***Note-taking***

***Title: How Can We Make Racism A Solvable Problem And Improve Policing***

***Topic: Black Lives Matter, Judicial Discrimination, Data and Analyses.***

***Speaker:Huang Jin***

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

***1.Racism in police chief’s profession.(Our minds learn to associate Blackness and crime and misperceive Black children as older than they actually are.)***

***2.Some people reckon black gays only rob, steal, deceive.***

***3.People were using the cops to "treat“ substance abuse and homelessness in the first place. The solution is actually racism.***

***4.Data and analyses do help to reduce judicial discrimination.***

***5.During the Black Lives Matter Campaign, the Minneapolis police was disbanded.***

***6.The racism problem is getting more attention. We need to make the problem solvable by analyzing more exact data, which could also improve the polising.***

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

***1.If we reckon black live matters campaign isn’t valid, how can we solve the common conflict between the minority group(like LGBT) and others?***

***2.Do you think the conflict between minority group and others is the same as the the conflict between black people and white people?***

***Your Comments (optional)***

***I've been focused on BLM for 6 months.And I do hope BLM gonna work.***

***Now I come to my conclusion that BLM is a complaint, by Black people in America (and about 40+% of Americans who consider themselves BLM allies), that American society effectively treats black people as if their lives don’t matter. There are many documented instances of black Americans being killed unjustly by police, or being unfairly targeted and punished by the criminal justice system. The BLM movement takes the position that if these injustices persist in our society, the whole society will be victim of these injustices.***

***Black lives matter just as much as everyone else’s lives matter. Black Americans are citizens, entitled to equal rights and equal treatment under the law. They are not getting these rights, and they are going to continue to point this out until these problems are remedied.***

***Now, like the 1960s civil rights protests, the BLM protests are not uniform, and are not controlled by any central authority. It’s a very diverse movement, and different groups are demanding all sorts of different things under the “BLM” banner. You can’t hold one group responsible for the actions of another group, even through they both carry “BLM” signs.***

***Some of the protests are strictly peaceful. There are others who conduct minor rioting, in the form of breaking storefront windows and lots of graffiti. Some of the groups actively draw police into confrontations.***

***It all has become very complicated, but none of that can obscure or detract the basic message and demand of BLM, that institutions of the government in America need to stop racist practices that result in black citizens being unfairly treated.***

***Note-taking***

***Title: Good Relationship Make A Good Life***

***Topic: Good Relationship, Lifelong question, Distance, Warmth, Growth***

***Speaker: Lv Guangyao***

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

***1.TED talk: good relationships lead to good life***

***2.What makes a good life? Where should we put our energy and time?***

***3.For money or fame? The so-called bright future?***

***4.What is a good relationship?***

***5.A proper distance comes first. A proper distance makes a relationship stable and pleasant. Otherwise, the relationship could collapses and exhausts you.***

***6.A warm relationship. It means tolerance and care, it means that you can deal with a conflict in a peaceful way and try to avoid the same conflict next time.***

***7.makes you grow. A good relationship also makes you grow, you can witness your progress during the process.***

***8.Challenges: we are all human and It's always so hard.***

***9.How to do it is a lifelong question.***

***10.Cherish, Something New, Something Simple***

***11.Mark Twain said that there isn't time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that.***

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

***1.Is knowledge life more important? (It is not a conflict)***

***2.How do you reckon our university’s hard reality of involution?***

***3.What’s your point between individuality and relationship?***

***4.What do you think of the reality that if you are rich, you can build good relationship easier?***

***Your Comments (optional)***

***In that Lv Guangyao said that how to build up good relationship is a lifelong question, I wanna to give my own answers from my past 18 years relationship between others.***

***1. Communication***

***You’ve definitely heard the very cliché “communication is key.” But here’s the thing – it’s a cliché for a reason. Good communication is one of the most important aspects to having a healthy relationship. When starting a new relationship, it’s important to be able to talk about what you both want and expect. Sometimes this means being honest and having uncomfortable conversations, but if you’re in a healthy relationship your partner will be receptive and listen (and you should do the same). Being on the same page as your partner goes a long way and opening up to your partner about what’s bothering you, compromising over your disagreements and complimenting each other are all equally as important. While communication is important, you should both be comfortable with how often you talk to one another. If your partner needs you to always answer right away and text them all day long, and you don’t want that, that’s not healthy. On the flip side, if your partner is always ignoring your texts and it doesn’t make you feel good, then that’s not healthy either. Finding a communication balance that you’re both comfortable with is super important.***

***2. Boundaries***

***We all have personal boundaries on what makes us feel good, comfortable, safe, etc. In a healthy relationship, you should feel 100% comfortable communicating those boundaries and know that they will be respected (and vice versa for your partner). Remember that you shouldn’t feel nervous or scared to set personal boundaries in any relationship. And if you feel like your partner or friend is using boundaries to control you, like telling you not to hang out with friends or requiring you to share passwords, it’s time to rethink the relationship!***

***3. Trust***

***This is a big one. All healthy relationships require mutual and unguarded trust between partners. Regardless of what either partner has experienced in the past, in a healthy relationship your partner will trust you completely. Do remember that it takes time to build trust in a relationship and that when your partner fully trusts you with their feelings, you should respect them and not betray their trust. Cheating on them or doing things to make them jealous isn’t right. On the flip side, if you don’t trust your partner then you shouldn’t be with them. Don't ever let your partner use their lack of trust or past experiences as an excuse to control you, question you or otherwise make you feel as though you need to exert all your strength to earn their trust. Steadfast affection, support, respect, and communication will naturally strengthen the trust in your relationship.***

***Note-taking***

***Title: Helping others us happier. But it matters how we do it.***

***Topic: Help, Donation, Reward, Keep an eye on, Involved in.***

***Speaker: Mou Guanming***

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

***1.Spending money on other people. Blood donation.***

***2.Elizabeth Dunn’s TED. (I hardly ever gave money to charity, and when I did, I didn't feel that warm glow I was expecting.)***

***3.we sometimes felt puzzled about our own lackluster emotional response to giving.***

***4.An experiment conducted in UNECEF***

***5.conclusion:We are easier to get happier when helping others if we can envision how our money or efforts are going to make a difference.***

***6.Ant Forest and Forest App***

***6.keep an eye on it after the donation. Find out how our money or efforts are going to make a difference.***

***6.subvert the way we think about charitable giving.***

***7.As charity workers, reward them with the opportunity to see the specific impact their generosity is having***

***7.Just to give is not enough.***

***8.donation itself can make us happy, but the recovery of the patient do it much more.***

***9.one of the best parts of being human is that we have evolved to find joy in helping others.***

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

***1.The cheater may use your kind to cheat you?***

***2.If your donation doesn’t make a difference to other people, how you reckon this?***

***Your Comments (optional)***

***Why we help others and what we can gain from helping others? The short answer is that in giving to others, we learn to give to ourselves. Sometimes we feels good just to do something nice for someone else with no expectation of return at all. Ever left a note somewhere saying some cheerful words and walked away knowing that someone is going to smile thinking it is their lucky day? That feels pretty awesome. Random acts of kindness can give us a boost when we're feeling down too. So, when we give of ourselves by helping others, we are actually giving to ourselves in some pretty special ways.***

***Note-taking***

***Title: What Silence Can Teach You About Sound?***

***Topic: Silence, Sound, Enjoy*** ***sonic peace***

***Speaker: Yang Jinghao(Department of Automation)***

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

***1.Our life is getting noisier and and we should find our silence.***

***2.John Cage(avant-garde musicians,Modern dance, Pop music)***

***3. 4’33”. He played nothing at all. Audiences thought he was joking.***

***4.What John Cage was thinking? Constant Music.***

***5.think deeply about language. Anechoic Chamber. Minimize Sound to Zero.***

***6.As long as you are in your body, you are hearing something.***

***7.Sonic Beauty around us.***

***8.Music isn’t Music isn't the only kind of sound worth listening to. All sounds are worth thinking about.***

***9.Quietness is not when we turn off our minds to sound, but when we can really start to listen and hear the world in all of its sonic beauty！***

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

***1.Could you please give us some practical ways to find our own silence?***

***2.How do you reckon the usage of background music? ( The example of Yu Guangzhong)***

***3.I don’t think composing a real blank music is valid. What do think of John Cage’s 4”33’?***

***Your Comments (optional)***

***“Nothing in all creation is so like God as silence.” – Meister Eckhart***

***I believe there are many benefits of silence. For example, it helps to communicate on a different level. It always amazed me how my dad could just sit with his best friend fishing for hours, without saying a word to each other. I felt that the silence needed to be filled with something, otherwise the whole situation got too awkward and uncomfortable. Only years later I realized that there are different ways of communication. Words allow us to exchange information, and sometimes express our feelings. But silence is communication of the souls.***

***There is something magical about just sitting quietly with another person, and being in complete harmony with yourself and the outside world.***