**STUDENT 3: Equilibrium, Challenges & Resources (pp. 226-229)**

Headey & Wearing’s (1991, 1992) dynamic equilibrium theory - relationship between subjective wellbeing (SWB), personality and life events:

For most people, most of the time, subjective well-being is fairly stable. This is because stock levels, psychic income flows and subjective well-being are in dynamic equilibrium.

As depending on prior equilibrium levels of wellbeing and of life events, and also on recent events.

Cummin’s (2010) ideas about how ‘challenges’ affect SWB:

No challenges, SWB will stay at the set-point.

Mild challenges, SWB will vary slightly with in the set-point range.

Relatively strong challenges, SWB will be prevented from decreasing because of the homeostatic defence.

Too strong challenges, SWB will fall sharply.

Resources - how individuals cope with challenges:

Individuals will have different resources to meet the challenges.

Individuals can develop their ability to cope with challenges through their personal progress and development.

The process of solving challenges can give individuals the experience of coping with challenges.

Improve personal skills to a level comparable to the challenge

Today, we’ll be focusing on The importance of my degree subject which is csp, that research technology to send and receive information more efficiently and clearly.

Firstly I will discuss something my subjects can do in our daily life. When you're calling, or messaging, signal processing technology make sure your message gets to the other side quickly and accurately. What’s more, when you're making a call in a noisy environment, signal processing helps filter out the noise so that your voice is delivered more clearly to the other side.

Also, Keeping your information safe is a function of signal processing technology. This leads me to my next point, which is the important role of this technology in national information security. We encode information to protect it and decode it after it has been securely transmitted to its destination.

To summarize, Communication signal processing technology is like the " housekeeper" in the transmission of information, which works silently behind the scenes to enable us to enjoy high-quality communication services

Nowadays, academic integrity issues has come into spotlight that universities and government departments are taking actions to prevent academic fraud. Among the various malpractises, Essay mills which are businesses provide students with custom-written and receive a certain payment from those students, seriously damage students’ academic performance. It deserves to be banned not only because academic abilities of students should not be fraudulently represented, but also because the presence of the companies would lead to the financial pressures on students, the lack of talent in society, the challenge of legal and regulatory.

Firstly, the essay mills undermine academic integrity by allowing students to submit work that is not their own. This makes the qualifications awarded be unfair and fake, as they no longer indicate the ability of students or the knowledge they obtain reliably. For instance, it’s inequitable that a student who graduates by essay mills can get the same degree as a student who worked his way to graduation. the student What’s more, the malpractice is a form of plagiarism. This is not only a violation of university policy, but also a violation of the academic code of ethics.

2. Student well-being is likely to decline, (unless) …

Unless they have less press.

3. There are fewer people at university in areas (where)

Where are fa away from the city center

4. Some students take part-time jobs, (while) …

While others have more leisure time.

5. Universities will benefit financially from having more students, (although) …

Although they need to pay more cost on education.

6. Some students take part-time jobs, (because) …

Because the financial press is a difficult problem to solve.

7. Participation in higher education has widened amongst students (that) ….

That even poor students can join in higher education.

8. Some people could no longer afford university (when) ….

When some are easy to get in.

How to stay healthy and happy at university

I believe that It’s challenging for us to balance academic responsibility and personal well-being. I'm excited to share some tips on how to stay healthy and happy here.

Now, let's talk about maintaining a healthy lifestyle. It’s crucial to Prioritize your physical health to the overall well-being.

Firstly, a balanced diet can significantly affect your energy during the daytime. We’d better intake more nutritious food like fruit and vegetables, and aviod excessive sugar and processed food.

Second, Physical activity is essential for stress relief and maintaining a positive mood. But sometimes, its difficult to some one to do some sports. As long as you can stand up instead of lying down or sitting all the time, it would be benefitial for your health.

Last but not least, Sleep is often overlooked, but it's vital. Adequate Sleep will help you stay focused on your work.

Now, let's move on to the importance of building a better social network. Being surrounded by positive relationships can greatly enhance your university experience.

Engaging in clubs and societies is a great way to meet individuals who has same interests. Whether it’s sports, arts, or academic clubs, these activities provide opportunities to connect with peers who share your interests.What’s more, Don't hesitate to reach out for help when you need it. Whether you’re feeling overwhelmed or just need someone to talk to, find some efficient way to get help timely.

In conclusion, staying healthy and happy at university requires both your physical health and social well-being. Thank you for listening, and I hope you find these tips helpful during your universit

Saiyan [19] introduces a frequency demodulation method and thus does not fit for phase-modulated WiFi.

The carrier protocol can be identified using the envelope-based method introduced in Multiscatter [13].

After my peers have introduced the other three challenges that affect student well-being, I'll now move on to the fourth challenge, Why it's getting worse gradually

There are many reasons give birth to the social isolation.

First, .. And you might think, well, that's surely not a cause of socialized,but, If someone is living in the student hall of residence, they are forming friendships mor easily than those who is staying home.

Second one is size of campus, According.. larger campuses makes students more isolated, and smaller campuses make stus more connected conversely.

The third one is pressure of social media, it could be that social media or other things are contributing to the increased social isolation, maybe stus put more efforts on the media and overlook the face to face conversation.

And the discussion have added 2 causes,

So here comes the fourth impact which is the outbreak of covid just a few years ago. particularly there's a generation of students that are kind of currently still going through university that have had that impact. We had to have social distance ddue to the covid.

And The last one is only for international students. You know, there are .. just like us , maybe we cant get uesd to the food and wheather there, maybe its teh first time we would talk to someone who are not the same first language with us, maybe we cant under stand the culture there. It’s all challenge for us to break the isolated situation.

In summary, there are so many impacts that would increase the social isolation

So hello everyone, I’m here to talk about the second key Concern caused by the generation AI which is the needed for constantly upgrading skills. This presentation would be into parts which is causes and the effects.

So now let’s move on to the first point, analyzing the causes of the needed for constantly upgrading skills . First, with the development of the generation AI, skills once considered the crucial may not be necessary in the future, and we can say those skills are perishable. For example, skills like processing data were considered essential for data analysts , but now AI is proved performing better in those tasks. As the mini lecture mentioned that we can define the perishable skills are not valid in the future just because AI performances even better. However, according to the discussion, participants hold an opposite points that perishable skills is not directly related to the rise of AI. They gave the example of the decreasing demands for blackSmiths, which has nothing to do with AI.

What’s more, due to the development of AI, people should learn new skills more quickly than before. For instance, a new programming language emerges, if you are a person, you may need one or two months to get used to it but you know now we have AI, which can learn a new programming language almost instantly. And if you don’t want to be left behind, you would have to keep pace with AI. They certainly increase the pressure on employees which can in turn ,affect their productivity.

So this lead us to the next point which is the effects given by the needed for constant upgrading skills. according to the lecture. there are still sort of areas of work which need people with great training like law or Medicine. So it’s a big problem that who take the responsibility to give the knowledge to the workforce. Should the government or employers provide financial support or hire teachers to teach employees with new skills and should the time that employees spend learning new skills can be considered work time, although these period may not generate immediately benefits for employers.

To ..The huge gap between humans and ai in terms of learning ability determines that the matter of gaining skills is a key concern, and it's urgent that we should find the right way to balance it.