**Recession (By Jason Schenker):**

A recession is when money is low. People lose jobs. Others, work more.

Causes:

An expanding economy might find it harder to go higher. Risks including debts also contribute.

Procyclical:

This is when a company does well within an expansion and not so well within a recession.

Industries that are Recession Proof:

* Healthcare
* Technology
* Education
* Government

Stock Market:

Bear Market is when the stocks go down. Bull Market is when stocks go up.

Ingredients for Economic Recovery:

* Fiscal Policy: Governments spend money.
* Monetary Policy: Cutting interests rates---making money cheaper.
* Time.