***Note-taking***

***Title: the beauty of being a misfit***

***Topic: misfit, beauty, connection, merits and challenge, live for yourself.***

***Speaker:Yu Tianyi***

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

***1.there is a a big change in my haircut***

***2.what is a misfit. A person unaccepted by some people.***

***3.We focus on misfits who do not harm to our society.***

***4.The merits of being a misfit. Novel and excellent ideas. Elon Musk. Crazy but successful.***

***5.Free yourself and be who you really are.***

***6.Little woman. Louis May Alcott. Live in her own way.***

***7.A movie cut.***

***8.Help us understand others more and become more tolerant.***

***Put oneself in the place of another.***

***9.The challenge of being a misfit. Face query and ridicule. Lonely and helpless.***

***10.But, you live just for yourself.***

***11.The misfit's myth.***

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

***1.What do you think about the relationship between living for yourself and shouldering the responsibility?***

***2.People like superhero movies. What do you think of being a misfit on purpose?***

***Your Comments (optional)***

***When we came into this world, the only one we are connected to is our mothers with a cord, which means that we are bound to be connected. But sometimes, we feel misfit, even if we try our best to connect to others.***

***This reminds me of the movie, "The Breakfast Club," truly a classic. I wish there were more John Hughes（the main character）in this world.***

***The reason why the main characters connected was based on the fact that each person had their own story to share instead of comparing their stories between what was considered "good" or "bad."***

***Everyone has their own stories to tell. Some good, some bad. The main obstacle that prevents people from connecting are the individual stories that a person tries to force upon another.***

***It is natural to feel "misfit" because we are unique versions of ourselves. The person next to us is in their own version of themselves. Each person's self-awareness of themselves and their own stories creates the misfit profile. But the stories each person carries with them have a similar theme except the players involved.***

***The trick is to embrace our "misfitness" and engage in the other persons "misfitness" personality and share stories. So at the end of the day, each person has a story of their own, which makes them who they are today and to be the person they would like to be in the future.***

***Note-taking***

***Title: Why and how you can have mental health days?***

***Topic: mental health, not okay is just okay, looking after together.***

***Speaker: Wang Shibang***

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

***1.TED talk from Hailey Hardcastle.***

***2.What's going on? Do you have mental health. DDL. Being single. Speaking in front of people. Why is the whole thing tough?***

***3.You are exhausting in heart.***

***4.Where will that lead us? 340,000,000(one of the leading causes to death only second to cancer.)***

***5.What can we do?***

***6.As a society, we can learn how to manage them by looking after together.***

***7.It is always OK to not be OK. It is OK to take a break.***

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

***1.Why our school post that twitter? Where can we find a place to cry in Tsinghua.***

***2.How can we get help from other people?***

***Your Comments (optional)***

***From my perspective, most of us consider grades more important than mental health and well-being. However, I think we should try to disassociate mental health and grades. It can easily become a chicken and egg situation. Our low grades may be because of our mental health which is partly to do with low grades - this is a never ending cycle so the sooner we disassociate them the better.***

***We should focus on our mental health, find things to focus on to improve our mental health, seek professional support, exercise, eat healthy, find a hobby etc. The thing with mental health is that it can be very long term and can get in the way of everything we do. At least with grades, if we get low grades, yes, it's a shame but there are other ways to be successful without the grades - but they usually require being a happy confident person so again our mental health is important.***

***I am not saying grades aren't important. Grades are a huge help - the phrase 'knowledge is power' didn't come from nowhere, however I think that for us, it may be about prioritising. We can try our best with our grades but if we struggle don't worry about it, focus on the thing that will benefit ourselves in the long term. If grades let us down now there are ways to come back to it in the future.***

***Note-taking***

***Title: Embrace vulnerability***

***Topic: Vulnerability, great stress, take a break, communication, honest, accept it.***

***Speaker: Guo Junyu***

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

***1.TED talk from Brene Brown***

***2.Phenomenon:many of us have been constantly under great stress,but most of us are reluctant to demonstrate our vulnerability.***

***3.we may numb happiness and joy at the same time.***

***4.Universal value. We should strive for success.***

***5.we are all human beings after all ,thus we all need to take a break at some point.***

***6.We should embrace vulnerability.***

***7.Be who you actually are rather than who you think you 'should be'.***

***8.Value communication with other people ,as this may be of great help.***

***9.Be honest with yourself , adopt a open attitude.***

***10.Accepting the fact that we can be vulnerable can provide a golden opportunity to know more about us.***

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

***1.Do you think accept ourselves will make us less hardworking?***

***2.Why do we sometimes pretend to be a tough person?***

***3.How can we find a place to refill ourselves with good mood?***

***Your Comments (optional)***

***Uncertainty will always be a part of our lives—the more we try to overcome it or ignore it, the more anxious we become.***

***Every time I start to doubt myself, I tell myself that it is okay to feel confused, to feel uncertain, to feel not confident. From my perspective, I would say that it is important to not ignore the thoughts that rush into your head when we feel doubtful—at those very moments, our mind is usually trying to tell us something.***

***To some degree, self doubt truly is a part of our lives. My recommendation would be to let those doubts flood our mind for a moment and let ourselves discover why we feel uncertain. An important aspect of self doubt is to learn how to listen to ourselves. Our best work relies on how we manage our self doubt, how much we let our vulnerability impact or change us, etc. to shape our decisions that shape the quality of our work.***

***So let us embrace our vulnerability and life uncertainty. And we are bound to learn from it.***