijing National Aquatics Centre), which held the curling events during the Winter Olympics, opened to the public for one month starting on Apr 16 and lasting until May 15. Visitors to the Olympic venue have the opportunity to visit the curling pitches and be taught how to correctly throw a curling stone. They are also able to see the athletes' locker rooms, which are made from converted shipping containers. The venue also includes a display showing various presents that were exchanged between the Chinese Winter Olympic team and other Olympic teams during the Winter Olympics. And best of all, you're even allowed to stand on the podium where the Paralympians received their medals, and take a photograph to commemorate the experience!



Universal Premieres New Honor of Kings Experience

For the uninitiated, Honor of Kings (HOK) is a quick-match mobile multiplayer online battle arena (MOBA) game that has since inspired an open-world role-playing game on multiple platforms. Universal Studios Beijing partnered with Tencent to create a special parade with background music specially composed to reflect the game music of HOK. The stunning giant floats carry famous game characters in order to tell an intensive story using high-quality performances and stunts. This new experience is available multiple times a day at Universal Studios Beijing, and also features a meet and greet opportunity with the game characters in the theme park's Hollywood district.

Can I Sit With **You?**

Creating a New Social Circle and Making Friends in College

By Julie Wolf



When I graduated from high school, one of the best gifts I received was a \$20 gift card, a deck of playing cards, and the following instructions:

- 1) Use this gift card to buy four pizzas. (It was 2001 – pizzas for USD 5 were a thing!)
- 2) Have them delivered to the dorm common room on the first night after orientation.
- 3) Offer a free slice to anyone who walks by.

It was genius. Fifteen minutes after the pizzas arrived I had a group of fellow freshmen, all as excited, confused, and lonely as I was, hanging out eating pizza and playing cards. It took all the pressure off and let us just have an experience together. I won't tell you we all became BFFs – in fact, many of those kids I never saw again. But for the next few weeks, a couple of us helped each other figure out dorm life, ate meals with each other, and studied together. It was just enough time to get us over the initial hump that is freshman semester, and let us settle into classes and activities that formed lasting friendships.

As the high school class of 2022 prepares to head off on their own college adventure, here are some tried and true methods of finding companions for the journey.

© Be brave:

Everyone is scared and alone. They all are looking for companionship too, so don't hesitate to make the first gesture of friendship. Not everyone will take you up on it, and you won't click with every person you chat with, but at least a few people will end up being friends and study partners. You have nothing to lose and everything to gain.

© Opt for a roommate:

Even if you have the choice of a single room, opt for a roommate. It will give you someone to talk to and share information with. You will also each probably get invited to different social events, and you should make a point to bring the other along so you can expand your circles.

© Get out of your dorm room:

This sounds obvious, but you would be shocked how many people just sit in their rooms all the time watching TV and missing home. There will probably be events and mixers organized by the student council. Go mix and mingle.

© Have a cool ice breaker:

You lived in China. That is an awesome and interesting thing about yourself, and with a little pre-planning talking about where you've lived can be a great way to break the ice at a party. Pack some unique snacks from Beijing, like White Rabbit candies or shrimp roe-flavored Lay's potato chips, and offer to let people try them. It's a great way to start a conversation that isn't "So, what's your major?"

© Invite someone to sit with you:

Subconsciously, we associate food with family and friends, so when you are in the dining hall and you see someone nervously looking around, make the offer "This seat is open." Most people will be happy to have someone to share a meal with. And if you see a small, friendly looking group, walk over and ask, "Can I join you?" Meals bring people together. Use that to your advantage.

© Follow up:

If you hit it off with someone, offer your contact info and see if they want to do something later. Better yet, set up a time to do something before you say goodbye: "Hey, there is a game tonight and I'm thinking about going. Want to join me?"

© Organize activities:

This isn't a college story, but I want to tell you how I made my best friend when I first moved to Beijing. I went to a mixer for new expats, and a woman invited me to sit at her table. We both mentioned wanting to learn to



make *jiaozi* while we were here. So I found a cooking class and messaged her the next day to ask if she wanted to do it with me. We have been friends ever since.

So if you have a conversation with a new acquaintance about how much you both love to run, or if they mention they wanted to check out a specific art exhibit, call them the next day and set up a time to hit the track or the museum.

© Say yes to everything (within reason):

If someone invites you to do something, say yes. Obviously don't do anything dangerous or illegal, but try new things and accept all appropriate invitations.

Even if you don't love American football, go to the game. If you just ate but someone asks you to lunch, sit and have a cup of coffee while they eat. Forming friendships takes time. Common experiences are what make relationships of all types, so have the experiences and see what happens.

© Clubs and activities:

Speaking of experiences, seek out group activities that you love. Always wanted to try improv or learn to make pottery? Now is the time. If you were active in debate or swimming in high school, try out for the college team. Having an organized event where people are all showing up together and working towards a common goal sets up multiple experiences with the same group, which is how friendships form.

© Study groups:

It's what you are actually here for – studying. And if you are in the same class with someone you probably have other shared interests you can talk about as you walk to the vending machine on breaks.

© Tap into the current zeitgeist:

"Friends" was the big show when I was in college. We all could have just watched it alone in our dorm rooms, but someone started watching it on the big TV in the common room, and soon after that the whole floor started bringing snacks to share while we all watched together. It was a nice way to get a large and diverse group of people to bond over a common interest. Whatever the cool show, hobby, or game is this fall, do it together in a public place.

Ultimately, though, try not to overthink any of this. It's making friends, not rocket science. You're an expat kid. Making new friends quickly is what you have been doing your entire life. Plus, I guarantee you have way more interesting stories and experiences than most of the other freshmen. Some of them might have been camping, but how many of them have been camping on the Great Wall? I bet most of them have been to Disneyland, but have they been to Shanghai Disney? You already know how to do this, and you have tons of experiences to share. Just go be your wonderful, active, curious self. You'll find your tribe.



It Might as Well Be Destiny

What Made the Willats Family Choose Boarding School?

By Vivienne Tseng-Rush

Live, study and play, all in the same place, while asserting your own independence and being 100% responsible for your choices – does this sound appealing to your child? Then perhaps boarding school is the path to consider for their education.

Boarding schools have existed for centuries, with the earliest form of such schooling existing for boys who were sent away to train as literate clergymen. While boarding schools have evolved with the times, across the globe today boys still outnumber girls in co-ed boarding schools, and boys-only boarding schools are more common than the all-girl equivalent. That said, plenty about boarding schools has changed, so you can forget that archaic image of an intimidating, ivy-covered stone building with a stern headmaster waiting to dole out discipline like hot cross buns

at Easter.

After researching and interviewing local boarding school staff, a UK boarding school alum, and a prospective student, I feel safe now in saying that boarding school can be likened to a more controlled college experience that also caters to a younger crowd. In the US, the most popular age to send kids off to boarding school is between 14 and 16, or grades 9 and 10, though it is not unheard of to send kids as young as 7. A local-born acquaintance even bragged that he was sent to boarding school in the UK when he was just 5 years old! Now that he is a parent to two young boys, he has made it clear that boarding schools loom very possibly in their near future as well.

By summer's end this year, when 15-year-old Thomas Willats steps onto the Holyport

College campus in his home country of the UK, the Willats family will join the proud ranks of families who pass on the boarding school legacy from father to son. The funny thing is that Dulwich College (London) alum and father Alex Willats had neither planned nor initiated this move.

"It was Thomas who came to us and told us he wanted to go to boarding school," reveals Thomas' mother, Claire Willats. After being educated at seven different schools in six countries over the last decade, Thomas is looking for a calmer, more stable environment where he can forge long-lasting friendships in the tight-knit community of a boarding school. "I see my father staying in touch on a daily basis with friends he made back in school even now, and I really want that," yearns Thomas.

While it was the stability and promise of

kinship that lured Thomas, it was the local COVID situation, particularly the restrictions on after-school activities, that catalyzed his decision at this time. With the start-stop nature of school and extracurricular activities in Beijing, Thomas hasn't been able to fully develop his potential in his passions, such as rowing. This is why he's rather excited about the top-notch sporting facilities at Holyport College and having access to the amazing facilities at Eton College, their neighbor.

Are his parents worried at all about Thomas going off on his own at such a tender age? Considering that dad Alex entered boarding school himself when he was just 11, you might think not, but mom Claire says, "He's used to being the 'new kid' all the time, so I'm not worried about him making friends, but I am worried that he won't remember to call his mom."

As for the challenges ahead, Thomas himself is concerned about "keeping his room clean," even though Claire shares that "I've always made sure they are quite self-sufficient by teaching them how to cook and clean for themselves." She ensures both her kids clean their own bathrooms on the weekends and cook family dinners once or twice a week. Not out of necessity, mind you, but because she abhors "lazy kids."

"We've been privileged in our lives, but we have always gone out of the way to make sure the kids understand there are others living in very different worlds out there." From bringing their kids along to impoverished villages in needy countries where Claire herself helped initiate vaccination programs for the underprivileged, to volunteering Thomas as a pretend attacker in her community self-defense classes, it seems that the Willats parents have exposed their children to people and situations from all walks of life, in order to build up their tolerance physically, mentally and emotionally.

At the end of the day, that's really all that we as parents can do for our children – to prepare them to go off into the world on their own, even if that moment comes earlier than we had anticipated, as it did in Claire and Alex's case.

"When Thomas told us that he wanted to go to boarding school, I didn't want him to go. But at the same time, I know that if he goes he'll have a wonderful experience," relents dad Alex. Claire followed up saying, "I think there's much more chance for him to thrive in an environment he's chosen. We're giving him the latitude to follow his own destiny."

And if it means anything, by the end of our lovely chat over afternoon tea, the Willatses' younger son, 9-year-old Henry, said, while hugging his big brother, "I want to join Thomas in boarding school when I'm 11."



Money, Money, Money, Money... MONEY!

What I Wish I Knew About Money Management

By Rachel George

You've done it. Graduated. Now you're headed into the great unknown to follow all your college dreams. Yet with this freedom comes great responsibility, right? Right!

Part of being an adult is managing your coins (not those digital ones in your WeChat wallet, but the real, grown-up ones) like adults do. College is the best time to develop healthy financial habits and start building wealth, even if you don't have a lot of money coming in. And the good news is you don't have to wait until you leave for college to begin. Saving for tomorrow actually started yesterday, so let's get going!



KNOW YOUR CURRENT MONEY MOVES

Start tracking your money habits now so you are aware of your money moves. Begin by taking a look at how you are currently spending your WeChat dollars. Not so sure? Pull up your WeChat wallet and go to Transactions. Take out a pen and paper and record your purchases for the last 30 days. Where did most of your money go? Food? Entertainment? Shopping? Make a list of the total amount for each area and ask yourself: What did I discover about my money habits? Am I more of an eater out, or am I the next master chef? Am I a person who likes to hang out with my friends? Or am I a shopper? Knowing yourself and how you spend your money is the first step in creating a budget that works for you.

Here's a challenge for you. Until you leave for college, give up one of your most purchased small items and save the money you would have spent. You'll be surprised to see not only how often you purchase

that item, but how much you are saving instead.

BUDGET: NOT A BAD WORD

Budget. Most people dread this word because it sounds super restrictive. However, I challenge you to think of your budget as your "say yes" buddy. Do you want a dream vacation for spring break? Yes! Then you need a budget. That new pair of Jordans? Yes! Then you need a budget. Your budget becomes your best friend when you think of it as a means to have what you want! So, how do you create one of these budget besties?

First, write down all of your expenses. These include your fixed expenses – those expenses you must pay each month. Hello tuition, rent, and transportation costs. These may even include subscription services like Netflix or Spotify, or even your phone bill. Typically, these expenses are the same amount monthly.

Next are your variable expenses. These vary from month to month and include things like groceries, eating out, shopping, or entertainment. Typically, you do not spend the same amount every month in these categories.

Looking at your two lists, circle those items that you consider Have Tos – typically your fixed expenses. Then, draw a box around those that you consider Want Tos – typically your variable expenses.

Once you've determined all of your expenses and added them up, now comes the hard part: subtracting them from your monthly income. Your monthly income is the total amount of money you have coming in. Think of this in terms of money from parents, your part time job, side hustle, internships, scholarships, or financial aid.

If you have money left over, hooray! You've budgeted correctly. If not, that's OK – you may need to make some adjustments to your Want To list. Remember, your goal is not to be in the negative. This where the 50/30/20 rule comes in.

Ugh, I dislike rules as much as the next person, but this one sets you on the path towards financial success. The 50/30/20 rule states that you reserve 50% of your monthly income for your Have Tos, 30% for your Want Tos, and 20% for savings. Here's how you do it. Let's say you receive RMB 10,000 a month as your income. Remember those things called needs – those expenses you need to pay, like rent, phone bills, etc. After you get your income for the month, 50% of your total income goes towards those needs, which in this example would be RMB 5,000.

The 30% of your income is for your wants – hello matcha latte on the daily! Be careful here, because in our example only RMB 3,000 goes towards spending for these wants. Here's where you really have to get real. How much do you really want your want? If it's really, really, then that's ok. This just means you may need to give up something else you only kind of want. It's all about give and save.

The 20% goes directly to savings, so deposit that remaining 20%, which in our example is RMB 2,000, and forget about it. Here's the thing about saving: Saving now means living comfortably later. Placing 20% of your income into an interest-bearing savings account, or investment account will grow your money even faster. Even better if you set up an automatic withdrawal to your savings each month. You won't even see it!

GET TECHY WITH IT

There's an app for that! When you are first setting out on this budget journey, it helps to have help ... and apps are the way to go. Here are a few you can try:

- **Mint** – Easy to use and stick to, Mint securely links to your bank accounts and automatically inputs every transaction, making it easy to see where your money is going. Plus, they give you reminders to help you with overspending, and have stellar tips on creating a budget. Win, win.

- **YNAB (You Need a Budget)** – This is a super helpful app that assists you in tracking every dollar you spend. Talk about knowing where your money is going. YNAB helps you become intentional with how you spend your money.

DISCOUNTS, BABY...

Here's the lovely thing about being a college student. There is literally a student discount for EVERYTHING. Netflix, Spotify, virtually every streaming service, restaurants, clothing stores, computers, cell phones – you name it and pretty much almost every business around you has a student discount that you basically only need your college ID to access. If you're not sure, ask. Make sure you are getting in on all the deals. Check out apps like UNiDAYS and Honey for more deals.

Use your campus fees. So, for college students there's a little fee called a student usage fee. Basically, it's what your college or university charges you to be a student there. You get charged this fee whether you take advantage of it or not ... so use it or lose it. If you need to print anything, print on campus instead of using your precious ink. Use your campus gym to get your sweat on. And take as much advantage of your campus meal plan as you can. That's right, most colleges and

universities offer a meal plan, which basically means ... you eat. For free. On campus. And at most times, whenever you want. Super easy way to cut down on your food budget.

INSTA INSPIRATION

Sure, we follow influencers for entertainment, style, and fashion, but what about money? The new trend in influencers includes finfluencers, who are all about that financial literacy. Add these to your feed for a healthy dose of money management info:

Sara Finance @sarafinance – Interested in starting your own business? Sara is definitely your go-to. Also make sure to check out her YouTube channel: Sara Finance

@napkinfinance – Everything you've always wanted to know about money, drawn on a napkin. Check out their feed of fun and quick money advice.

@TheFrugalGene – Meet Lily, your go-to for tips on how to save money.

@calltoleap – Meet Steve Chen, a former math teacher who helps beginners learn about investing and the stock market.

DREAM BIG ... THEN ADD TAX

Here's the thing: You have an amazing future out there, and it's never too early to start visualizing what that future entails. Create a visual financial future vision board. Find images and words that represent the future financially savvy you. Place them on a poster, or make a nifty Canva screensaver and look at it daily. Visualization helps you practice success, training your mind to see your dreams in real time.

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HUG IN A MUG

Your Easy Dorm Room Mug Cooking Essentials

By Mina Yan

During the first semester of my freshman year of college, I didn't gain the Freshman 15, I gained the Freshman 30. While I'm all about body positivity and loving yourself at any size, ballooning from my tiny 100lb frame to 130lbs within a matter of months meant nothing in my closet fit, and, more importantly, I suddenly had difficulties keeping up with my daily activities. What was most shocking to me during that time was that as I gained the 30lbs, I never realized it was happening until I went home for the Thanksgiving holiday and my mom bluntly pointed it out the moment I saw her at the airport.

Going from my mom's balanced and organic home cooked meals and dining out at healthy restaurants to suddenly having a buffet-style cafeteria that offered all sorts of comfort foods and desserts all day meant that if I didn't have self-control, my health and waistline were in for a wild ride.

So, for the soon-to-be college freshmen: If you're lucky enough to get a dorm room with a kitchen, brush up on some basic cooking skills. But if you end up with a sharing a room with someone and the most complex piece of cooking equipment you can fit in there is a microwave, things will be a bit tougher. However, there are still microwave recipes that are easy, delicious, and, most importantly, healthy.

While I learned these recipes in my early 20s, I still use some of them to this day. They make for easy clean-up when you're done cooking, and are great for when you're not cooking for multiple people.

Tips:

1. Make sure you get yourself a nice big microwave safe mug.
2. Get yourself a tiny whisk. It mixes better than a fork.

Keto Mug Bread

- 1 tbs butter
- 1/3 cup almond flour (Coconut flour works too)
- 1 egg
- 1/2 tsp baking powder
- 1 pinch of salt

Directions:

Microwave the butter for about 15 seconds to melt it. Combine the rest of the ingredients in the mug and mix until smooth. Microwave for about 90 seconds at maximum power. Let cool before slicing.

Egg Omelet in a Mug

- 2 eggs
- Cooking spray or oil (spray or coat your mug so that your omelet doesn't stick)

Directions:

This one is super straightforward. Beat your eggs in your mug and add in anything you want in your omelets. The eggs take about 1.5 minutes to fully cook in the microwave, and everything else is just in along for the ride.

Chocolate Mug Cake

- 1/4 cup all-purpose flour
- 2 tbs unsweetened cocoa powder
- 1/4 tsp baking powder
- 2 tbs sugar
- 1/8 tsp salt
- 1/4 cup plus 1 tbsp milk
- 2 tbs oil
- 1 tbs Nutella (or mini chocolate chips)

Directions:

Mix all dry ingredients together first. Then whisk in the milk and oil until there are no more clumps in your batter. Pour your ingredients into a mug and be sure to leave a bit of space for when the cake rises. Add your Nutella in the middle of the batter. Microwave your cake for 70 seconds on the high setting.

Tip: Put a piece of paper towel in the microwave in case your cake overflows.

Blueberry Muffin

- 1/4 cup flour
- 1 Tbsp brown sugar
- 1/4 tsp baking powder
- 1/8 tsp salt
- pinch cinnamon
- 1/2 Tbsp butter
- 2 Tbsp milk
- 1-2 Tbsp frozen blueberries

Directions:

Stir together the flour, brown sugar, baking powder, salt, and cinnamon in a mug until well mixed. Add the butter and use your fingers to rub or smoosh them together until no large chunks of butter remain and the mixture looks like damp sand. Stir the milk into the butter/flour mixture. It should now resemble a thick muffin batter. If it's too dry, add a splash more milk. Sprinkle blueberries over top and push them down into the batter. Microwave on high for approximately 90 seconds.

Mug Pizza

- 4 tablespoons all purpose flour
- 1/8 teaspoon baking powder
- 1/16 teaspoon baking soda
- 1/8 teaspoon salt
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 tablespoon marinara sauce
- 1 generous tablespoon shredded mozzarella cheese
- 5 mini pepperoni (if desired)
- 1/2 teaspoon dried Italian herbs (basil or oregano will work)

Directions:

Mix the flour, baking powder, baking soda, and salt together in your mug and add in the milk and oil and mix some more. It's ok if you have some lumps. Spoon on the marinara sauce and spread it around the surface of the batter. Sprinkle on the cheese, pepperoni, and dried herbs

Microwave for 1 minute 10 - 1 minute 20 seconds at 1200W, or until it rises up and the toppings are bubbling.



YOU WANT A COOKIE?

Jacopo Bruni's
Secret Cookie Recipe
Will Deliver All the
Comforts of
Home

By Mina Yan



I'm from California but I did my undergrad in Switzerland. When I was in college, I had one friend who knew how to whisk up batches of snickerdoodles and sugar cookies in her kitchen in a matter of minutes. In the US, we could easily visit our local supermarket and pick up a box, but in Switzerland their local snacks were different, and finding an authentic taste of home was nearly impossible. While at first it didn't seem like such a big deal, but during exam time, birthdays, homesick days, and just general girlfriend hangouts, my friend's cookies would be the highlight of our night.

No matter where in the world you go after graduation, food is always going to be one of those things that'll bring you comfort and joy.

So, before you head off to college and (for many) live on your own for the very first time, it's never a bad idea to update your personal recipe book and have a few easy and handy treats on hand.

Chef Jacopo Bruni has worked all over the world and his desserts have landed him positions at The London EDITION and The Peninsula Beijing, as well as, most recently, a role with Beijing's entertainment crown jewel, Universal Beijing Resort, where his sweet creations are loved by guests at both NUO Resort Hotel and The Universal Studios Grand Hotel.

One of Bruni's signature treats that guests just can't seem to get enough of are his cookies.

**Ingredients:**

- 600g Dark chocolate
- 375g Butter
- 450g Caster sugar
- 300g Brown sugar
- 6 Eggs
- 380g Flour
- 135g Cocoa powder
- 9g Baking powder
- 2g Sea salt

Method:

Making Jacopo Bruni's famous chocolate sea salt cookies is actually easier than one would expect. If you can measure properly, you can make cookies!

First, whisk the eggs with sugar. Then, melt the butter and chocolate and mix them in with the eggs and sugar. Next, add in all the remaining ingredients.

Scoop out approximately 35g of cookie dough with a spoon and put the spoonfuls on a cookie sheet.

Sprinkle a bit of sea salt in the center of the cookies and bake for about 8 minutes at 180 degrees Celsius.



LITTLE MINDS BIG IDEAS

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Discover the World of **MINIBEASTS**

Year 1 Students at Dulwich College of Beijing Craft Minibeasts

By Mina Yan



Arts and crafts is an enjoyable way for kids to learn about nature and develop their creativity and coordination skills while enhancing their connections with their environment.

Early years art teacher Jacob Dong led his Year 1 class into the world of minibeasts. In line with their current Unit of Investigation on sustainability, Mr. Dong and his class used recycled materials to create their artworks.

Materials:

1. one recycled bottle
2. one long sock
3. four pipe cleaners
4. two buttons
5. some bead

Steps:

First things first: Create your minibeast's body!

- 1) Choose your favorite bottle shape.
- 2) Take a colorful long sock (or cut a long stocking).
- 3) Make sure one end of the sock is closed; otherwise, tie a knot and turn the sock inside out to hide the knot.
- 4) Slide the bottle inside the sock.



Second, your minibeast needs antennae and eyes!

- 1) Tie a pipe cleaner around the bottle-neck and twist both ends together.
- 2) Shape the antennae as you like.
- 3) Slide one button and some beads onto each end of the pipe cleaners to give your minibeast big eyes.



Finally, minibeasts have six legs, don't they?

- 1) For each pair of legs, twist one pipe cleaner around the body, and make sure the legs face the ground, opposite the antennae.
- 2) Twist the legs into the right shape.

I'M BORED!!!

8 Ideas for When Your Family Is in Lockdown

By Julie Wolf

Lockdowns and quarantine are now just another part of life. If you find yourself back behind closed doors or are planning to travel and return this summer, here are some simple games and activities that might make a world of difference and won't take up too much space in your carry-on.



Water Wow:

These are my go-to travel/confinement activity for kids. Melissa & Doug is an American toy company that manufactures these great coloring board books and flashcard sets with a water-only pen that reveals the colors on the page when the kids use it. The best part? When the boards dry they return to white, so these toys are reusable for hours of mess-free fun. These products are easy to find on either Taobao or Amazon, and come in book and flashcard sets.

DIY Bubbles:

Soap, water, dental floss. Most quarantine hotels will provide all three of these things, so let your kids experiment with making their own bubble solution and then use dental floss or shoelaces to create a bubble loop. Dip it in the solution and gently move the circle through the air to create bubbles. Try adding dye from found objects like colored paper or leftover juice to create crazy colors.

Bath Crayons:

Easy to pack and great for a hotel bathroom, bath crayons allow kids to create a mural or practice their shapes, numbers, and letters. The crayons will keep them engaged, are easy to clean up, and will help make good use of limited space. Again, any online ordering service will have them and there are tons of options. It's hard to go wrong with Crayola, and Honeysticks offers an eco-friendly option that gets good reviews.

Work Out:

Tik Tok dance challenge anyone? Or maybe a family dance party! Or try using that old deck of cards you've got to play a workout game where each suit is a different exercise (hearts are jumping jacks and spades are push-ups, for example). Flip the first card and do the exercise the number of times specified by the number of the card. So, for example, the ten of hearts could mean doing ten jumping jacks. However you get your blood pumping the endorphins are sure to help with cabin fever and might just keep the family on a normal sleep cycle.

Card Games:

A deck of cards offers endless opportunities for fun. Go Fish, War, Snap, Slapjack, *Dòu Dìzhǔ* ... The amount of games is infinite and kids will play for hours. You can even play a version of Memory by matching the color and numbers but not the suits. Start a family tournament and keep a tally of who wins the most games. If you get bored with the games a quick internet search will give you endless lists of new games to try.

Family Book Club:

One of my favorite things as a kid was reading a book as a family and then discussing it. Come on, you all knew I was a nerd. During a lockdown, you can even include extended family members via video Zoom call. Let the kids pick the book and then commit to reading it as a family. Scholastic's website is a great resource for helping to choose age-appropriate books and to find book club guides for the discussion portion of your meeting.

Make a Movie:

Sick of watching movies? Make one! There are tons of cool, easy movie apps now, from Canva to Video Leap, and most of them have a free basic version. Have the kids write their own movie script and then film and edit it. If they don't want to act in it themselves have them make puppets out of socks or coloring books. It's a way to work on writing, sequencing, creative problem solving, and to learn some technical skills on the computer as well. Plus, you might discover the next Scorsese ...

Family Reading Challenge:

If a book club feels a little too structured, you can always just decide to issue a reading challenge. Make a chart and have each family record the number of pages they read each day. The person who reads the most pages gets to choose the family's first post lockdown meal or activity!



THROUGH MY EYES

IB Diploma Students at British School of Beijing Shunyi
Use Art to Show Their Perspective of the World

By Mina Yan



Phillip J

Make 'em 3D_New York City

19cm x 30cm x 20cm Paper sculpture

My memories of New York City are almost a decade old. From what I hear from those who currently dwell in the city, there has been a multitude of changes the city's skyline. This is a visual representation of my black and white memories of New York city, where the historical Flatiron building stands beside Madison Square Park, just eleven streets south of the Empire State building. Further north, there stands the fifty-two stories tall H&M tower. Far down south to the Greenwich Village remains the apartment which Joey, Chandler, Monica, and Rachel once occupied.



Phillip J

Life is a Highway

120cm x 70cm Charcoal and Pen drawing

There is something unique and distinct about the paths people walk on throughout their lives. For me, a constant change in living locations has brought a spectrum of new ideas, perspectives, and attitudes. I was born in Jeju Island — a sub-tropic island in the southernmost part of Korea— and moved to a metropolis, Seoul, then to New York City, a busier city, and, finally, to Beijing, where I am at the moment. Relocation and adaptation to these whole new worlds is what I portray in this piece. The highway connecting the two worlds represents the course of my life chronologically, from past to future. The background is drawn on craft paper with charcoal, emanating the serene, loose, and traditional mood of Jeju island, while the white square piece in the middle of the piece depicts Seoul with a clean pen drawing, reflecting the cut-throat and busy nature of Seoul.



Fatma E (Year 13)

Is it home or a glance into my childhood?

59.4cm x 84.2cm Oil pastel on paper

Home is what we perceive as a place we belong to or where people we are close to belong. This artwork shows one of the places I describe as my home. With the use of oil pastels, I was able to recreate elements of nature aiming to make it realistic. This realistic nature can be seen in the Impressionistic movement. Pointillistic elements for the roofs and in the background show further inspiration from Impressionism.



Fatma E (Year 13)

Representations of nature

17cm x 59.2cm x 10.4cm Clay, paper, cardboard, sand, small rocks, leaves, sponge, earth, thread, cotton pads and swabs, paint, plastic

Nature should be protected. This is what people hear and say quite often. Is this true and for what reason may it be true? Do people think about protecting nature? Nature is what humans need to be alive and therefore it should be protected. The landscape models show different kinds of nature. Each piece shows a different climate zone from left to right: temperate and mountainous; mountainous and cold; tropical; hot and dry; desert; and polar climate.



Chiana I (Year 13)

Looming assembles

Acrylic Paint, Collage, Ink

Looming assembles is a collage made from different cultural ornaments. It explores the beauty of collaboration and intertwined ethnic relation. I have taken elements such as the gold foil, and a variety of color and texture to rearrange them on natural brown paper.



Mycah Walker

Portrait003

112x85cm Acrylic paint on stretched canvas

Using an image of my model in a light projection room in a gallery in 798. The brushstrokes over the model's face are inspired by César Biojo' works. They capture all the aspects of my original image, such as the emotions, onto a still image. This piece is purposefully placed next to Sculpture033 (2021) and Portrait333 (2021) because they are inspired by this painting. At this point my overall theme of beauty and destruction becomes more visible.



Pako Mosekwa

Wild Eagle shark

85 x 120cm Acrylic

This is an anthropometric artwork that was influenced by my fascination with nature. I picked out creatures that do not have much in common in order to create a unique personality and place all those features in a single creature to make a contribution to the creation of a new species.

STAND YOUR GROUND

Practical Safety and Self-Defense for College Freshmen

By Yonina Chan



Dealing with fighting in tight spaces in a Krav Maga class.

When going off to college, one of the most important things any young adults can do is to equip themselves with fundamental safety and self-defense knowledge.

The truth of the matter is, no matter what age, gender, race, size or shape you are, you are vulnerable to incidences of violence and threats to your safety.

We spoke to self-defense experts and university counselors on the top 10 safety tips that Beijing teens – and their parents – should know before heading off to university.

1. Know your campus and your city.

“Do your research early,” says Michelle Chow-Liu, head of high school counseling at Western Academy of Beijing (WAB) and president of the International Association for College Counseling. “Look at the universities you apply to. Think about what the area’s like, what the crime rate is around the university, what places are safe or not.”

It’s also important to know how to get around without GPS – if your phone runs out of power, you don’t want to be lost and alone late at night.

One of the best sources of information is the college or university’s orientation for international students. “If you’re a citizen of the country where you’ll be headed for university, but have lived abroad most of your



Krav Maga students are introduced early on to the realities of bladed weapon threats and attacks, and learning how to make good decisions when faced with this kind of danger.



Learning to strike is core to any self-defense system.



Krav Maga students learn how to use shield-type objects like a backpack when dealing with danger.

life, then take the orientation for international students,” says Chow-Liu.

Orientations typically cover a lot of practical information about the city, as well as key resources available to students. These can include emergency numbers, late night shuttle services, crime prevention training, active shooter guidelines, sexual assault prevention and reporting, cyber safety, etc.

2. Don’t isolate yourself.

“A lot of kids decide to live off campus instead of the school dorm, with no roommate,” says Jonathan Mellen, IBDP Coordinator and University Guidance Counsellor at Yew Chung International School of Beijing (YCIS). “This makes it difficult because if something happens, you can’t just call your parents in the middle of the night to help you. You need people you can reach out to.”

Once you get to campus, build your networks. Join the student fellowships and associations, including those for international students, Asian-Americans, Chinese students, etc. “The more you’re connected in your university,” Mellen says, “the greater your safety net is.”

3. Be strategic about your daily routine.

Whether you’re walking home or headed out for a jog, take the safest routes. Stay on well-lit, populated pathways. Avoid cutting through alleyways, parking lots, or parks at night. Have a few different options for your regular routes and switch them up, to prevent anyone from knowing your routine. If possible, travel in groups or with a friend, especially at night or in unfamiliar places.

“If you feel someone is following you, try to change course a few times and check what they do, or see if they stop when you stop, or pass you by,” says Von Ng, China director of Krav Maga Global, a training center in Beijing for Israeli self-defense and combat system Krav Maga. “If you think you’re being followed, do not go straight home. Go to a crowded place, find a shop or security guard, and ask for help.”

As a habit, have your keys out and ready before you enter your residence or as you walk to your car – especially at night or in an

empty parking lot. Make sure to check your surroundings as you approach your door, to ensure no one is behind you.

4. When in public, don't be distracted by your devices.

"When you're on the street, in the bus, subway, or even in a car, don't have music blasting in your headphones or be glued to your phone," says Ng. "You need to be able to spot a potentially dangerous situation, but if you're tuned out, it's easy to get caught unaware." If you look distracted, you're also an easier target for people with ill intent.

Ng says that people especially tend to let their guard down in public places that they're familiar with, like libraries, jogging paths, coffee shops, or gymnasiums. "Threats to your safety can happen in any of these places. It's not about being paranoid, but about being able to react and get out if danger arises."

5. Lock your home and car doors and keep your valuables out of sight.

At 3am on Jun 22, 2020, Terry Ma, a graduate student at Worcester Polytechnic Institute, discovered an intruder in his off-campus duplex. "We locked the first floor doors and windows," he recounts, "but the intruder climbed the front porch and got in through the second floor window." The burglar fled when he was discovered, and luckily no one was hurt.

"Lock your doors and windows – dorm room door, car door, garage door, kitchen windows, bedroom windows, etc. – even when you're inside," says Ng. "And don't leave your valuables in plain sight, like by a street-facing window in your apartment, or on the dashboard of a parked car."

6. Be attentive in public transport – even in an Uber.

If you're taking a bus, use well-lit and busy stops whenever possible. Don't fall asleep or be glued to your devices when you're in any kind of public transport, including a taxi or Uber.

With ride-hailing services like Uber, make sure to check the license plate on the car before getting in. If there's another person in the car with the driver, don't get in. Uber explicitly states that "no one other than the requesting rider and the rider's guests are permitted in the vehicle." Make sure you determine the route, and track it on the app if it's not a route you're familiar with. If you're inebriated, have a sober friend accompany you on the ride.

7. Set your boundaries, trust your instincts, and advocate for yourself.

Don't be too nice to strangers, especially if you are alone. Asking for "help," whether it's asking for directions, the time, assistance,

etc., is a common distraction tactic. Don't let people you don't know get close to you, and when going into your apartment building, don't hold the door open for strangers – even for deliveries. "Trust your instincts, and don't worry about seeming rude," Ng says.

With people you know, the same rule applies. "When people test your boundaries – whether they are strangers or people you know – they are counting on your social programming to get away with it," Ng says. "Don't fall for it."

The key to being able to set and enforce your boundaries is to actually outline what they are early on. "Have open discussions on sensitive issues like consent, abusive relationships, peer pressure, substance abuse, and conflict resolution," says Chow-Liu. Under WAB's Social and Emotional Learning Program, for example, students have interactive lessons and guided discussion groups on these topics from as early as Grade 9.

"You don't want to be confronted with these issues without some sense of where you stand," says Ng. Know your boundaries, communicate assertively, and recognize someone who won't respect a "no."

8. Don't overshare.

As a rule of thumb, avoid sharing your location – especially your home or regular haunts – on social media. "It's okay to share some photos or posts online, but be careful about sharing your location," says Ng.

And when conversing with unfamiliar people, be aware if someone is asking questions that reveal your routine or your personal information. "You don't have to tell anyone anything that you don't want to. In fact, you can lie or tell the person you're talking to that you don't feel comfortable sharing," says Ng.

9. Be prepared.

Having a defensive tool on you is a good idea, but in case something happens, the most important thing is to have the willingness to fight and get away. In truth, anything can be a weapon, so use whatever you have on you or find around you – a bag, a book, a chair, a table – to defend yourself and buy yourself time and opportunity to escape.

10. Learn basic self-defense.

"Self-defense is a life skill, and everyone – regardless of age, gender, size, or shape – should invest in learning it," says Ng.

Find a place that teaches practical street self-defense and covers situational awareness, rather than competition-style or performance-style combat or martial arts, Ng advises. "We obviously recommend Krav Maga, but if you can't find Krav Maga, find a system that's relatively easy to learn, direct in approach, employs simulation and stress training safely,



and aims to be immediately usable. The idea is that if you need to use what you learned today tomorrow, you could."

In the end, knowing self-defense makes you naturally more aware, and more able to prevent or avoid a bad situation in the first place. "The irony is," says Ng, "the more you learn self-defense, the less likely you'll need to use it."

LET'S TALK ABOUT SEX, COLLEGE-BOUND KIDS!

Thicken Your Skin and
Get Ready To Have One of
the Most Important
Talks in Your Child's Life

By Vivienne Tseng-Rush



From temper tantrums to teenage angst, there's always a new challenge for parents at every stage of our kids' growth. As they get ready to enter young adulthood and enjoy new freedoms, there are some important matters to consider that may not be easy to bring up, such as their sexuality and sexual health. Whether our children are boys, girls, or somewhere in between, this is a critical issue that we as parents should ensure our offspring have knowledge of, and, more importantly, are able to discuss with us as caregivers, even as we relinquish our hold on them.

Speaking to Paula Kelleher, an advocate for body literacy and female fertility awareness, as well as a soon-to-be-certified Justisse practitioner, we break the silence around this all-too-taboo topic and talk about sex.



Let's get right down to it. Do you think that abstinence is still a viable stand to take in this liberal day and age?

That depends on the motivations for being abstinent! When practicing a fertility awareness-based method to avoid pregnancy naturally, periodic abstinence from intercourse during the woman's fertile window is advised in order for the method to be successful.

When complete abstinence is taught or advocated from a "sex education" or pregnancy prevention perspective, it may not be realistic or appealing for many people – and that's okay! For others, abstinence may be an important value and that's okay too.

Whether you choose to have lots of sex or no sex at all, as long as you are happy and not pressured into thinking or acting any certain way then it's all good.

Assuming a sex-positive stance, what should students do to ensure they remain safe sexually?

Consent, consent, consent! Always communicate, listen to, and respect you and your partner's feelings and boundaries. Use condoms

and/or dental dams to protect from sexually transmitted infections (STIs) for both penetrative and oral sex. Get screened for STIs regularly, especially if you have multiple partners and absolutely if you have unprotected sex. Always pee after sex to reduce risk of urinary tract infections (UTIs). Make sure your partner's hands, mouth, and/or genitals are clean before engaging in sexual activity.

What else should a college-bound student keep in mind about their sexual health as they begin their life of independence?

This can be a really fun and exciting time for young people to experience and experiment with their sexuality. But there are also a lot of other less glamorous considerations to keep in mind!

Unfortunately for young women, the burden of contraception and pregnancy prevention mainly lies with you. If you decide to use hormonal birth control, make sure you research it well and are aware of all of the risks (especially the ones your doctor may not tell you about). Take steps to reduce any negative impact, for example; find out accurate information about any family history of breast and cervical cancer, blood clots, or stroke; make sure your gut health is optimal; get checked for nutrient deficiencies caused by hormonal contraceptives (B vitamins, zinc, magnesium, etc.); and improve your diet and/or take supplements as needed. If you experience symptoms or side effects (especially depression, mood swings, or anxiety), know that you are not crazy and it's not all in your head. Try to find an alternative because you shouldn't have to suffer.

Barrier methods, such as condoms and cervical caps, are non-hormonal and mostly side effect-free forms of birth control, and only condoms can protect against sexually transmitted infections (STIs).

Understanding your body is really valuable! Women are only fertile a few days each cycle. Practicing a fertility awareness method (FAM) and knowing exactly where you are in your cycle, when you're fertile (i.e. when pregnancy could occur) and when you're not is a super empowering tool that can inform the decisions you make around your life and your sexual activity.

Fertility awareness requires diligence and consistency, and takes time and effort to learn from a qualified instructor. FAM and body literacy have so many amazing female empowerment and health benefits, in addition to pregnancy prevention. But if your lifestyle at college means you are not able to practice the method correctly, then it can't be used as a way to avoid pregnancy. FAM may not be suitable for you at every stage of your life, but it will always be there for you whenever you are ready.

In the social media and smart phone era, it's really important to protect your privacy. Never ever send nude photographs or consent to be photographed or recorded in a sexually explicit way.

What can parents do to support their children as they get ready to send them packing?

Talk to your kids and let them know you're always there to support them around issues regarding their sexuality or sexual behavior. Confront any awkwardness you may experience, and get knowledgeable about the topic – don't bury your head in the sand and pretend like it's not happening! Encourage open and honest discussions in your home around sex, relationships, and sexual and reproductive health.

Look at it this way — sex happens, either now or eventually. As parents, we need to prepare our kids for the world and all it encompasses. So if you haven't done it yet, you're just going to have to bite the bullet and sit your soon-to-be legal (by US standards, since China's age of consent is 14) child down for The Talk.

Don't Worry, Mom & Dad!

Teens Answer Parents Biggest Concerns About Going Off to College

By Vivienne Tseng-Rush

So, you're off to college. It's a brand new world and you're calling the shots now. No more parents telling you what to do, and no more teachers or tutors who will hand-hold you through your assignments. And while college is definitely going to be fun, it will also be challenging. Parents shared their concerns with us, and we, in turn, asked some soon-to-be college freshmen how they would handle these challenges.

Q. How will you balance your social life and school work?



Jake Richmond: Finding a balance between my social life and schoolwork is something that I've been having to do for the last few years, so I've had a bit of practice. I've found that I work best when I'm not as stressed – so that balance is going to be incredibly important next year. I'm not necessarily going to give myself a strict curfew, because I find that takes away from the enjoyment of whatever activity it is I'm doing – but I won't be out partying every night or anything like that.

Aidan Xavier Ker-Foz: I would try to limit myself to somewhere between one and two dedicated days to relax per week to avoid burning myself out while also giving myself room to focus on school.

Q. Do you intend to take some financial responsibility for your own living expenses? If so, how will you balance work with school?



Aidan Xavier Ker-Foz: Yes, I do plan to take care of my living expenses to some extent. But I hope to keep a good balance between school and work by sticking to part time jobs that have more reasonable working hours and shifts. Avoiding spur-of-the-moment purchases as well as budgeting would be other ways I hope to avoid being desperate and keep myself balanced.

Martin Wong: Of course, besides applying for scholarships, I will also look for some part-time job opportunities near my school. I will definitely start with the job that requires the least amount of work, and slowly build up from there.

Q. How will you stay safe in a strange new place – maybe even in a strange new country?



Hazel Lee: There are a few ways to keep ourselves safe, especially by implementing precautionary measures. For one, always double-lock your doors. A lot of universities now use electronic keys for dorm rooms, and anyone with a universal key card can enter. This is why double-locking from the inside, especially at night, is crucial. To really ensure that my room door is secure and free from unwanted guests, I will be buying portable security locks so I can bring them around with me when I'm traveling, or for daily use. Most importantly, we should always remember to stick with our trusted friends, and move in groups. Yes, this includes trips to the bathrooms. If I struggle with finding a friend, or if it's my first day, I think mingling with a crowd will be the safest option, because if something bad happens there are witnesses. Unfortunately for us it's a tough world!

Qinglan Du: I will try to befriend locals quickly so they can tell me which places not to go, what things not to do. In the past, every time I moved to a new country, my first step was to meet locals or at least foreigners who had been there for a long time. In my experience, this is much safer than staying with only other newcomers like me, because scammers or other sources of danger can tell if someone's a newcomer.

Martin Wong: I will definitely try not to go out during late nights, especially when I don't know much about this new place I will be living in. Even if I do, I will grab a friend (preferably a local) to stay by my side so that I am not alone.



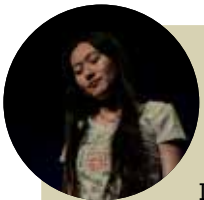
Q. *What are some no-no's you'll keep in mind when you attend a party?*

Hazel Lee: As a general rule of thumb: No drinking anything that is given by someone other than the bartender, even if it's by a friend. No drinking anything that I left unattended. No drinking more than a pre-decided drink limit. No partying with people who are irresponsible. No partying on an empty stomach. No moving around a party alone – always bring a friend.



Prudence Andrews: First things first – I would never go to a party alone. Then, if drinking is involved, I would appoint a trusted friend to be my sober companion. This means they don't drink so I can drink and still know that I will be taken care of. Of course, I would do the same thing if asked to be a sober companion for my friend as well.

Jake Richmond: I think the most important rule I'll set for myself at any party is to know my limits and not go past them. If I'm in control of myself then I know I'll be the safest I can be and I'll still be able to enjoy myself. College is meant to be fun, so as long as I keep within my limits I'll be good.



Qinglan Du: No giving out personal information easily like my contact or address. But this depends on the party I attend. If it's a small party only with people I know, then they most likely already have my contact or address. If it's a large gathering, with people whose backgrounds I have no idea about, then that's when I shouldn't give out my personal information.

Aidan Xavier Ker-Foz: Always stick with someone I trust, or make sure we know where we are, as well as never accepting a drink from strangers unless I see it poured.

Dong Ziyi: First, I set myself strict boundaries when it comes to alcohol and other sub-stances. I have always been self-disciplined, even in high school when I watched peers around me succumb to the pressure of alcohol. In my opinion, I am attending university to study, not to fall prey to the party culture that plagues many undergraduate student populations around the world.

Second, I will be very careful when it comes to making friends and meeting new people. I trust that everyone in my future cohort will be amazing people, but oftentimes during party settings mistakes can happen, and I do not want to be involved in these mistakes. Attending parties is an exceptional way to befriend more peers, but at the same time I will make careful considerations before committing to friendships or relationships that spawned from parties.

Q. *How do you intend to stay in touch with your family back home?*

Prudence Andrews: I plan to use WeChat and Instagram to stay in touch with my friends and family. I want to arrange a day every week where I call my parents and other family, so that we can keep in touch regularly, especially in the first couple of months I'm in university when I'm feeling homesick.

Dong Ziyi: I'll probably schedule a regular time with my parents because they are both very busy. On that note, I think it is important to respond to every message your parents send you, even if you are busy with academics.



Aidan Xavier Ker-Foz: Mostly to maintain some kind of small talk with them overseas, as well as keeping them in the loop if important events happen.

Hazel Lee: I intend to call my parents every single day. We're lucky to have access to WeChat, Skype, FaceTime, Instagram, Facebook, and every other social media used today. We can video call and update each other with our daily plans whenever we wish. I plan to use all of these to make sure my parents, siblings and their infinite amount of Facebook friends know where I am at all hours of the day. Truthfully, I see myself talking to my family more than I already do. If anything, they'll start getting tired of me calling them as soon as I wake up every day. As much as I'd love to talk to them every day to make up for the distance, I'll also have to spend most of my time busying myself so I feel less homesick.

Ellyza Mae Malibiran: My family has a family group chat on a few social media platforms. I know I can easily keep touch with them by updating them daily through texting, and also FaceTiming from time to time. I am most certain this is possible because my older sister has been doing the same thing for a few years now, and we still all manage to stay in touch as a family.



LOOKING BACK ON THE BEST FOUR YEARS

Students from AISB-Hope International Reflect on High School and Look Ahead to the Future

By Mina Yan



Originally from Germany, Tobias Kausch has lived in Beijing for 13 years. The recent graduate of AISB-Hope International will be attending university in the US to study construction science next year.

What was your favorite memory of high school?

I think my favorite memory has been the senior trip that my class went on this year. We went to Universal Studios here in Beijing and had a great time. The lines were super short and after we finished a ride we could just walk right into another. The rest of the week that was spent having fun in different places with classmates was also really great. Everyone was amused at my utter lack of talent for ice skating. What made it an even better experience was that we had raised all the money for the trip ourselves throughout the school year, selling things ranging from

popcorn, to brownies, to milkshakes.

If you could go back and do it all over again, do you wish you could have done anything differently? If so, what and why?

I don't like to say that I should have done things differently. I can't think of something that hasn't developed me in some way, even if it was an unpleasant experience. I am ultimately very happy with where I am now, at the end of my high school career.

Is there one teacher who has truly made a difference in your life? If so, who and why?

The teachers that have made a great difference in my life were those that I could view as role models. I have found many of those at AISB-Hope, because they felt like more than teachers. They let you see who they are as people, and that has helped me to find great character lessons.

What's your advice for younger students about the college application process?

This is very specific, but start your essays as early as possible and find a good source of feedback for them. The most stress-inducing part of my application process was how I had to keep pushing back my target application submission date because my essays were not ready. Having a good source of feedback, like I had with my counselor, can really speed up the process.

What are you most looking forward to in college next year?

I am most looking forward to starting a new chapter in my life. I want to take on new responsibilities and challenges and grow through them. It feels a little strange how I am excited at challenges like managing my time between studying, working, and socializing. I think I am excited about it because I want to see what I can make out of the new opportunities and constraints I will have.

IMAGES: TOBIAS KAUSCH, JULIA GIL

My Name is Julia Gil. I am from South Korea, and I have been in Beijing since the summer of 2015, so almost seven years now. My application starts this September, so I do not know where I am going and what I will be studying next year.

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What was your favorite memory of high school?

My favorite memory of high school is participating in the school's orchestra and performing in the spring musical. I have been exposed to music since I was young, my mom being a composer. With teachers from different cultures, I encountered and familiarized myself with a variety of music genres.

If you could go back and do it all over again, do you wish you could have done anything differently? If so, what and why?

I would actively seek information regarding high school academics as a Korean studying

abroad. There are different routes to university as an international student, and usually each choice requires different things. I've learned that good information often yields efficiency.

Is there one teacher who has truly made a difference in your life? If so, who and why?

All the teachers in AISB-Hope challenged me in one way or another. In the AP Research course, Dr. Eplin coordinated his expertise in conducting research in such a way that he allowed for an environment of critical thinking and independent learning throughout my research process.

What's your advice for younger students about the college application process?

I think the most important thing is to have a sense of who you are throughout high school. I lost myself under the pressures of school exams, standardized tests, essays, and so on. Without being aware of my own uniqueness, I found it hard to demonstrate what kind of person I am in application essays and the extracurriculars I did.

What are you most looking forward to in college next year?

I am most looking forward to the free major system that the university I am most likely going to offers for freshmen.



Kindness on Campus

Encouraging Your Kids to Be Open and Emotionally Generous at College

By Julie Wolf



You have purchased every possible organizational supply and home good you can think of and helped them make their dorm as cozy as possible. The computer is working, the new credit card is activated, and you even made sure the mini-fridge is fully stocked. You can't postpone it any longer – it's time to leave your baby at college. You're standing there looking at your fully grown, brilliant child, and you're wracking your brains for some final words of wisdom and encouragement. What can you possibly say – what magic words of protection can you offer? At that moment, if all else fails you say, "Remember that I love you and to always choose kindness."

That's sage advice not only on an emotional level but a practical level according to Dr. Oliver Scott Curry. Curry led a team in a meta-analysis of 27 studies on kindness and found that students who committed acts of kindness experienced higher rates of happiness and well-being, which correlated with better academic performance and motivation. In addition, kindness will help your child build a support system and friend network that has numerous social and emotional benefits, according to a study by Harvard Health.

Kindness is not a feeling, it is an action. Here are a few ways college freshmen can build a community using acts of kindness.

They can show empathy: College students are going to find themselves in conflict with other people. Their roommate took the last granola bar, their study buddy didn't do the reading, and the guy down the hall always takes 20-minute showers that use up all the hot water. Help your child remember that everyone has a back story and a reason for their actions. Seeing things from another person's perspective doesn't mean that they agree with those actions, but it will help them resolve the conflict with less drama and a more productive outcome.

They can anticipate needs: It's easy to get tunnel vision about your own issues when you are in a new and strange environment. Your child is likely nervous and focused on their own issues and objectives. Remind them to be on the lookout for little ways they can assist others who are just as scared and hyper-focused as they are. Let the guy in Ethics 101 borrow the phone charger, or hold the door for the secretary hauling boxes. Most acts of kindness are small but have an outsized impact.

Drop a note: To this day I have no idea who left the words "Heard you rehearsing in the music lab, you are awesome!" scrawled across the whiteboard on my dorm door sophomore year. I was having a rotten day where it felt like I could do nothing right and that one comment turned the whole day around.

They can be a good listener: Your child probably understands homesickness and loneliness better than most. That's part of the expat experience. Remind them that for most other students this will be their first experience with these feelings. Your child has a skill set and coping mechanisms that others may not, and listening compassionately to the fears of their classmates will go a long way.

Choose kind words: Sticks and stones might break your bones but words can shred your soul... When they are frustrated or angry, and they will be occasionally, remind your child that their words matter. The person they aim those barbed comments at might never recover from the cruelty. The reverse is true, too. The genuine compliment they give could make all the difference in someone's day.

Volunteer: Not only will your child be doing something good for the community by volunteering, they will also be building a friend group and support system of other like-minded individuals with similar values. Aren't those the kind of friends you want to have your child's back when you are across an ocean? Help them brainstorm the things they care about and then encourage them to seek out groups on campus that address those issues. Are they interested in conservation? Feeding the homeless? Maybe social equity or education? Whatever they care about, like-minded people are trying to make a difference.

Stick up for the little guy: Unfortunately, bullying didn't get left in high school. There will still be mean kids and the bullied students no longer have a support system because they left it back home. Befriending the kid no one else wants to sit with is often an act of bravery, but you also never know – they might be buddying up to the next Elon Musk or Oprah Winfrey.

Turn it inward: Kindness isn't just about what you do for others. It's also about being kind to yourself. Make sure your child gives themselves the same grace and compassion they would grant others. Especially if they are a high achiever or have a type A personality. They won't always ace the test, get on the team or make the right choices. That's ok! It's part of being human. What matters is how they deal with it. So help them ensure they are working some self-care into their routine.

Don't expect payback: Unfortunately, we won't always get the kindness we give back. Not everyone says thank you, and we don't always get to see the immediate results of our actions. But that doesn't mean we didn't have an effect.

As you wave goodbye to your scholar, it's ok to worry – that's normal. But trust that you gave them everything they need to build the life they want, and that they will make the most of the opportunity. Check in regularly, but know that they will be just fine building a new community based on the respect and kindness you spent a lifetime teaching them.





"I'm getting more towards that point where I'm ready to kind of pass the torch on and see the next generation succeed behind me."
—Angela Ruggiero

Featured: Linda Huang shares her childhood stories with Nora Janssen, Carrie Li, Léonie Finet, Aria Jin, and Paul Skiba at Chaoyang Park.
Photo: Uni You



Best high School Memories

Graduating Students Share Their Best High School Memories

By Vivienne Tseng-Rush

Ah, high school. These precious years practically fly by from the day we step onto campus, unsure of who we are and how to fit in, until the moment we hug our dear friends and teachers goodbye after going through so much together. As the American Authors sang, "Those were the best days of my life." Well, until college, anyway!

As these high school graduates leave the nest for college, we ask them to take one more look at their high school career to share their best high school memories.



← "My best high school memory is definitely the final ISAC Division 2 volleyball tournament I had during my senior year. It was my sixth (and last) year participating in the school's volleyball team, competing against other skillful international school teams in Beijing. After multiple times of comebacks, we ultimately won second place in the tournament, concluding my high school career with a silver medal."

Martin Wong, Tsinghua International School



"Before the pandemic, almost three years ago, my school hosted an expedition to go to Yunnan province to complete an intense cycling routine in the undulating mountains. We had to ride a total of almost nine hours a day. We weren't allowed to talk to each other due to considerations of our safety, but we really developed a sense of fellowship, as we were consciously aware of the presence of each other, and we were all exhausted, but not a single one of us stepped down from our bike and gave up. To be entirely honest, before the event, I didn't actually know some of my fellow students, but after that day we developed an intangible bond with each other, and this is the highlight of my high school life."

Albert Zhang, Harrow Beijing

→ "My favorite high school experience was when we went on a senior year retreat and there was this huge lake that we weren't supposed to swim in but we did! It was just so beautiful, and just such a profound experience."

Qinglan Du, Beijing City International School



↑ "As the Y13s, we need to raise money for our graduation prom, and one of the ways we can earn a great sum of money is through selling roses for white Valentine's Day! This year, we managed to earn RMB 17k as profit. The selling, packaging and delivering processes were all really fun and memorable!"

Gillian Shen, Harrow Beijing

"I would say it was my participation in the school musical productions. Ever since I entered secondary school, I have joined the production each year, and my most memorable one would have to be my last one. We performed "Legally Blonde," and I managed to have the opportunity to play the lead role 'Elle.' It definitely pushed me to do my best, as I had this responsibility of putting on a good show, being the main role. Nevertheless, all the effort was worth it. I will never forget the amusing memories I made during rehearsals and the final performance. I really encourage people to join many communities during their high school experience."

Ellyza Mae Malibiran, *British School of Beijing, Shunyi*

"My best high school memory as far as I can recall, would be when my friends and I came together and watched the entirety of the Twilight Saga, as well as a couple of other bad movies in two separate occasions. While the movies themselves were less than enjoyable, there's something about watching bad movies together that made it much more amusing and funnier than if we were to ever watch these movies ourselves."

Aidan Xavier Ker-Foz, *Western Academy of Beijing*

"Through the times I spent in Harrow, I always have been a part of our sports team. Starting from year 7, I have participated in many sports and gained a high interest in volleyball. Flashing back, ACAMIS and the volleyball games have contributed massively to the best memories of my high school experience. The best part of it would be being able to travel with friends and teammates and compete for our school spirit. I cherish the moments of the passion and energy spent, and how we were always positive, no matter the outcome."

Sissi Chen, *Harrow Beijing*



"One of my favorite memories of high school is the school residential trip last year to Beidaihe! We were very fortunate to go on this trip despite COVID-19 being so unpredictable. I made a lot of good memories with some of my best friends, and it was one of the most memorable trips I went on during my time at BSB. We did a lot of water sports like kayaking and sailing, which I never tried before. We also got the opportunity to explore Beidaihe and the Qinhuangdao beach area, which had beautiful scenic spots for photography. It was our last school trip at BSB, so it is definitely one of the memories and experiences that I will always cherish."

Hazel Lee, *British School of Beijing, Shunyi*

"I think probably the best one was at the beginning of Grade 11, when I was told all these things I would have to do for the IB. There were many low points where I thought that I wouldn't be able to do it all but when I finished the last thing it was really rewarding being able to now see I was able to finish everything even though there were points where I nearly gave up and I'm so happy I didn't. Not giving up helped me push my boundaries as a person and accomplish things that I before thought would be too difficult."

Prudence Andrews, *Beijing International Bilingual School*

"My best memory from high school would be back in Grade 10 before COVID, when my friend Josephine and I were playing the hardest level of Super Mario Bros., and couldn't seem to win. Never have I been so happy while being so frustrated."

Aria Cowell, *Western Academy of Beijing*



XueFei Liu is an IBDP student studying at Beijing City International School who has an obsession with classic literature and is constantly trying to find the answer to life for herself and others.

Move Over, Millennials. Gen Z Is Taking Over!

The Projected Hot New Careers of the Future Brought to You
by 6 Brilliant Teens

By XueFei Liu

We've all heard the phrase "It's either a lawyer, a doctor, or a failure" at some point in our lives. That was before technology and globalization rapidly took over the world. Now, in the Gen-Z world, those careers are so "last generation." With things such as artificial intelligence, robots, and electric cars taking over our world, what will be the next hot thing in the working world?

Well, I got some of the most tech-savvy and up-to-date trendy teens to answer that question. And who knows, maybe you'll find your future dream job listed below!

JESSICA Q., A JUNIOR, SAYS:

I think the new hot careers in the future will be one of the following: AI, data analyst, and/or computer engineer. Mostly because there are so many new technologies being developed these days, and many ideas coming from the new generation, such as robots, flying cars, sending people to space (Elon Musk vibes anyone?), and even haptic technology. So, as long as the technology field keeps developing, these three are probably going to become the new hot careers.

For me, as long as I am good at math or statistics, I would like to be professional at any of the three I mentioned. FYI, math and statistics are the basics of any technology-related career, so those skills will be crucial to the jobs. I think these careers are super beneficial to 21st century society, as to today's emerging digitalized life. Moreover, who wouldn't like sending the first batch of people to Mars?





DANIEL, A JUNIOR, SAYS:

I'd say computer science, since you've seen the metaverse going on right now around the world. It's a mind-blowing concept, but the corresponding technology of it is still not comprehensive or mature yet. Thus, these careers are needed to make sure the blueprint comes to life. Things that people are imagining will very likely be real in a decade, and I'm really looking forward to more inventions that maybe do not exist right now. Like maybe actual hover boards, or a robot to do all my chores.

I'm definitely interested in trying out careers in the computer science field. Although I am not currently studying any subject related to computer science, I still follow the latest news on technology and social science, aka trying to catch up with trends. You know what this era is, so it's gonna be great.

ZOEY X., A SOPHOMORE, SAYS:

I think careers within the field of software engineering will be very popular in the future, especially for us Gen Zs, and maybe for Generation Alphas (born 2011-2025). Most people in society rely upon or have greater demands on technology nowadays. Even elementary kids need to have iPads for school (and that has only become a thing in the last two to three years). Another field I think might become popular is psychological counseling, because accompanied with the development of our society, an increase of social, peer, and/or family pressure can directly affect people's mentality. Although we want society to continue to develop, we also need the people to have a healthy mental state so we don't corrupt.

Personally, I'm more intent to explore psychological counseling. I think it's quite interesting to solve people's mental problems and to meet different personalities. Having a career in psychology is quite demanding, but I think it'll be fascinating to solve problems and help the new generations to become healthier, both physically and mentally.



JEFFERY L., A JUNIOR, SAYS:

I personally think that psychological counseling will be a very popular profession in the future. This is because now emerging technology industries such as artificial intelligence have entered a bottleneck in their development, and we can see that some internet companies are making layoffs. As people's life pressure increases, the number of psychological problems will also increase. As a result, the demand for psychological counseling is set to increase significantly in the future.

I think I will enjoy this new career a lot. I am quite good at communicating with people in general, and I enjoy being able to help people with their problems. Although it requires a lot of patience, I'm willing to see the younger ones in society become better. Moreover, I think increasing communication between us will stop society from isolation. So, I look forward to solving that problem.

SOPHIA H., A SOPHOMORE, SAYS:

I think careers like doctor, bio engineering, biomedicine, computer technician, and economics-related careers will be the hot projected careers in the future. Basically, the ones that have a positive correlation with the development of high tech. In society right now, we see people with their phones or computers or smart watches 24/7. So, to keep up with our increasing pace, we need more people within these fields to develop more immersive technology, so our society can continue developing.

For me, I will enjoy careers related to medicine and economics because I'm personally interested in these fields as well. And I think it's going to be amazing to see the development on the frontlines. It's really interesting to develop groundbreaking medicines to help people, and I really believe that us Gen Zs can and will make a change in society.



TONY W., A JUNIOR, SAYS:

I think careers within the field of psychology [will be the next big thing], because of the relatively large volume of pressure. So, we need to ease the pressure within society. Studies show that the population having psychological problems is starting to increase, especially within the younger generation (like teens and young adults). Psychological counseling is something that technology cannot do, as it advocates human communication. We need more face-to-face communication to ensure our society is in a healthy position.

However, I'm not currently interested in this field of study. Personally, I'm going to be mainly working in the economics field in the future because I am interested in the comparison of economics (which is still very important within our society). But I still think psychological careers are important.

What's Your Plan?

Why It Is OK Not To Know

By Julie Wolf



Congratulations, you are 18 years old and a high school graduate! Now, tell me what you want to do with the next 45 years of your life.

It's the question every graduate dreads: "What's your plan?" It's an insane premise. Yes, in many places around the world, at 18 you are legally an adult. But biologically your brain has not finished developing, and socially you have only experienced a tiny sliver of what the world has to offer. How can you possibly know everything you want to do and be right now? You can't.

Eighteen-year-old me had very different dreams and goals than 30-year-old me, and my current dreams and goals are (hopefully) different from what they will be ten years from now. You are a human being – you evolve as you age, and your career will evolve with you. In fact, according to information collected by the U.S. Bureau of Labor Statistics, the average person has 12 jobs and changes careers three to five times over their lifetime.

That doesn't mean you can't know what you want right now and pursue it with your entire being. But it does mean you shouldn't limit yourself, because your life and your needs will evolve. At different points in your life, different things will be important. Sometimes a high paycheck and benefits are all you need. At other times flexibility is vital. Sometimes new challenges are exciting growth opportunities, but sometimes you just need stability and routine. It's OK to recognize that you don't have all the answers now. But you can make decisions and take advantage of opportunities that will give you broader choices for whatever your future needs are.

Start by finding the crossroads of what you love and what you are good at. It's easy to say "follow your passions," but if you are a music lover and also happen to be tone-deaf, getting a performance-heavy degree might limit you. But what if you are an excellent writer? Maybe you take a journalism class with a focus on music history and appreciation. Perhaps you love medicine but faint at the sight of blood. In that case, surgery might not be your bliss. But if you are an excellent salesperson then medical marketing or pharmaceutical sales might be an option. There are a thousand ways to combine your interests with your aptitudes. This is why you should focus on identifying and learning transferable skills.

I was a musical performance major who had no intention of ever being an educator, a manager, a businesswoman, or a writer. But guess what? I have done all of those. And I have used the skills I learned from that first career in every endeavor that followed. Once I retired from acting, I realized that storytelling and communication were vital to being an effective teacher. The organizational skills I learned while stage-managing helped me lead teams and plan events. My classes in stage design made it possible to decorate window displays and gave me an eye for design. Actors negotiate contracts, and the experience I gained in this area transferred to working with vendors, employees, and customers when I started managing education sites. And all my dramaturgy classes taught me how to craft written narratives. The list goes on and on. Every single experience you have will be an opportunity to learn a new skill, and you never know when or how you will need them. So don't limit your experiences. Branch out.

There is a reason most schools require you to take electives. We make jokes about underwater basket weaving, but if it sounds interesting then do it. You might learn something about structural integrity or the effects of environment on stress and performance. All knowledge is worth having.

More importantly, if you are interested in something but it scares you or intimidates you a little that's a good sign. It means you are stepping out of your comfort zone and open to something new. You never know, those voice lessons might be just what you need to be a better speaker in the future, and ceramics or art appreciation might give you an eye for balance and color that makes you great at structuring presentation graphs so they are more persuasive.

If you really are not sure what you love, consider a gap year – but make it count. Don't spend your gap year playing video games on your parents' couch. Build houses for Habitat for Humanity or dig wells for the Peace Corps. Take an internship as a gofer on a movie set, or take photographs for travel magazines. A gap year that gives you experiences makes you more valuable and can help you focus on what you want. But it shouldn't be easy and it shouldn't be a vacation from life. Know what you want to get out of your time. Because time is the one resource you cannot renew.

Don't be afraid to change directions. Whether it is six weeks into freshman year or 60 years into your career, most people switch tracks at some point. According to a report by the U.S.-based Council of Graduate Schools, 22 percent of graduate students are over the age of 40. That doesn't mean what you were doing wasn't valuable or that you made some terrible mistake. It just means it's time to say goodbye to one thing so you can say hello to something else. When I was considering retiring from acting part of me felt like a failure, but then I happened to see an anonymous quote one day written on a subway chair in marker: "We don't lose our dreams, we exchange them." I have found that to be true. Don't cling to an old dream that no longer serves you. Exchange it for a new one when the time is right.

Finally, you don't stop learning once you get your degree. You don't emerge from the halls of academia fully formed and ready to take on the world. Yes, you can learn a lot from professors and books, but you will also learn from friends and colleagues. You will naturally find mentors and guides along the way. Continue to be curious, and try new things. Whether that's eating fried crickets from a street vendor in Bangkok or taking on a project at work that you feel is out of your depth, say yes to any opportunity that doesn't seem physically dangerous or immoral. And trust your inner voice.

You don't need to have all the answers right now. You just need to be willing to ask a lot of questions and take a few calculated risks.



SCHOOL NEWS

3e's 'Early Years Science Week' captivated and inspired their young students as they explored the marvels of science through a multitude of hands-on interactive learning opportunities. The campus foyer was transformed into a science museum, where students could interact with four amazing pieces of equipment originally from the 'Exploratorium' Science Museum in San Francisco.



On Apr 9, AISB-Hope International celebrated student learning at the Spring Showcase. The day began with musical performances followed by Market Day organized by the Upper Elementary classes. Elementary writing and art were exhibited. Lower elementary and secondary students hosted learning booths throughout the building, including testing physics with an egg drop challenge and exploring chemistry with an ice cream creation station. It was a fun day for all the students and teachers!



IMAGES: 3E INTERNATIONAL SCHOOL, AISB HOPE INTERNATIONAL, DAYSTAR ACADEMY

The Circuit is a chance to check out what's happening in the Beijing community. Want to see your event on these pages?

Daddy-Child Day at House of Knowledge International Kindergarten

On Mar 26 House of Knowledge held a very exciting Daddy-Child Day at our Chaoyang Park Campus. The school invited all students' dads to join the "Pinewood Train Derby" activity with their children. Everyone enjoyed themselves a lot in this Reggio Emilia inspired activity by making their own trains, photo frames and racing on the track.



IMAGES: HOUSE OF KNOWLEDGE INTERNATIONAL KINDERGARTEN, THE BRITISH SCHOOL OF BEIJING, SHUNYI



BSB Shunyi Celebrates Earth Week

The British School of Beijing, Shunyi's Eco-Committee challenged their students during Earth Week to learn about the ways each of person can protect the earth and make a difference! Activities included wearing green to raise money for Team Trees, eco crafts, flower planting, no electricity hour, meat free lunch, reducing food waste and all things eco!

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to magazine@beijing-kids.com

Chinese Culture and Music Concert at CISB

This past month at Canadian International School of Beijing, students from all backgrounds came together to showcase their love of the Chinese language and culture. Music-based acts included dances, piano pieces, violin and songs. Other acts included poetry reading and even the famous unique Chinese performance art, Cross-Talk. The students worked very hard in preparing for their performances!



Spring in the Courtyard

In April, YueCheng Courtyard Kindergarten shined with splendor and beauty as the spring light passes through branches and leaves, and the fragrant scent of begonia flowers sway in the spring breeze. Spring in the Courtyard has slowly unveiled its secret face in such an ethereal environment. The school held three themed areas: "Spring of Nature", "Spring of Culture", and "Spring of Art" for children, parents, and members of the YueCheng community to present a "Spring Family Banquet".



NAS Beijing, Shunyi is Officially Open

NAS Beijing, Shunyi officially opened its brand-new campus for the first time with the school building completion celebration on Mar 12. The school held an explorer themed campus discovery day which was the most comprehensive event to mark the opening of the campus.

During the event, NAS Beijing, Shunyi held parent information sessions, themed education salons, student demo classes, extracurricular activities experiences, and campus tours. These activities enabled participants to take a closer look at the school and to understand the school's educational characteristics.

Harrow Beijing Students Performed 'Annie'

Harrow Beijing Upper School Production of 'Annie' was successfully performed in April. The students and Performing Arts staff have been working relentlessly to produce the musical. The talent showcased within the production was outstanding. It was a wonderfully collaborative event which brought the whole school community together.



Western Academy of Beijing Alumni Wins Stanford University Engineering Award

Danny Du joined WAB in Grade 5, graduated in 2018 and went on to study engineering at Stanford University, majoring in computer science. He was recently named a winner of the prestigious Frederick Emmons Terman Engineering Scholastic Award. Du joined WAB High School Principal Melanie Vrba for a podcast to discuss his academic accomplishments, plans for the future and the system that supported him throughout his journey at WAB.



Congratulations to the Beijing International Bilingual School Class of 2022!

With 24 years of experience, BIBS believes in the power of growing! During the admissions season of 2022, BIBS graduates have received offers from the world's top universities including Brown University, Williams College, as well as UCB, UCLA, UCSD, NYU, and UCL. Congratulations to all the seniors!



Former Executive Vice-President and CEO of IFC Delivered speech at Daystar

In March the co-founder of Daystar Academy Mr. Cai Jinyong returned to the school and deliver a speech to the high school students. This speech was the first of Daystar's "Inno-Impact Distinguished Speaker" series. Outstanding individuals are invited to speak on campus to serve as positive examples and encourage students to take action and make a difference.

Dulwich College Beijing Drama Production of "Romeo and Juliet"

Dulwich College Beijing Senior School proudly performed its contemporary rendering of Shakespeare's famous "Romeo and Juliet"! The double-cast main characters treated the on and off-campus audience to two days of vibrant and engaging performances in a beautiful and entirely student-designed set, leading the DCB community through a poignant journey of forbidden love, violent bloodshed, and a few comedic moments!



For Karen, the best part of being an expat family is living one great big adventure all together. "We love exploring new places together and meeting new people."

Flo's favorite place to go in Beijing is the ice skating rink, and she loves doing lots of sports like flying trapeze.

Angus loves his school because he loves his teachers. "I love going to PE lessons and playing outside on the bikes. Soft play is so cool."

The thing that Adrian admires the most about Karen is her ability to see the good in everyone. "She is the kindest person I have ever met."

Adrian knows that Karen's not a morning person, and every morning when Adrian makes Karen a cup of coffee before he goes to work she's reminded of why she fell in love with him. He is always thinking about other people before himself.

Charlie's favorite thing about living in Beijing is all the places to explore. He enjoyed all the Winter Olympic fun, and even tried ice skating and skiing. He loves hiking outside the city and visiting temples and the Great Wall of China.

Family Favorites!

By: Mina Yan
Photography: Uni You

The Macaulays are a true family of expat educators. Dad Adrian is the international principal at NAS Beijing, Fangshan, and mom Karen is a teacher at the British School of Beijing, Sanlitun, which the couple's three children, Charlie (age 10), Flo (age 7), and Angus (age 5), all attend. The Macaulays love spending time together, and during the past 18 months they've been in Beijing they've explored as much of the city as possible through camping and hikes with Beijing Hikers.





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