**Note-taking**

**Title: Government intervention：how to master the degree?**

**Topic:Government intervention, Market,Compulsive situations, Balance.**

**Speaker: Xiangyu Huang**

**Information you’ve got from the talk (in phrases or sentences):**

1. **Franklin Roosevelt’s New Deal (his relief reform and recover 3R plan) saved the country by government intervention during the Great Depression.**
2. **Wiki:Government intervention means that government uses repressive measures to maintain and enforce social control, usually because the country is faced with special situation.(compulsive:resulting from or relating to an irresistible urge.And**

**when the country can’t work itself)**

1. **Comparisons between Chinese government and the USA government.**
2. **Government intervention is necessary to keep the stability of a country, especially when faced with emergencies.**
3. **Too much or improper government intervention may lead to disasters.(Eg:The electricity crisis, planned economy,The Great Leap Forward and The Great Cultural Revolution)**
4. **Government intervention and market should keep a balance between each other and regulate the country together. (The government should and only should make its contributions when market doesn’t work well)**

**Questions (at least 2) to the speaker:**

**1.What’s the proportion of Market and Government in the balance?**

**2.How can we prevent us from abnormal situations?**

**3.In that market is much more complicated, do you think government should solve the problems like 996?**

**4. Is it too late to save the market when the market is already broken down?**

**Your Comments (optional)**

**After listening to Xiangyu’s talk, I reclaim that a lot of people urges their governments(especially the USA) to tax high earned individuals to aid the low income families during the pandemic.**

**To what extent should the government intervene with so-called compulsive situations?**

**There may not be a perfect answer to this, but some answers are less imperfect than others. I do not support government in the business of taxing high earned incomes to help the supposedly poor. For one thing, this gives people reason not to bother being productive.For another, once government starts doing this, there is no principled answer to the question of where it should stop.This may end as Margaret Thatcher put it, you run out of other people’s money.**

**However, I do think that the government should intervene with inequality which arises from special privileges.The government should as much as possible avoid granting special privileges, and leave people free to earn their livings by any honest means.**

**In a word, I would prefer the government limit their interest to privileges, and removes obstacles to the advancement of the low income individuals.**

**Note-taking**

**Title: To be your true self and define your own happiness**

**Topic: Chasing happiness, Belonging, Purpose, Transcendence, Storytelling**

**Speaker: Zi Bian**

**Information you’ve got from the talk (in phrases or sentences):**

**1. We all confuse fear distrust and give up.**

**2. We try to make our way to happiness instead of existing in happiness. And as a college student, we should step forward to make resolutions and be what we are, define what we want to be.**

**3. Emily Smith:chasing happiness makes people unhappy.**

**4. Four pillars to build up the meaning of our lives（pillar:支柱，核心）：belonging，purpose，Transcendence and Storytelling**

**5. Belonging is a sense of community.**

**6. People belonging to friends are happier.**

**7. Purpose stands for dream and goal.(Example:The Bucket List)**

**8. What deserves ourselves is ourselves.**

**9. Transcendence gives us a positive state of mind.(transcendence:existence or experience beyond the normal or physical level.)**

**10. Before we can find what we can do on earth, we can share our stories to the others.**

**11. Storytelling is an ability to recognize , restructure and retell.**

**Questions (at least 2) to the speaker:**

**1.How does storytelling help defining our own happiness?**

**2.How can we balance our happiness and others’ expectancy?**

**3.What’s your definition towards your own life and your life meaning?**

**Your Comments (optional)**

**To be yourself is a controversial statement, because who are you? Does anyone truly know themselves? Thinking of this, I suddenly recall a Japanese saying that when you refer to ‘yourself’, there are actually three selves involved.**

**The first self is how you identify with yourself.**

**The second self is how you think others identify with yourself.**

**Third and last self is how others actually identify with yourself.**

**The ideal scenario is to have these three selves as similar to one another as possible. Why? You might ask. Such a scenario is where you will experience the least personality dissonance between your internal and external self.(1.scenario:a written outline of a film, novel, or stage work giving details of the plot and individual scenes. 2.dissonance:lack of harmony among musical notes.)**

**And to construct such a self takes herculean effort and you need to be really conscious about doing it. I think the best way is develop a strong values and belief system that is radiant from within you. Align your actions with such a system, and be conscious of your actions for they must embody and be manifestation of your inner beliefs.(herculean:requiring great strength or effort.)**

**That way, maybe, just maybe, you will be ‘yourself’, and others will see you as ‘yourself’.**

**Note-taking**

**Title: Stress**

**Topic: Press, Attitude, Physical changes, Rethink and care for others.**

**Speaker: Jiaming Gu**

**Information you’ve got from the talk (in phrases or sentences):**

1. **Different attitude towards stress leads to different results.**
2. **Being stressed ends in heart rates going up, vessels narrowing, blood pressure increasing and blood flouring faster.**
3. **43% of stressed people is likely to have increase possibility of death, but this is only partly true for who believes stress is harmful and spent no time caring for others.**
4. **People who experienced a lot of stress but did not view stress as harmful are no more likely to die.(They considered their stress response as helpful.)**

**5.People care for others and people who think stress is helpful suffer less from stress.(They healed themselves by caring others)**

**6. Hormone like Oxytocin is the crucial reason for stress.**

**7. Rethinking stress as helpful and caring for others gonna help.**

**Questions (at least 2) to the speaker:**

**1.Is stress objective or subjective?**

**2.Does stress have a limit?**

**3.Do you agree on using physical ways(like drugs) to reduce stress is right?**

**4.If you are having an exam, how can we care for others?**

**Your Comments (optional)**

**Let’s me think about the pros and cons of stress itself.**

**Getting stressed has certain evolutionary advantages, to a degree, compared to not getting stressed. If you were chased by an animal, you'd better get stressed, make some extra stress hormones that will help you gain extra energy and blood circulation to give you the advantage of faster speed and higher chance of escaping and surviving. That’s the good side of stress.**

**But, modern life has made daily living full of stress: uncertain situations, constant deadlines, need to always prove self-worth and so on, which causes just about enough to imbalance our hormonal levels and cause stress. That’s the bad side of stress and unfortunately we are barraged by it, not just at the study-place, but also by family, friends, even making presentations in English class can get stressing and unsettling.**

**In that stress is anywhere, my resolution is fairly simple.When you are over stressed, Stop focusing on how stressed you are, but start thinking how blessed you are .Then I would try these steps, like self-relaxing, taking help from others, diving into meditation,breathing deeply and enjoying a sound classical music,etc.**

**These are ways to balance my stress.**