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A REPUTABLE STUDENT NEWS PUBLICATION FOR YOUR INFORMATION AND ENTERTAINMENT



Me, Myself & Motivation

Produced by the TAV College Journalism Club.



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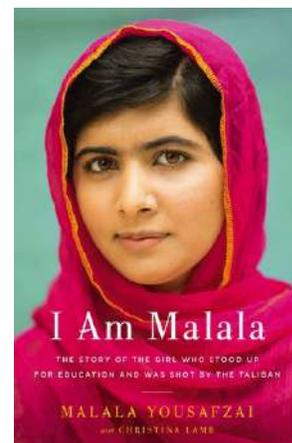
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I am Malala

by Malala Yousafzai

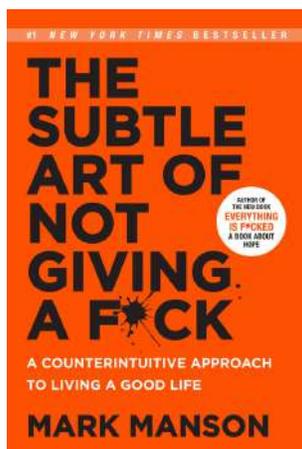
Malala Yousafzai was just 15 when she wrote about her experiences as a Pakistani girl under Taliban rule. A strong advocate for the right of girls to receive an education, she began writing for the BBC when she was 11, and when she was 14, she was shot by a Taliban gunman. *I am Malala* chronicles her journey, discussing her time at the school her father opened for girls and the tumultuous history of Pakistan. Yousafzai later became the youngest-ever Nobel Peace Prize laureate, at the age of 17. After reading her story, you'll never again take your education for granted.



The Subtle Art of Not Giving a F*ck

by Mark Manson

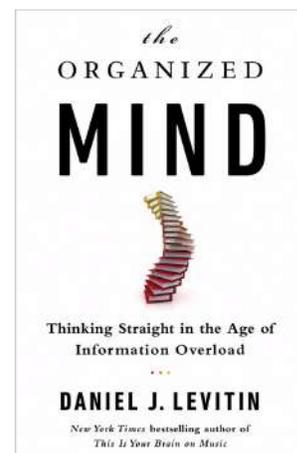
How could we not include this one? *The Subtle Art of Not Giving a F*ck* is, according to some, one of the defining self-help books of the decade. With his sometimes snarky and always crass style, Mark Manson flips over societal ideas about positivity, anxiety, and hardship. Oh, and he'll also tell you that contrary to what you've been told, you aren't special. You'll either hate this book or you'll absolutely love it, but we say it's worth giving a shot.



The Organized Mind

by Daniel J. Levitin

With so much going on in the world right now, it can be hard to focus and prioritize. In *The Organized Mind*, McGill Professor Daniel J. Levitin draws on the latest neuroscience to explain how our brains deal with the constant deluge of information we receive. He gives concrete tips and tricks for how to stay on top of it all and focus on what really matters.





A MESSAGE FROM THE DEAN

To our TAV College community,

As we are approaching the midterms and navigating this very peculiar semester, we remain focused on ensuring the health and safety of our whole community. We are aware of the challenges faced by students, teachers, and all staff members, and we applaud the efforts made during these challenging times.

Please keep in mind that adversity is unavoidable in life and your reaction to it is the only thing you have control over. Stay motivated, stay safe, and stay healthy.

Elazar Meroz

Director of Studies



what to read:

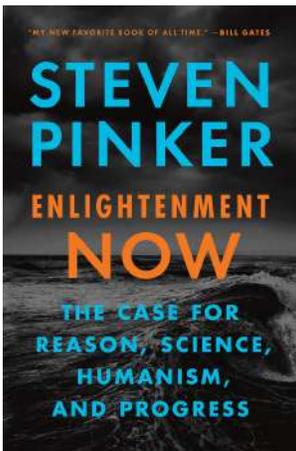
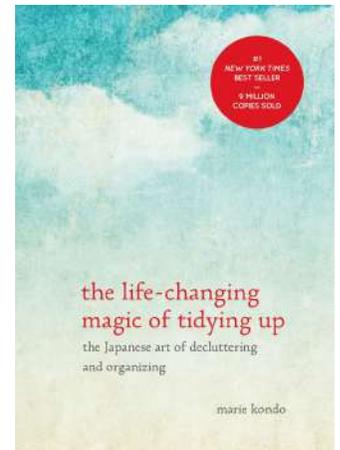
OUR TOP 5 MOTIVATIONAL BOOKS

Not sure what to read next? Here are Tav Times' top 5 picks to add to your shelf this season. These books will inspire you, motivate you, and maybe even change the way you think.

The Life- Changing Magic of Tidying Up by Marie Kondo

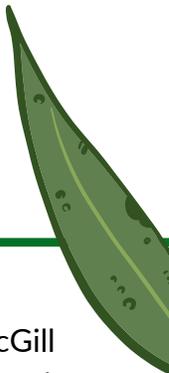


Having trouble concentrating? It might be because your room is a mess. In this international bestseller, Japanese cleaning consultant Marie Kondo will show you how to reorganize and get rid of clutter, for good. Using her famed KonMarie method, you must ask yourself: "Does this spark joy?"



Enlightenment Now by Steven Pinker

Thanks to the modern applications of reason and science, the world is improving. Steven Pinker, a Montreal native and a graduate of McGill University, shows how the world has become less violent and less poor than it ever has been before. Bill Gates has called Enlightenment Now his favourite book of all time, with good reason. With plenty evidence and over 70 charts and graphs, this book will challenge your outlook on human progress.





LETTER FROM THE PAST EDITOR-IN-CHIEF

From its humble beginnings as a small adult education training center, TAV now finds itself in the final stages of building its third campus structure as well as continuing to solidify its place within Montreal's society.

Each student that walks through the doors of this College lends themselves not only to the story of TAV but also, to its future.

TAV is unique in that it is unlike any other College in the world. It adapts itself to the diverse, culturally-rich, and constantly expansive urban city of Montreal, while also never forgetting its roots as a community center for job training and foundational academics for the Jewish-Montreal cohort.

The TAV Times serves a crucial role not only as the gatekeeper of TAV's history but also that of the city of Montreal by extension. The TAV Times began as a simple sheet of paper to announce the monthly events at the College, but it rapidly grew into a multimedia, member-based, journalism cooperative and its future is only limited by how far imagination can be stretched.

If journalism, by nature, is to seek the truth, criticize power, and present fact, then as founder of the TAV Times, my ultimate hope is that it will do just that and beyond.

To conclude, I leave you with a story and a thought about thoughts. During a class trip to Ottawa with my high school newspaper team, a writer for the Canadian Parliamentary Press invited us to go "off-tour" and visit the Press Gallery offices inside the Parliament building. We went inside the break room where the writer told us stories about the many moments that happened in this room throughout history, mostly stories about prime ministers sharing drinks with journalists. However, engraved in the concrete slab of the fireplace were words of wisdom about journalism that I've never forgotten and maybe these words can inspire someone else as well:

"But words are things, add a small drop of ink, falling, like dew upon a thought, produces that which makes thousands, perhaps millions, think."

To the newest TAV Times team and their editor-in-chief, I wish you only the best with this project. Remember that you will only get from this experience what you put in.

Justin Hand-Gregory

A L E R T

Some days it rains so hard it feels like the sun is fast asleep.
The dark clouds consume the entire sky with no space for any sprinkling of
light.

Days go by with storms of water that fill up holes and flood little villages.
But the grey will turn to white and the white to blue.

The damp earth will become dry.

The sun will shine and we'll have our sign.

Rainbows never cease to appear after the ruins.

High in the sky explodes a stream of colours.

Colours so intense that humble us in the presence of G-D's creations.

Red is bold. Red is bright.

Red brings terror to our eyes, blinding us to a surreal reality.

Red is death and Red is beautiful.

Red is the first we see.

Red, Orange, Yellow, Green.

We don't want red.

Red, Orange, Yellow, Green, Blue, Indigo, Violet.

We do want red.

The beginnings and the ends revolve around the colours.

Red can suffocate me and it can make me breathe again.

After every obstacle we have the pleasure of persevering through.

We see red.

My eyes are red from the storms of my own mind.

We are pained from all of the implications.

We push away our own clouds because all alone we can be strong.

Strong for those who aren't.

Until the rainbow comes and puts us in a colourful haze.

Where Red will be Green.

For now we find our own rainbows.

We must be the sultry Red.

We must be the appealing Red.

We hold on and be the hero.

Let's be the saviours whilst reframing Red into its own alluring category.

Red alert. Red alert. Red alert.

My Red will be my guide.



PHOTO SOURCE | MOSHE ROSENFELD

A MESSAGE FROM THE EDITOR-IN-CHIEF

I am so honoured to have been given the opportunity to serve as the second editor-in-chief for the TAV Times. I am excited to make new connections and learn new skills. My objectives are that of my predecessor which is to create a reputable media source for the benefit, knowledge and entertainment of the TAV community created by the participating students. This wonderful initiative is mutually beneficial and advantageous to students and the college alike. My hopes as editor-in-chief is to contribute to the progression and amelioration of the TAV Times.

I recently read this quote from Pam Allyn that "reading is like breathing in, writing is like breathing out." I hope in reading what the other students have contributed, it will encourage you to do the same.

Best,
Esty Rosenfeld
Editor-in-Chief

RED

Red alert. Red alert. Red alert.

All I'm hearing are these big loud sirens ringing in my brain.

But the truth is I'm not actually hearing anything at all.

We've gone from loud to silent to loud to silence again.

Every step we take forward feels like a million in the wrong direction.

Green and orange and yellow and red they're just four different colours.

When did simple colours become our level of freedom?

Within splintering seconds the things we take for granted become those we wish for.

They say humans, loving beings need 10 hugs a day in order to prosper.

But how are we supposed to even feel alive when there's no contact?

The right to embrace has become a privilege that we no longer hold.

The laughter and warmth we feel surrounded by those we love is gone.

Red Red Red and all I hear is Alone Alone Alone.

Where can we find the adequate meeting between physical and mental health?

Why must we sacrifice one for the other?

Why can't we be selfish and greedy and have them both at the same time?

The right to breathe without suffocation has become Lethal.

What we hear on the news sounds like a dystopian land that I am simply not apart of.

Covid-19 has stripped me of my year 19.

My year, my life is not for me.

I cover and cleanse for the sake of my family.

The isolation that breaks my heart turns me into a hero.

We stay inside to be brave for those that can't.

For the decisions I make don't affect me but every person surrounding me.

How can we risk the safety of the cute, elderly couple walking down the street.

Yet I don't feel like a strong person.

The ones we see in the middle of an action scene on big screens.

I feel the red slowly seeping into me.

Red sucks me dry of my drive.

Red suppresses my real needs to hold and to be held.

Red is scary. Red is sirens.

Red is loud. Red is lockdown.

DOPAMINE MADE ME DO IT

THE SCIENCE OF MOTIVATION

by Ita Sonnenschein

Dopamine. You've likely heard of this celebrity neurotransmitter in the news, or in the context of drugs or mental health. Dopamine is often touted as the source of pure pleasure: a survey of books on the subject show titles like *Habits of a Happy Brain* or *Meet your Happy Chemicals*. While that's true, there's more to the story. In reality, dopamine is implicated in many brain processes, like movement, learning, memory, sleep regulation, and even lactation. Once we look at how dopamine got its reputation and how it works, we'll focus on one of dopamine's important roles: motivation.

THE CHEMICAL WITH A BACKSTORY

If we look back at the 1980s, we can start to understand how dopamine got crowned as the pleasure maker. The National Institute on Drug Abuse, an American research institute, began doing studies to find out how addiction works. By monitoring the brains of people using drugs such as amphetamines, they found the strong presence of you-know-who: dopamine. Thus, the link was made between dopamine and pleasure. You take a drug or engage in a pleasurable activity, and bam, your brain lights up like crazy, signals are sent back and forth, and you're on a high.

This framework persisted for a few decades, and in fact persists in popular culture, but by the early 2010's more and more studies had piled up that led to a new way of thinking. Dopamine is still in the picture when you eat a rich piece of cheesecake or receive a good hug, but like so many things, it's complicated. Let's take a look at how dopamine actually works.

WHAT IS IT, AND HOW CAN I GET SOME

Your body contains over one hundred billion neurons, cells that receive information about the world and talk to other neurons about what to do with that information, like act or think.

CREATE A POSITIVE ENVIRONMENT AROUND YOU

Music can be as powerful a motivator as motivational quotes. Each morning when you wake up, play a few pump-up songs before you start your day to get you going. You can listen to playlists with motivational songs on Spotify to help you get going. By getting your mind in the right mindset, you can inch closer to inspiring yourself.



APPLY A FIXED ROUTINE TO GET MOTIVATED

It's really important to get motivated from the people in your life. Spend less time with negative people who always look at the dark side of things, and spend more of the time you have now freed up with enthusiastic or motivated people and let their energy flow over to you.

Here are some examples of how you can apply ritual and routine to get motivated:



- Exercising more consistently can be considered as one of the best sources to stay focused on your goals. Using the same warm-up routines in the gym can help a person to stay on target. Exercising turns the negative mind into a positive one.



- Become more creative regarding everything. Everyone should be creative in their lives. Creating a ritual before starting anything can make us feel more enthusiastic.



- Start each day stress-free. In today's world, everyone has stress in their lives. Someone is stressed because they can't focus on their study, someone because they can't achieve their targets and so on. But if a person creates a five-minute morning meditation routine, their life can sort out to some extent.



- Sleep soundly. Everyone is busy and they don't have proper time to sleep. If someone is not sleeping properly, the next day can be a disaster. Follow a "power down" routine before bed so that you can have a sound sleep.

One of the ways that these nerve cells talk to each other is through neurotransmitters, which are chemical messengers that can shoot across the space between neurons. Dopamine, like some of its well-known cousins serotonin and oxytocin, is a neurotransmitter.

As mentioned earlier, one of dopamine's important roles is motivation. A now-famous study done in 2003 showed that when rats were able to push levers to receive cocaine, their brains were flooded with dopamine before they received the drug. What happened is called a positive prediction error- the rats' brains told them that pushing the lever would deliver something great, and once they received a surprisingly good reward, they remembered the sequence of events so they know what do for next time. Similarly, when researchers at the University of Tsukuba showed monkeys different pictures, each associated with a different reward, they found that dopamine flooded the monkeys' brains while deciding which option to choose, and again when they made their choice.

Clearly, dopamine is needed to make decisions and to supply the motivation needed to achieve certain goals. "Low levels of dopamine make people and other animals less likely to work for things, so it has more to do with motivation and cost/benefit analyses than pleasure itself," says John Salamone, professor of psychology at the University of Connecticut. It's not all positive, because dopamine can be present when people are experiencing stress or pain. Researchers at the University of Miami found that dopamine was released in the brains of soldiers with PTSD when they heard the sound of gunfire. In that case, dopamine's role is aversive, training and motivating the brain to stay away from situations that are stressful or traumatic.



HOW TO MOTIVATE YOURSELF



CELEBRATE EVERY SMALL WIN

Big goals don't get achieved right away. Instead, you need to create mini goals to help excite you along the way. This way you can be more goal-orientated and build a habit of being more effective. Celebrating your small wins will help you stay motivated through your journey. Plus, celebrating is always super fun. Maybe you break your goal down to 5 small-sized goals with tasks that get you on track to achieve them. For each of the 5 goals you can add a small celebration.



SURROUND YOURSELF WITH ENTHUSIASTIC PEOPLE

This goes back to the positive environment point: You need to be around others who are just as ambitious as you. American entrepreneur John Rohn once said, "You're the average of the five people you spend the most time with it." And whether or not that's true is debatable, the reality is being around the right kind of people can only help you grow. If you're surrounded by those who love your ambition, you'll be more ambitious and achieve more. If you're surrounded by loved ones who tell you your goals are stupid and tell you to change them, you need to avoid them. Be around those who help you feel comfortable being the ambitious, go-getter you are, so you can become the successful person you're meant to be.



PRACTICAL APPLICATIONS

New understandings of the neurotransmitter have helped researchers understand illnesses like depression and ADHD, cases where a person will have very low levels of dopamine, and therefore lowered motivation to get things done. In the case of addiction to drugs like cocaine, the brain's reward pathway gets hijacked, making the addicted person highly motivated to keep using the drug at the expense of anything else.

A practical understanding of how dopamine plays into memory and learning can also aid the average student. "Dopamine leads to maintain the level of activity to achieve what is intended. This in principle is positive, however, it will always depend on the stimuli that are sought: whether the goal is to be a good student or to abuse drugs," says Mercè Correa, a researcher at Universitat Jaume I of Castellón. In other words, it's helpful to have dopamine firing in your brain, within reason.

So here's a few things you can do: first, break down your goals into small, manageable amounts. Your brain enjoys the feeling of achievement, so bring able to check things off your to-do list will give you a rush of dopamine. You can also eat food rich in tyrosine, an amino acid that is used to make dopamine. This includes protein-rich foods like eggs, legumes, turkey, and beef. Hopefully, armed with this new knowledge you'll be motivated to go do some homework.

Happy studying!

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SOME OF MY PERSONAL FAVOURITE QUOTES WHICH MOTIVATES ME ARE:



Stay away from the negative people,
They have a problem for every solution.

ALBERT EINSTEIN

We need to accept that we won't always
make the right decisions, that we'll screw
up royally sometimes - understanding
that failure is not the opposite of
success, it's part of success.



ARIANNA HUFFINGTON



The same boiling water that softens the
potato hardens the egg. It's what you're
made of. Not the circumstances.

UNKNOWN

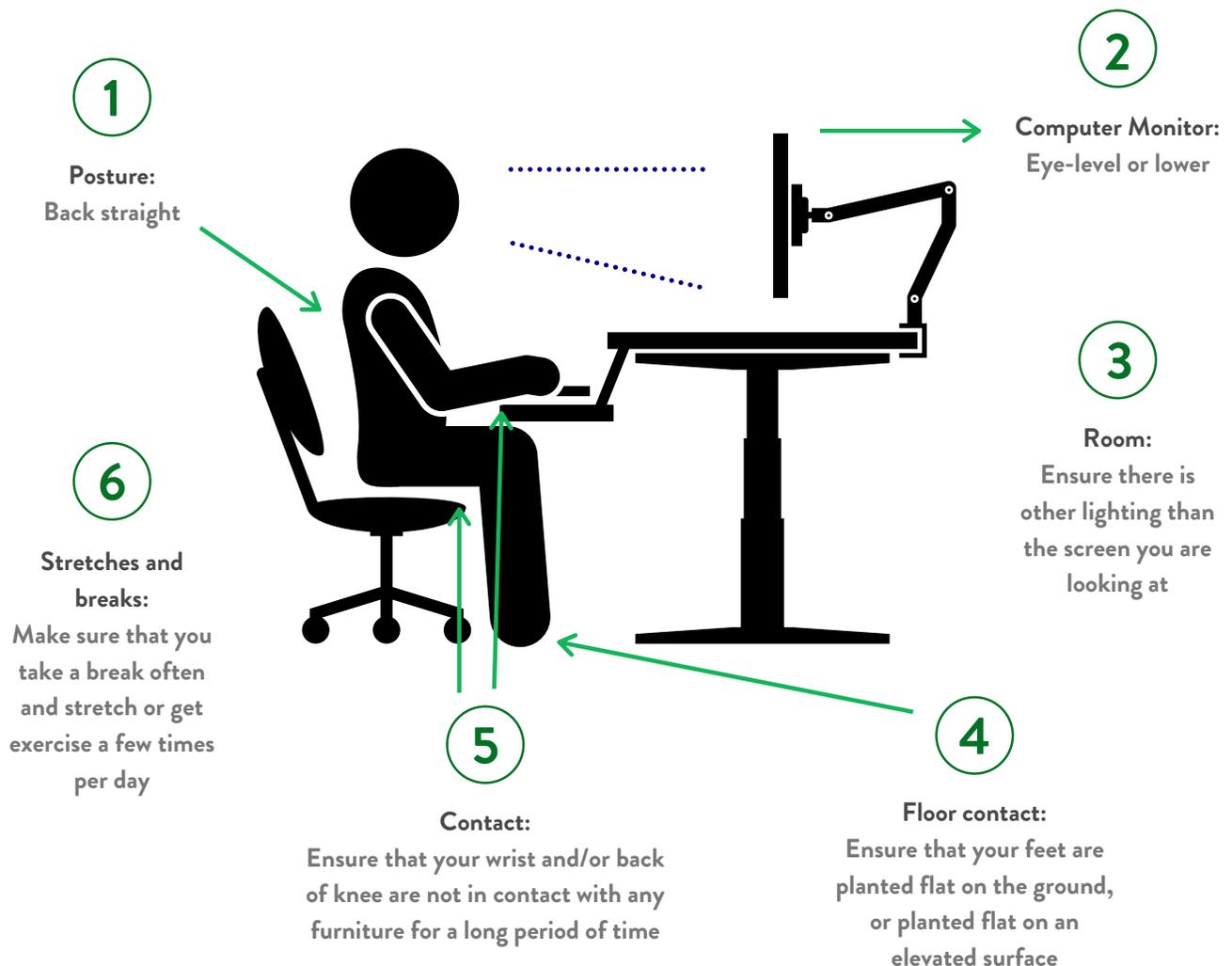
I was thinking one day and I realized that
if I just had somebody behind me all the
way to motivate me I could make a big
difference. Nobody came along like that
so I just became that person for myself.



UNKNOWN

THE 6 ELEMENTS OF ERGONOMICALLY-CORRECT COMPUTER WORK

SOURCE: TAV COLLEGE | HEALTH AT HOME
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FOR MORE INFORMATION VISIT:
WWW.TAV.CA/HEALTH-AT-HOME/



MOTIVATION

HOW TO MOTIVATE YOURSELF

BY SIMRAN KOHLI

BELIEVE IN YOURSELF EVERYTHING IS POSSIBLE.

WHAT IS MOTIVATION?

Motivation is derived from the word “motive,” which is defined as a need that requires satisfaction. These needs could be wants or desires that are acquired through influence of culture, society, lifestyle, etc. They are generally innate. It is one’s inclination to behave in a certain way, or what causes a person to want to repeat a behaviour. It has been considered as one of the most important reasons that inspires a person to move forward in life. It results from the interaction of both conscious and subconscious factors. Sometimes it is really easy to get motivated and you find yourself wrapped up in a whirlwind of excitement. Other times, it is nearly impossible to figure out how to motivate yourself and you’re trapped in a death spirit of procrastination. It is often the result of action, not the cause of it. Getting started, even in very small ways, is a form of active inspiration that naturally produces momentum.



PHOTO SOURCE | DJIM LOIC

TECHNOLOGY & TIME

HOW MUCH TIME DOES TECHNOLOGY ACTUALLY SAVE US?

BY AIMAN ALAREQI

BREAKING THE ICE

We built technology to help us live life easier, right? We use it to save time and spend that time with our loved ones. We humans in our current day and age have been reliant on computers, smartphones, e-mails, and recently with social distancing guidelines videoconferencing.

SANTÉ



College students, on average, do not consider their health that much before making choices. Their muscle fibers are still delightfully springy, their skeletal systems have yet to skew from years of bad ergonomics, and their smiles are still a healthy white regardless of what they choose to eat. Who can blame them? I am just now awakening to the fact that I won't always be a teenager myself. Here are a number of key points we stand to gain by maintaining a high health and fitness standard: more energy and prolonged youthfulness, the ability to manage emotions better, attractiveness, feel good, mental sharpness, the likelihood to succeed in long term goals, confidence, and leadership, just to name but a few. Be warned, however, it is not easy to jog, it is not easy to work out, it is not easy to do yoga or breath exercises. Do these as part of your regular routine if you want to be consistent. Your body will love you for caring for it, it will be your ally and grant you a boost instead of being an obstacle in your way. Covid-19 works on our ability to intake air to our lungs, so strengthening our breath would be wise.

REFLECTION

The amount of time and energy you save by regularly sitting down and reflecting on your own self, events, relationships, is significant. This opens up space in you to process more of what life is throwing at you. Your efficiency becomes outstanding.



Reflection also helps us put things in perspective. It nurtures empathy for those who may have drawn the short stick in society and in the pandemic, as we become aware that it could have been us or that it could be us one day.

DREAM BIG,
WORK HARD,
— MAKE IT —
happen.

HUMAN ADVANCEMENTS

Being able to send a text message without using ink or paper or having to wait for it to go through a bunch of post offices to reach the recipient saves us a lot of time. What about phone calls? We can talk directly with the intended person without having to meet them in person. Pretty crazy how far we've come as a species.

Smartphones are getting better and better every day, and staying organized is a huge part of saving our precious time. Using our phones to keep up with school, work, as well as family and friends at any time is what this technology is all about. Accessibility is now easier than ever, but so is the ability to get distracted.

In order for technology to save us time, we have to understand that it is heavily user dependent. A person who is being distracted online by scrolling through social media is not saving time, but instead wasting their valuable time. On the other hand, a person who's doing their job from home is saving the time of the commute to and from the workplace.

ACTUAL NUMBERS

According to an article written by Gemma Francis for The Independent, Mobile devices were also revealed to save people significant time. For example, the

article claims that “mobile phones alone save people approximately 1 hour every week by making navigation more efficient and providing users with updates on traffic and public transport time.”

A poll conducted revealed that modern technology saves an average individual two weeks annually that would be spent on routine banking and shopping activities. For instance, “the survey showed that the amount of time spent in the bank is reduced by forty minutes every week in the last ten years as people embraced online and mobile banking.”

An article written by Alison McGuire for the Irish tech news states that, “at Marriott Hotels, 92 percent of business travelers originating from Spain, the UK, France, and Germany revealed that technology has made it possible for them to have more free time to engage in leisure while on their business trips.”

FINAL WORDS

In conclusion, technology just like other things can be used for the wrong reasons or for the greater good. We can use it to create something terrible or something beautiful that helps humanity.

The choice is all yours.



PRODUCTIVITY TIPS

WALK THE DOG

Enjoy the little things! Go to the park, pick up your dog's poop, look at and enjoy the trees, the grass, the breeze, notice the other people around, their animals, and what everyone is doing. You'll find that you're not so stuck in your problem anymore.

New solutions and inspiration may come into your mind from your little walk to the park, or wherever else you want to go.



READ

With work and schooling from home these days, a lot of us spend an unprecedented number of hours of the day in front of a screen. So in our leisure time, we may wish to unwind by exercising, for one, but also by reading print material. They're still a thing, you know! The medium of books has collected a wealth of knowledge, from stories to ideas and more, for you to enrich yourself with. I don't know about you, but I retain information better this way than with fast-talking videos on Youtube or snippets of data here and there on social media. Reading is also pleasant and meditative. I notice that within about 10 minutes into a reading session, I start breathing better (my breaths become longer, deeper and effortless).



TAKE A BREAK FROM EVERYTHING!

Simple as that.

Having the ability to actually do this is a great luxury. Just ask your parents!



DRAWING

I am in the Arts, Letters, and Communication program, if you hadn't yet guessed. But the reason I suggest you draw is in order to be more productive. Many of you already utilize visuals to better understand the problem. This is true in your assignments here at TAV, but in your personal lives too. Visualization becomes a potent tool as you break down a problem into many pieces. You can see in your mind where each piece fits into the whole, after that it's about connecting the dots. A mind map or an infographic are great examples of data visualization. Also just doodling symbols of key concepts from your project is great. You might just become so concise in your problem solving that your teachers will think you are cheating!



CAPTURING THE HEART OF MONTREAL

BY DILSHAAN DEEP SINGH



Being bored is a normal state that everyone experiences. More so when you are young, as you are more likely to not yet have found your “thing”. So here are a few observations and tips from me, as someone who not only was never bored while stuck at home this past summer but who actually didn’t seem to have enough hours in the day!

MOTIVATION TIPS

WATCHING TV

Take a break from your highly targeted online media content diet. Whether it is your Youtube or Instagram feeds, the algorithms and cookies slowly close in around you and narrow your world. Watching general programming on cable TV, for instance, can remind you of things you have not seen in a bit such as; images from across the globe, different people with wonderful smiles, different walks of life, customs and norms, games, activities, and a host of funky languages.



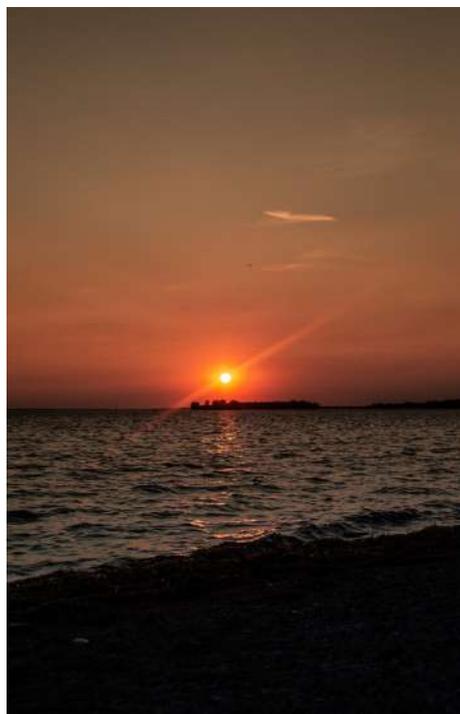
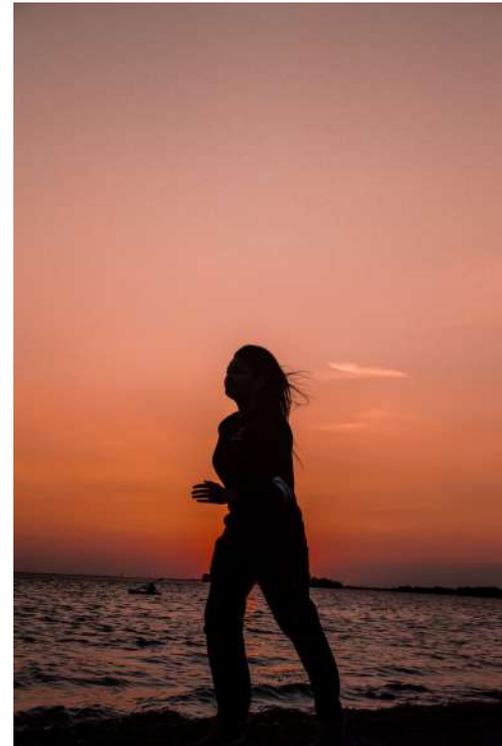
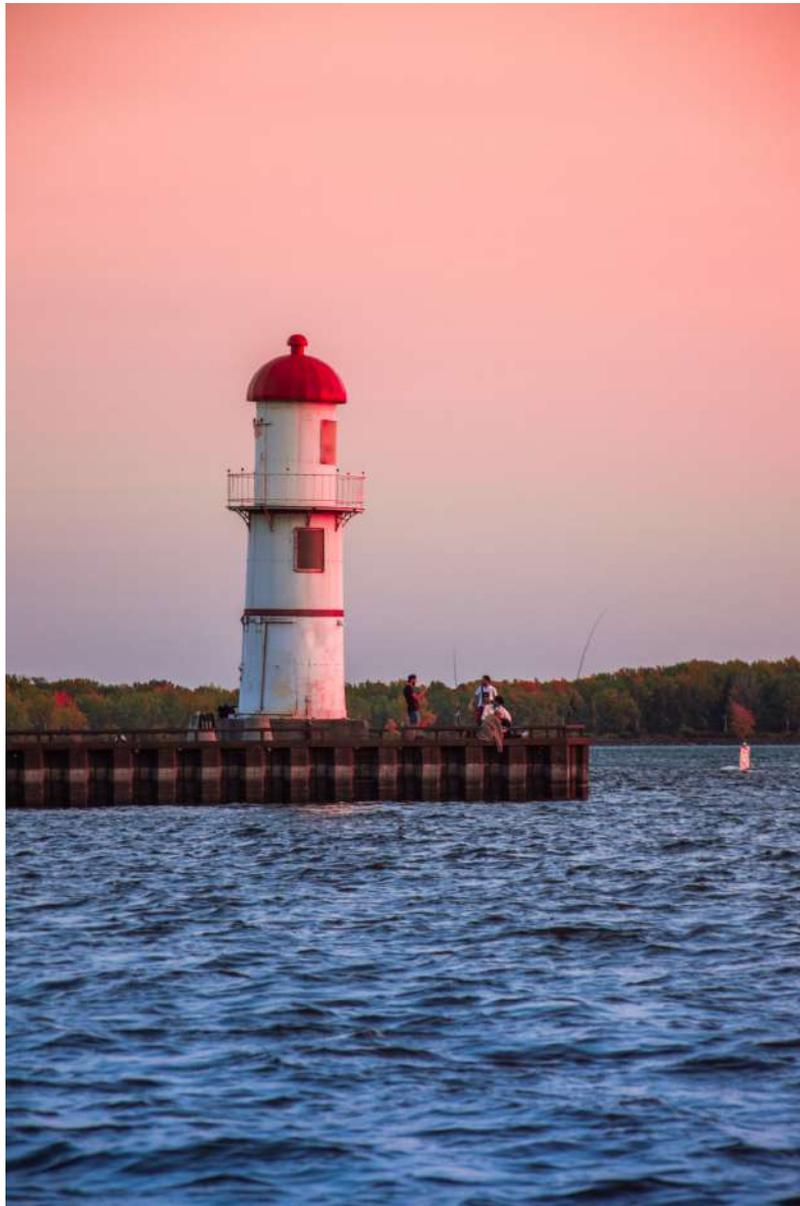
CHILDHOOD FRIENDS

What does this have to do with anything? Well, think about it, if you are bored and in need of motivation, looking at what your childhood friends are up to these days ought to light a fire in you. You all started at the same place, so if they are doing good, a need to keep up will overcome you. For those friends who are inevitably as bored as you are or worse, you may indeed be the one to motivate them! During this pandemic, it is a good idea to keep in touch and cherish any bonds you may have. Be informed on what the people close to you are going through. Going outside of yourself like this is a sign of maturity and your loved ones will appreciate you more and see you as a generous person for giving a darn.

WATCH A LUNAR ECLIPSE OR SOMETHING

This tip is just to bring to your awareness the fact that; even if mankind (us) were to completely destroy ourselves and the planet we call home, the universe would still keep doing its thing! Life and nature do not cease to exist because we stop existing.





PRODUCTIVITY AND MOTIVATION TIPS

FROM THE FRIENDLY TAV COLLEGE NEIGHBOURHOOD CARTOONIST

BY HERVE MUGISHA





IMPOSTERDOM

COMBATING FRAUDULENT FEELINGS

BY ESTY ROSENFELD

PHOTO SOURCE | ESTY ROSENFELD

We are social creatures. We often rely on others to help keep us going and motivated. For some, these extended months of social distancing may have posed an extra challenge on them, their motivation and work performance. These people don't only rely on social support but need it.

FEELING LIKE A PHONY

The Imposter Phenomenon was first coined by two psychologists Pauline Clance and Suzanne Imes. It is a term used to describe people who feel they are not rightfully deserving of their position. These people often feel like their cover will be blown and people will know

that they are incompetent and a complete fraud.

In the article "Great Pretenders" written for the Scientific American, Birgit Spinath talks about the three main components of this phenomenon: feeling like a fraud, having the inability to accept praise and attributing your successes to luck instead of to your hard work.

There are two ways in which this can play out. There's the over-doer who prepares and reviews material even once they have already mastered it. This causes them to become stressed knowing that they

SONGS THAT KEEP US GOING

THE BEST OF OUR PLAYLISTS



1. GIRL ON FIRE - ALICIA KEYS
2. JUST THE WAY YOU ARE - BRUNO MARS
3. FEELING GOOD - MICHAEL BUBLÉ
4. FAIS TON SHIFT - BENNY ADAM
5. THEY LIVE IN YOU - SAMUEL E. WRIGHT
6. HIGH HOPES - PANIC! AT THE DISCO
7. RISE - JONAS BLUE
8. WAKE ME UP - AVICII
9. COUNTING STARS - ONEREPUBLIC
10. WAY DOWN WE GO - KAELO
11. THUNDER - IMAGINE DRAGONS
12. NO ME AME - RVSSIAN
13. RIGHT MY WRONGS - BRYSON TILLER
14. PRETTY LITTLE FEARS - 6LACK FT. J.COLE
15. CALL OUT MY NAME - THE WEEKND

won't always be able to perform at such a high level. They have essentially raised their own bar too high. The under-doer will beat around the bush and fail to prepare. This person will procrastinate or do other meaningless tasks to avoid the true task at hand. If they nonetheless succeed at the task, they attribute it to luck.

According to an article written for the Journal of Business and Psychology, the social environment can, to some extent, act as a buffer to help reduce these feelings.

SAY IT LOUDER

The first step to overcome this challenge is to recognize that you are experiencing it. Saying it out loud may take away some of its power. Tell someone who you trust that you've been experiencing this so that they can offer some support, even if it's virtual.

MAKE YOURSELF A MANTRA

Aibileen Clark was onto something when she made the sad little girl repeat the affirmation "You is kind. You is smart. You is important." in the movie "The Help". Write yourself an affirmation to read to yourself listing your positive virtues and capabilities. You may not believe all of it but repeating it over and over will help internalize it. Reminding yourself why you want or need to do a certain task and the benefits you'll gain will make you want to do it more.

PRACTICE MAKES PERMANENT

Maxwell Maltz wrongfully assumed that one can fully integrate a habit in twenty-one days back in the 1960's. Fifty years later, researcher Phillippa Lally and her colleagues finally put the hypothesis to the test. They found that it can take anywhere from 18 to 254 days for a habit to become routine depending on its complexity. Although missing one day here or there won't do much damage, avoid skipping days to ensure that you keep up the momentum. Habits are hard to change but with some work, you can start feeling like you are worthy of your position.

And finally, you are were you are meant to be wether you feel deserving of it or not. You may as well take the plunge and do something great!

AN ESTIMATED

%70

OF PEOPLE EXPERIENCE THIS
AT SOME POINT IN THEIR LIFE

ACCORDING TO AN ARTICLE WRITTEN FOR THE INTERNATIONAL JOURNAL OF BEHAVIORAL SCIENCE



QUARANTINE IS NOT MEANINGLESS WITH YOUR FAMILY

Quarantine is mundane but profitable. This period of time could help us balance work and family life. We were too occupied at work to arrive home on time and have dinner with family. Or some of us were so busy hanging out with friends after school that we came home late and missed dinner time. After dinner, we had our own affairs to deal with, which led to the lack of communication among family members. If any of you didn't have much time for family, now's the right time for more conversations and understanding each other. Clint Edward, the author of "Silence Is a Scary Sound," "I'm Sorry ... Love, Your Husband" has done this. He agrees that quarantine has accidentally resumed his family's activities. He has more spare time for his children and wife because schools are closed and no activities are allowed to run. At the moment, everyone has time for meals, watching movies and regular weekends together that would have been missed due to workload and personal affairs.

ORGANIZE YOUR PLACE

Marisa Wolch suggests that keeping organized increases your productivity and reduces stress level. When everything is in order, you can easily look for important tasks whenever you need them. Moreover, your stress level can also be lessened. Any time you feel down, try to leave where you're at and tidy up. That could mean simply putting your books on the shelves or making your bed, but it really matters how you feel. Give it a try to know how much of a difference it makes.

LEARN SOMETHING BRAND-NEW

Pandemic time could really steer some people's lives if they know how to manage their time smartly. We have more extra time than ever because we are working from home, which means there is no need for the daily commute. Why don't we seize this time for self-learning? You can learn new languages or skills thanks to online courses. Who knows, that new knowledge you gained during quarantine could even polish your future path and shape who you are. For example, if writing is your passion, find a writing class online which enhances your skills in addition to the limited time in class. Judicious decisions in time management make a different "you" during pandemic-stricken world time.



WHEN THE GOING GETS TOUGH, THE TOUGH GET GOING

BY GIA KHANH LUONG

PHOTO SOURCE | GIA KHANH LUONG

“WHAT DO YOU DO THESE DAYS?”

“NOTHING MUCH, I AM LINGERING AT HOME.”

Do any of you feel familiar with this situation? I strongly think that you do. We are living in a pandemic-stricken world. This period is deemed to be the hardest time ever for most of us for many reasons. As Quebec is entering the second wave of the outbreak, we are repeatedly told to stay at home and avoid contact with other people, and this is not the end. Furthermore, the longer the pandemic lasts, the more pessimistic we become due to the soaring cases and deaths, not only in Canada but also around the world. Some people are even coping with mental problems such as depression and stress. The only way that could survive our unlucky days is to stay motivated by cleaning up our own act. Let's have a look at some ways that could help boost your motivation and productivity. You can ensure a wonderful day by making yourself a planned morning.

Have you ever thought of a morning routine? If not, let's make one right now! Quarantine seems to be an opportunity to stay up a little bit late and wake up a bit tardy. However, these new habits could lead to lazy and tired "you". What would be different if we wake up 30 minutes earlier, do some exercises, make breakfast and grab a book? You could feel very energized and well-prepared for a nice day. The morning is a vital foundation that matters for the rest of your day.

CREATE A TO-DO LIST FOR EVERY SINGLE DAY

You might be too occupied to come up with your to-do list in daily life. Now, let's grab a pen and a book to make one. It could be monotonous staying at home without any specific goal besides working and studying, so a daily plan can motivate you to be active and productive. At the end of the day, when you look back at what you have accomplished, at least you find out that it is not utterly meaningless during the quarantine.

FRIENDS COLOR YOUR LIFE

"I am so lonely in quarantine." Wait, why don't you grab your phone and talk to someone?

According to Dr. Eva Stubits, a Houston-based clinical psychologist whose major is in stress management, speaking diminishes stress level.

Reaching out to your friends

is a totally effective way to survive your uninteresting and stressful days. Get some chatty conversations with your friends whenever you miss them or feel down. Friendship brings incredible power to our souls. Maybe just seeing your friends faces or talking to them for a couple of minutes can totally change your feelings.

GO OUT FOR SOME EXERCISE AND GET SOME FRESH AIR

Minimizing as much social contact as possible does not mean you have to stay in one place. Go outside to get yourself some fresh air, and do simple exercises like going for a walk or running. I am not telling you to go to crowded places. It could simply be your garden or your neighborhood. Remember to keep two meters of social distance.

Come out of your shell and expose them to the outside world in a different way.

