***Note-taking***

***Title: What Should We Do to Prevent the Next Pandemic?***

***Topic: Pandemic, comparison, international cooperation, how to stop it.***

***Speaker: Zhang Yibin***

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

***1.Statistic from Baidu.***

***2.TED talk from Bill Gates.(2015)***

***3.Wrong behavior in the pandemic.***

***4.A system to stop a pandemic put in normal time.***

***5.The importance of preparing in advance: The pandemic can spread faster than any of your imaginations! Time is money!***

***6.Time line of the pandemic.***

***7.Some country did nothing but ridiculously smear China.***

***8.Use the military. But China fight together.***

***9.In the US no one wear musk.***

***10.The international help form other country.(The international cooperation)***

***11.How to stop a pandemic? he pandemic prevention and control system in advance.***

***The concentration forces from the whole country. The international cooperation.***

***12.What Bill Gates said: This pandemic can serve as an early warning, a wake-up call, to get ready. If we start now, we can be ready for the next pandemic.***

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

***1.If given a chance to be a volunteer during the pandemic, would you do that?***

***2.Do you think US has done anything to stop the pandemic?***

***Note-taking***

***Title: Stop comparing with others.***

***Topic: Competition, Focus on ourselves. Endless, Stop it!***

***Speaker: Cheng yanan***

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

***Stop competing.***

1. ***2.Liu Cixing：In universe,no matter how fast you are, there's always somebody faster.***

***In Tsinghua, no matter how great you are, you'll always find yourself the worst***

***3.Endless comparison:height,weight,score,Job,salary,etc.***

***4.The kids of others. Objective effect. No good for ourselves.***

***5.Compare with Kobe or Einstein. Every man is his own worst enemy***

***6.compare with ourselves.***

***7.TED talk.***

***8.What to do:Have a clear understand of your advantages and shortages.***

***Be confident, and don't be frustrated. Focus on yourself better than ourselves in the past when we meet somebody excellent. Don't feel self abased and learn from him***

***9.Stop comparing with others be the best of yourselves!***

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

***1.Some one told me that the change of our mindset is not because it needs to change, but because you are a loser. How do you figure about this saying?***

***2.What about your parents always comparing you with others?***

***Your Comments (optional)***

***Logically all of us know that we shouldn’t be comparing ourselves to others. And, still, we are all guilty of doing just that, and then feeling bad about it. But do remember that comparing ourselves with others is the fast track to misery since all it does is keep us focused on the stuff we don’t like about ourselves and our life.***

***Here are a few ways I find to keep ourselves talk positive and to stop comparing ourselves to others:***

***Gratitude: Oprah said, “Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” Whenever we find ourselves looking at what others have, remind ourselves of what we’re grateful for. Be it appreciating family, friends, our education, the fact that we have clothing, food, books, etc. The list is endless. Shift focus from what we don’t have, to what we do have.***

***Perfection should never be the goal. There's always going to be someone richer, smarter, or more attractive. No one is perfect. Accept our flaws, quirks, and imperfections completely. Embrace the fact that we’re perfectly imperfect.***

***Turn comparison into inspiration. We tend to compare our work in progress with another person's big triumph. The human tendency is to obsess over other people's success, and not on the thousands of hours they spent preparing and working for that accomplishment. So why not let other people’s triumphs inspire us for what we can be, do and have in life?***

***Compare us with ourselves: And, finally, if we desperately need to compare ourselves with someone, compare ourselves with who we were yesterday. What can we do to improve our life quality? How can we be a kinder, more loving person? Could we be nicer to ourselves than we were yesterday? We are the only person we ought to compare ourselves with.***

***Note-taking***

***Title: SHARING your life***

***Topic: sharing, life story, experience, obtain and bi-product.***

***Speaker:Zhao Yuetong（ Electronic engineering）***

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

***1.Four part of her TED.***

***2.interesting event:self-addressed postcards share an artful secret. Hand them out randomly on the street. Half a million secrets.***

***4.What to share:Details & small moments simple things you discovers in your lives. Emotion and feelings: excitement, surprise, moving, regret, confuse, miserable. Experience: Everything you have been through. Thoughts in mind: wishes, dreams, innovative ideas.***

***5.Why is sharing lives important? Share your happiness, your happiness doubles; share your sorrow, your sorrow cuts to half. It drives us to live our lives consciously. Learn to face ourselves.***

***It’s a way to adjust our mood.***

***6.How to share? Choose the appropriate person to share. Sharing is bi-directional: be a good listener. your reaction matters a lot to the people who share. Let sharing become a habit and an attitude toward your life. An attitude that always be ready to face yourself directly, and to pay attention to every simple things and details in life.***

***7.What else can we obtain? We can found some soul resonance in the ocean of crowds, and they are always there to tell us, we are not alone. Sharing and listening to others can remind us of the countless human dramas, of frailty and heroism, playing out silently in the lives of people all around us even now. Sharing can connect us with our deepest humanity, or with people we'll never meet again.***

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

***1.Do you think sharing our life will contribute badly to our privacy?***

***2.If I feel that our life is somehow boring, what can I share?***

***Your Comments (optional)***

***Why we share?***

***If not shared, experiences within ourselves will never allow us to learn new things, neither will it help us connect with other individuals. Unless we share and express, how will others know?***

***Experience when shared helps one plan next course of action and be prepared what to expect and what not to expect, helps set expectations and achieve goals in life.***

***Good Experience brings happiness, sense of importance to the person who shares them and individuals who listen get motivation in life .***

***Sharing knowledge and experience is best gift that can be given to future generations, as they cannot re-live that moment or go back in that era which we have experienced, so the future generations curiosity to know the past is satisfied when we share knowledge and experience.***

***To be up to date and generation relevant keep updating ,keep sharing.***

***So we should keep experiencing and keep sharing our knowledge.***