

# NUDGE!



WORDS DILLON LOH  
PHOTOGRAPHY PALIN

Dear fellow Nagoya University members,

A HUGE Congratulations to all those in the NU family who just graduated. I'm sure it's been an incredible journey during your time as part of our community. As G30 students, our team at Nudge! would especially like to thank the G30 2021 batch. You all have been incredible seniors, and so many of us have had an incredible amount of fun because of every single one of you. We wish you all the best in your future endeavors, and hope that even as each of you move on to separate places, you'll never forget the time you've spent here with your friends and family.

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# MEET THE TEAM!

THE FIRST OFFICIAL  
LITERARY PUBLICATION OF NUISG

VOL. 3



Dillon

Loh

Editor-in-Chief

To those who will still be here for at least another semester, the holidays are almost over, and yet it seems like no one actually knows when's the first day of school.

Some say it's the start of October, some say it's the fourth, and some never even realised there was a holiday. The school's main webpage doesn't shed any wisdom either, and I always have to dig into the NUPACE website to get some actual relevant info.



Enkhjin

Ulzii

Design/Managing  
Editor

On a lighter note, I hope that this holiday has been fruitful for you — whether it's in your efforts to rejuvenate, or in preparing for your upcoming classes.



Banu

Keikina

Reporter/Editor

As we move into the new semester, things will only become more difficult, and you'll be spending even greater amounts of time wallowing over the ridiculousness of it all. When frustration besets you in the latest of nights, remember that you're not grinding it out alone: your fellow students and friends are always running alongside you.



Catherine

Hamdani

Creative Director

At the same time, remember that this is a marathon and not a race, so never feel bad about needing to take breaks when you're tired. As we commonly say in Chinese: '休息是为了走更长的路' [resting is for the sake of being able to travel even further].



Karl

Roque

Editor

The Nudge! team looks forward to being your monthly companion over the coming semester. Thank you so much for all the support you've been showing us over the past few issues!

P.S. School starts on the **4th of October** ;)

## ALL WE NEED IS LOVE

BY ASTRID

**R**ight before sitting down and sorting my thoughts out for this article, I had just finished sharing my two cents responding to a comment by a certain user A on social media (who, from our interactions, seemed to be deeply influenced by patriarchal ideologies and a society that worships heteronormativity). The comment was under a post about the one and only American singer Lil Nas X and his new album. People who are familiar with this artist and his style will know that he wears his personality like a drag as he exhibits his sexuality proudly and loudly.



Personally, I would describe him as a bundle of flamboyant, energetic, and talented fireworks colored in pink. Under this post, user A expressed their 'discomfort' and dislike of Lil Nas X's performance and style because they believe that a male should not behave in such a feminine way i.e. 'I can't stand it even though I know that he is queer' (Possible subtext of his opinion: People should conform to gender stereotypes and acting like women sucks because masculinity rules YAY).

Through such comments, we get a glimpse into a world where gender stereotypes have brainwashed people, and made them believe that this is the way things should be. Of course, this

comment was not the worst possible response, and not much harm was caused to anyone. However, it is exactly such casual (and seemingly harmless) discriminatory comments that slowly build up a less tolerant and safe space — something that could eventually lead to the oppression of social and sexual minorities. We should not forget that this oppression is never something abstract or unimaginable, and that it is likely happening every day around us without you noticing it. A trans kid might start to hate themselves after seeing hostile comments directed at them, and this self-hatred could further lead to depression and other self-destructive actions; physical violence towards sexual minorities like queer and trans

people takes place inside of school and around the dark corners of alleyways; LGBTQ+ people are verbally harassed and humiliated constantly by unfriendly voices even though we have been openly fighting for their rights since the 1969 Stonewall riots. I am not denying that, when compared to the past, we currently live in a much more progressive world, where sexual minorities are earning their long-overdue rights.

What I want to remind myself — and maybe you — is that discriminations and hate crimes still exist, and some of them might be related to the tolerance of casual discriminatory.

We cannot expect everyone to think in a modern and emancipated way, as we all come from different cultural and educational backgrounds. However, what we can do is to start making small differences simply by treating casual discrimination seriously, whether it is on the Internet or in our everyday lives. It is also worth noting that we should not immediately shame or blame everyone who expresses negative opinions, as they could simply lack the resources to be aware or educated on gender and sexuality issues.

All in all, the response of user A can remind us of how much we need to unlearn in order to become less biased and more progressive. I doubt anyone would like to live in a place that is filled with binaries and stereotypes, nor a place that has failed

to understand that gender is a social construct and it is different from the biological term called sex, nor a place in which people will be easily judged and even bullied for just being themselves.

Acceptance and love are a million times better than discrimination and hatred. The next time you see someone who challenges your values and aesthetics in a harmless and novel way, do not rush to the conclusion that they are weird or think 'attention is all they are craving for'. Instead, take a second to think about the differences between every individual, and treat what you have seen with a normal heart and an open attitude. Hell, they might even inspire you in subtle ways that you wouldn't have thought of.

You have to admit, no soul that loves freedom and beauty shall be frowned upon and punished just because they are unique and full of possibilities.

We still have a lot to fight for; thankfully, hope is always with us.



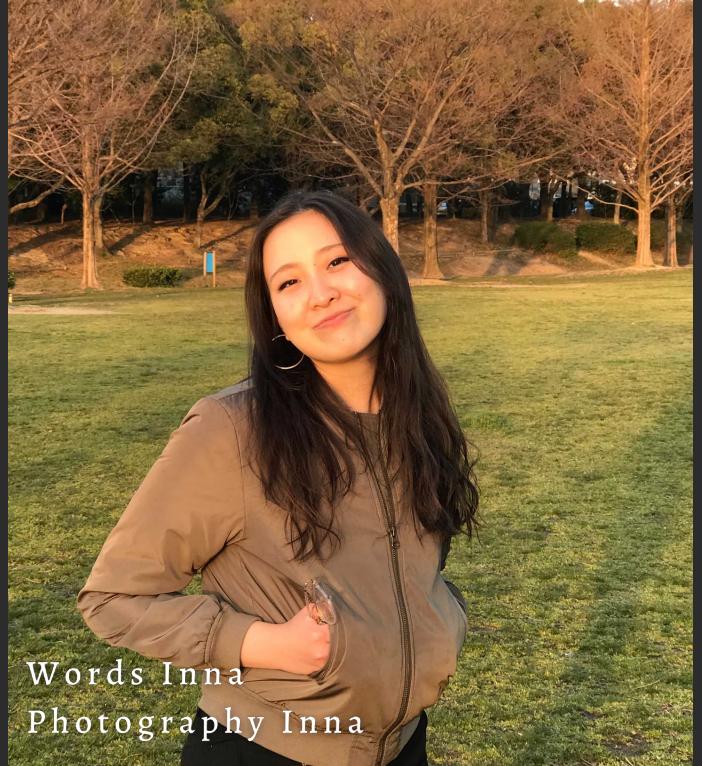
Words Astrid  
Photography Astrid

## Increasing your productivity in online classes

Have you been feeling unmotivated at university, since everything is now online due to the pandemic? If so, you are not alone. A global survey conducted by Common Sense Media and SurveyMonkey showed that 59% of surveyed students feel that online school is worse than traditional learning, with 19% describing it as "much worse". We tend to procrastinate on studying because online courses can be isolating and non-interactive. Staying at home and spending most of our time behind a screen commonly leads to insomnia, anxiety, and — in the worst case — depression. This, in turn, means our productivity rate decreases. But don't worry, there are effective methods to increase your motivation and fight off the negative effects of online classes. The following are some strategies that will aid you in getting through online classes and increase your productivity.

### Minimise social media distractions

Social media has become very important to us, since most of our interactions with friends are now online. In my case, I frequently go on Instagram with the intention of checking up on my friends. Yet, before long, I often find myself mindlessly scrolling through Instagram reels. Social media can be very addicting and time-consuming, and as such, I recommend you turn off all of their notifications when studying. Keep your phone away from yourself,



and do not open any social media apps once class starts. This will help you to put all of your focus and attention into the class.

### Regularly change your study environment

It is very important to change up your study spaces, as studies have shown that this helps to retain knowledge. A New York Times article mentions that "In one classic 1978 experiment, psychologists found that college students who studied a list of 40 vocabulary words in two different rooms - one windowless and cluttered, the other modern, with a view on a courtyard - did far better on a test than students who studied the words twice, in the same room. Later studies have confirmed the finding, for a variety of topics.". "

According to their research, the brain makes subtle associations between what is being studied and the background sensations caused by the environment at the time. Changing your learning environment thus helps with building up your memories via a wider variety of connections, allowing you to retain information better and more persistently.

## Take physical notes

Do not refrain from taking physical notes even though everything is online. Notetaking keeps you alert, which, in turn, helps your body to be active and involved. Most importantly, it will help you avoid feelings of distraction and sleepiness. If you ever feel tired behind the screen, try taking notes in your notebook — it will help you fight off the drowsiness.



Taking effective measures to succeed at online classes is important. Try your hardest to make the best decisions that will help with changing your habits and training you to stay productive. Staying productive, in turn, will help you thrive at college and achieve your goals.

Good luck with your upcoming Fall semester!

## MY JOURNEY WITH BODY IMAGE ISSUES

Body image. What a thing eh? You see yourself in the mirror thinking you look good, and then you see yourself in a video or picture taken by one of your friends and you wanna hide your body with a potato sack because “Oh-my-god, I look disgusting.”

It’s an experience almost everyone has probably had; even top models have mentioned that they have days when they feel that their body doesn’t look good. With that said, here’s my experience with body image issues.

For as long as I can remember, I was always on the heavy side, though I don’t think it affected me as much as it might typically affect others. I was never bullied or made fun of for being fat, which in hindsight probably had to do a lot with the fact that I was kind of scary and authoritative (lol). Indeed, most of my body image issues didn’t come from my peers, and instead came from my family (as is probably the norm for most Asian kids sadly).

Trying my best not to let their constant comments about my weight affect me was difficult, and I can’t say I succeeded. Eventually, their hurtful remarks started getting to me, and I started wearing baggier clothes in order to hide my body. Before

Words Amina Batbold  
Photography Amina Batbold



long, it became normal for me to always be seen in clothes two to three times my actual size. And y’all know what they say: when you wear baggier clothes you tend to start filling them up. Like a self-fulfilling prophecy, I actually gained even MORE weight. When I look back at pictures from when I was around 14-15 years of age, I looked totally fine. I didn’t look that much bigger than my friends, and yet I used to think I was the fattest in the room.

Suffice to say, my relationship with food took a sad turn. Though I loved trying any and every type of cuisine, I began to feel guilty about eating. This, ironically, made me eat more and more. Whenever I felt bad about eating a big meal, I'd somehow try to make myself feel better by further stuffing myself with a nice dessert. This terrible cycle led to me developing a stress eating habit, where I would just keep eating and eating until I am physically too full to eat anymore.

Then came high school, where being attractive seemed to matter more than how smart someone was. I managed to put in some effort and lost about 10-15kg. It wasn't enough to make me skinny, but it was enough to make me feel skinnier than the next guy. Sadly, I gained it all — and more — back within the first year of university.

For someone who has ZERO impulse control when it comes to food and snacks, conbinis are both the best and the worst thing about Japan for me. In the first year, any time I went to a combini, I would basically black out and leave with an assortment of snacks. It didn't help that everything is packaged so prettily as well, since it would make me want to buy stuff even when I don't think it tastes good. The

amount of calories gets crazy sometimes too. 500 calories for like a small piece of bread?? Sheeeesh. It made it extra difficult to enjoy a nice snack without feeling horrible for the next 3 days.



So now here we are. A person who has developed a terrible love-hate relationship with food and will binge eat for an entire week, try to clean it up the next week, fail, and repeat. I should also probably mention that I was diagnosed with ADHD, which

definitely does not help. Anyone who has an interest in neurodivergence, might've probably heard that it's usually a "1+1" deal when it comes to having any sort of disorder: if you have one, you're more prone to developing other disorders than the average neurotypical person.

Terrible impulse control, overthinking, and recklessness don't mix very well with a bad relationship with food. Every negative feeling a normal person might have about eating too much is amplified two folds for me. At one point, I did think I had an eating disorder or body dysmorphia, but I didn't want to diagnose myself nor confront my fears directly. This article has made me think that maybe it's time to properly get help from a professional.

That's my story. No real lesson or anything, just a simpleton sharing their experience, hoping that some of you can relate and feel less alone in your struggles with food as well.

Thank you for reading.

*“  
Terrible  
impulse  
control,  
overthinking,  
and  
recklessness  
don’t mix very  
well with a  
bad  
relationship  
with food.  
”*

## Word Scramble!

*How well do you know NUISG?*

Unscramble the words below and send us your answers!!

Hint: the words are related to NUISG-led projects:)

EDEINHSCRAM \_\_\_\_\_

ROEVETKA HYSDASURT \_\_\_\_\_

HXCAFEGONNEI SINOSES \_\_\_\_\_

TORSPS YDA \_\_\_\_\_

HMTASOEBWA \_\_\_\_\_

LBTTEA HITGN \_\_\_\_\_

VTULAIR PUSCAM UOTR \_\_\_\_\_

ARDG OSLOHC RNEASMI \_\_\_\_\_

TEROCASU \_\_\_\_\_

SNUGI PSAM \_\_\_\_\_

DGNEU! \_\_\_\_\_

0G3 ODDRICS ESRVRE \_\_\_\_\_

Send your answers to  
[nudgepuzzle@gmail.com](mailto:nudgepuzzle@gmail.com)

## Announcements

Start of the Fall Semester

2021: Oct 4

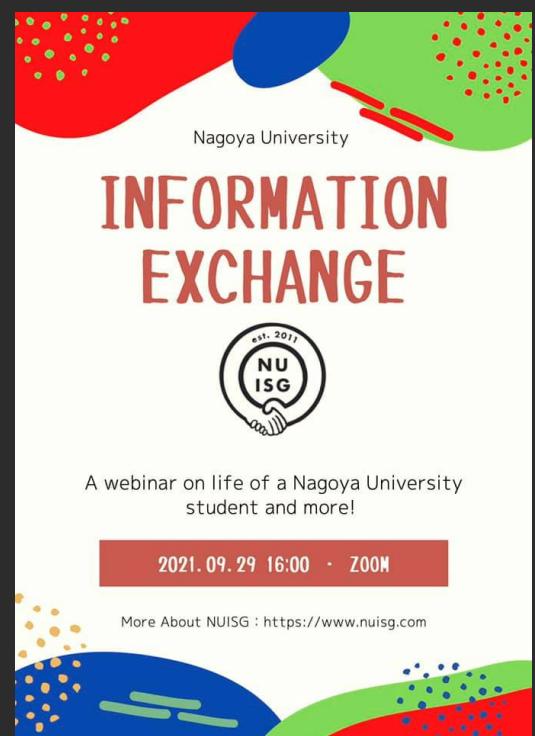
NUISG Summer 2021 Merch

Arrival Date: 1st Week of Oct

Information Exchange

Session 2021:

Sep 29th 4pm (see below)



Contact NUISG to  
register for the event

**Thank you for your kind support**

Special thanks to our contributors:

Astrid

Inna

Amina

**See you in the next issue!**

Have something to share with everyone?  
Send in your article to [nudge.nuisg@gmail.com](mailto:nudge.nuisg@gmail.com)!

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