

PERSPECTIVE

Reflection

Media encompasses various forms of communication—visual, written, broadcast, and spoken. Dating back to early civilization, media has evolved into the mass media and social networking that we know and love today. Media plays a crucial role not only in culture but also in relation to the public sphere & private life, identity, expression, and surveillance.

Dux vol.13

table of contents

1. Magnitude of Reflection

Self-reflection _Sean Koo	04
Why is Work-Life Balance Important? _Nancy Koo	06

2. Reflecting in the Face of Science

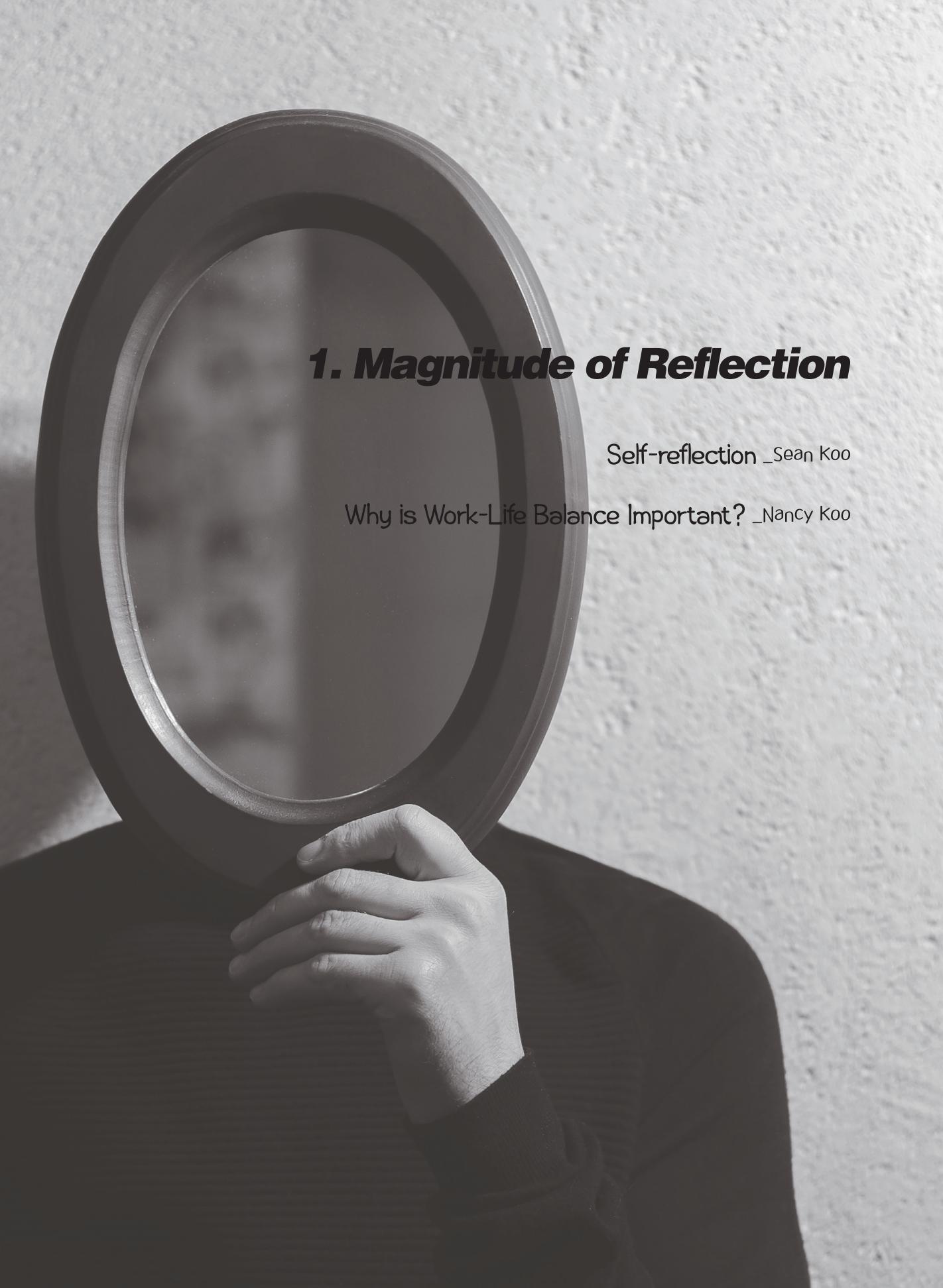
In Science We Trust _Grace YongEun Song	12
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3. Reviewing History

Reflection of “Julius Cæsar” _Andrew Nam	18
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4. Contemporary Reflection

Reflecting On COVID-19 _Andrew Joun Kim	22
The Pandemic We Never Saw Coming _Grace YongEun Song	24
Why Staring at our Reflection on Zoom is Tiring _Kristin Cho	28

A black and white photograph of a person's face partially obscured by a large, round magnifying glass held in front of their eyes. The person is wearing a dark, ribbed sweater. The background is a plain, light-colored wall.

1. Magnitude of Reflection

Self-reflection _Sean Koo

Why is Work-Life Balance Important? _Nancy Koo

Self-reflection

By Sean Koo
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The idea of reflection in oneself isn't always welcomed. It is in the characteristics of humans to not want to admit that they were wrong or that they were inferior compared to other people. However, self-reflection, meditation, or serious thought about one's character, actions, and motives, is essential to everyone. Although at first it may seem like a waste of time and you may feel like you don't need improvement, reflecting upon yourself has many benefits.



The first benefit of self-reflection is that it helps you develop your skills and develop their effectiveness. Instead of carrying on doing things the way you have always done, with self-

reflection, you can improve and see what was wrong. One example of this is when you write an essay. After you write an essay, if you don't always reflect and see what you wrote, your writing always stays the same with the same mistakes. However, if you reflect upon your writing, you can see ways to improve it and develop it.

The second benefit of self-reflection is the development of emotional intelligence and clarity&decision making. While self-reflecting, you view yourself through multiple lenses. Having these different perspectives help to understand your different emotions. This helps you grasp and respond to different emotions or situations better. Self-reflection also helps you develop your clarity&decision making to something. Since self-reflection makes you gain an understanding of multiple things, it increases your confidence. Also, as your past experiences and development gets taken into consideration as you reflect upon yourself, your clarity&decision making improve significantly.

While it may seem like an insignificant thing to do, self-reflection helps you develop your skills, their effectiveness, emotional intelligence, and clarity. Some ways to how you can self-reflect are to find and ask what is your strengths, weaknesses, skills, problems, achievements, happiness, and, most importantly, solutions.



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Why is Work-Life Balance Important?

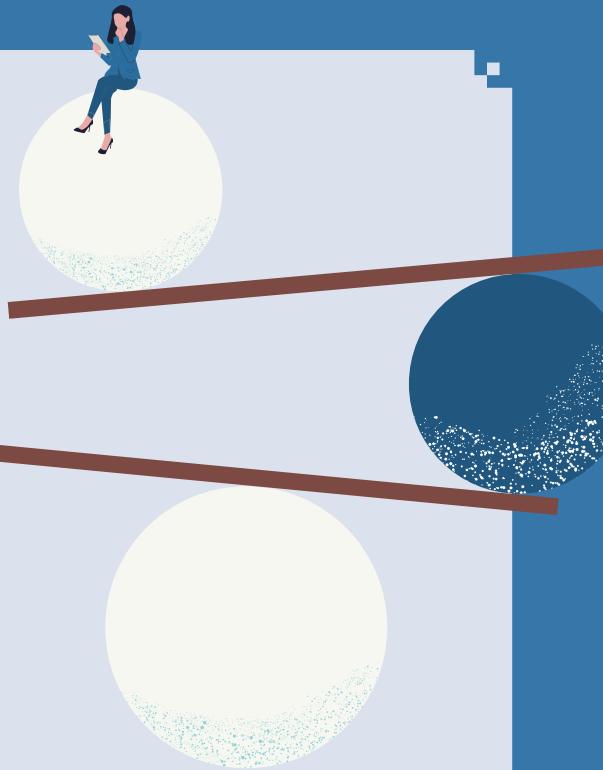
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As highschoolers about to graduate or anyone, it always feels as if there is no time left and as if time is running away from us. Everyone is given 24 hours in a day and for some people, the 24 hours do not even feel like 2 full hours. Some people are able to complete their given work and are also able to fit in time for themselves or some workout time while others are not even able to complete 2 assignments that their teacher assigned. What causes this difference from the same 24 hours given? Effective time management systems work as the framework to help people manage their time better and it is absolutely essential to success. By using at least one hour of the 24 effectively, one can save up a few minutes for themselves. Even though it only may seem like a small amount of time, these minutes lead up to a way in which one could improve as a person and prosper. If you are willing to use your time wisely and improve as an individual, it is not a bad idea to try to implement one of these methods into your own lifestyle.



One of the most widely used methods which could help you save some time for yourself is the “1-3-5 rule”. It is a rule in which you split up your tasks into sizes. Firstly, you write down one big item that you need to complete throughout the day. This would be the main focus of your day today. Secondly, you would add three moderately doable tasks and then add five more small very easy tasks to complete. Alex Cavoulacos, co-founder and chief operating officer of The Muse, invented this system for organizing herself each day. Many of Cavoulacos’ Muse co-workers have adopted this method, and have stated that they have felt an increase in productivity and have also felt that they had more time to themselves in which they could reflect on their work, progress, and what they were going to do afterwards. This system also allows you to be lenient with yourself as if you have a lot on your plate, you can pare down to two medium or three small items to make your workload a bit more manageable.

Other than this method, there are many other ways in which you can increase your productivity and also the time you spend for yourself and reflection such as the “52/17” method, which is a method in which you spend 52 minutes devoted to a task and rest for 17 minutes afterwards. By using different time management techniques, one can fully increase productivity and use his or her time wisely. Other than work productivity, it allows for one to reflect on how he or she can improve, and will eventually lead to an increase in the quality of life.



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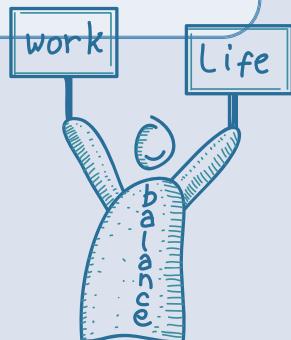
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2 Reflecting in the Face of Science

In Science We Trust _Grace YongEun Song

In Science We Trust

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As we enter the second year of the COVID-19 pandemic, public trust in science and medicine is needing renewal to bring us to the other side. It is unfortunate that skepticism has grown and divisions have been sown but addressing the underlying issues is necessary and it is incumbent on all of us to better understand the causes and look toward solutions.



Both health system leaders and care providers cannot possibly live fully comfortable nor easy lives. In light of the burden that the pandemic has put on people's health, it is not an understatement to say that workers in the healthcare field probably have one of the most difficult

roles in society. This burden is immense not only because of the massive workload but also because of the uncertainty, anxiety, and hopelessness. People also often relentlessly criticize the healthcare workers for not handling the pandemic with 100 percent competency and certainty.

The COVID-19 pandemic has highlighted a division in society driven by anti-intellectualism (the general distrust of experts and intellectuals). In more recent months, with the rising popularity of the Omicron variant, it has extended to physicians and other health care workers. This distrust has had serious public health implications.

Linkages have been made between anti-intellectualism and populism, a political ideology that generally emphasizes the importance of the common person, or “the people,” in opposition to the establishment of elites. Correlation between low vaccination rates and support for populism is clear and is particularly evident in rural areas. For many, there is little commonality with the clinical experts who have been cast into the limelight of the media. There is a perception that, “if you are not like me, you do not have my best interests at heart.”

Populism is also predominant in large parts of the United States; it shouldn’t surprise us that anti-intellectual sentiment is driving public aggression toward Dr. Anthony Fauci. The embodiment of an intellectual, Fauci has a long history of leading medical research and clinical delivery. Despite a career that spans four decades in the public sphere, he is now enduring not only calls for his removal but death threats on a regular basis.

Recent protests at the home of Peterborough Medical Officer of Health Dr. Thomas Piggott represent escalating anger in Canada as well. This harassment of a public health professional leading in a very challenging time is unacceptable and charges have rightly been laid.

Scientists, physicians and other experts have spent many years rigorously learning and

understanding science and medicine, to conduct research and to interpret evidence. Scientists and experts clearly want to be trusted when providing the public with accurate and true information. It won't always be what people want to hear and while it may be hard to accept, science doesn't factor in popular opinion.



There isn't a one size fits all solution for such a deeply seeded problem. At times like this, reflection is important; acknowledging mistakes and demonstrating humility can help regain trust. Both scientists and the general public have a responsibility. Any solution must involve meeting people where they are at, understanding what's at stake for them, and providing accurate information in easy-to-understand language.

At the end of the day, we are all just human beings in the face of a pandemic. Experts and scientists sincerely want to do best by the people they serve, whether that is the patient in front of them or the broader community at large. Public trust is critical during such a vulnerable time and reflection is a requirement in this rebuilding of trust.

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3. *Reviewing History*

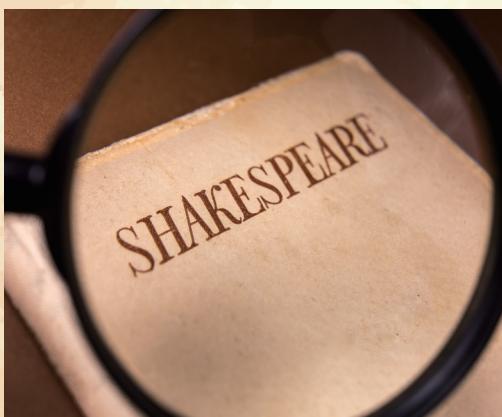
Reflection of “Julius Cæsar” _Andrew Nam

Reflection of “Julius Caesar”

By Andrew Nam

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In Shakespeare's novel “Julius Caesar” he makes effective use of the characters that are portrayed in the book. Each and every single character has their own unique traits and this is how Shakespeare uses various characters to alleviate the dramatic tone of the scene. Out of all of the characters, I find the use of Caesar's wife to be the most interesting and amusing. Caesar's wife, also known as Calpurnia, sheds light on the general tone of the book as she is one of the most important characters in this novel. Calpurnia is a calm, wise, and also caring character throughout the book.



Calpurnia is rather a calm woman. This trait can be viewed through her actions as she reacts rather chilled and experienced when she had a nightmare where her beloved husband died. Even though it was a dream, she felt that it could've been the truth, therefore, she proceeds to go check on her husband, Caesar. While the majority of the people would freak out, Calpurnia did not react in such an urgent manner. She just accepted the fact that her husband just died and she was just emotionally hurt but did not sob or cry with grief. This action here shows the way Calpurnia acted to such tragedy as she endured a lot of emotional burdens but remained calm and tranquil.

She appears to be a wise person throughout the novel. This characteristic could be seen when she urges Caesar to stay in the house, on the day of the assassination. It is revealed that she predicted the death of Julius Caesar before

he was dead. She was wise and experienced enough to predict that his husband would be facing the last moments of life. She urges him to stay home because of her unnatural events in the previous night and her unorthodox dream. All of this adds up to the reason why Calpurnia condemned Caesar when he tried to go out of his residence. In addition, Calpurnia depicts traits of a caring and respectable human being. This could be seen as Calpurnia felt sympathy for Caesar when he was stabbed by the senators. Even though she did not react in the most emotional way possible, it was still evident throughout the novel that Calpurnia had much respect towards Caesar for making Rome such a powerful empire. She cared, loved, and respected her spouse since he was one of the most influential people during this stage of life and she loved Caesar as her husband.

In conclusion, Calpurnia portrays various positive characteristics as she is one of the most remembered females during the reign of the Roman Empire. She was one of the most influential people of her generation with the mix of her unique characteristics, interesting

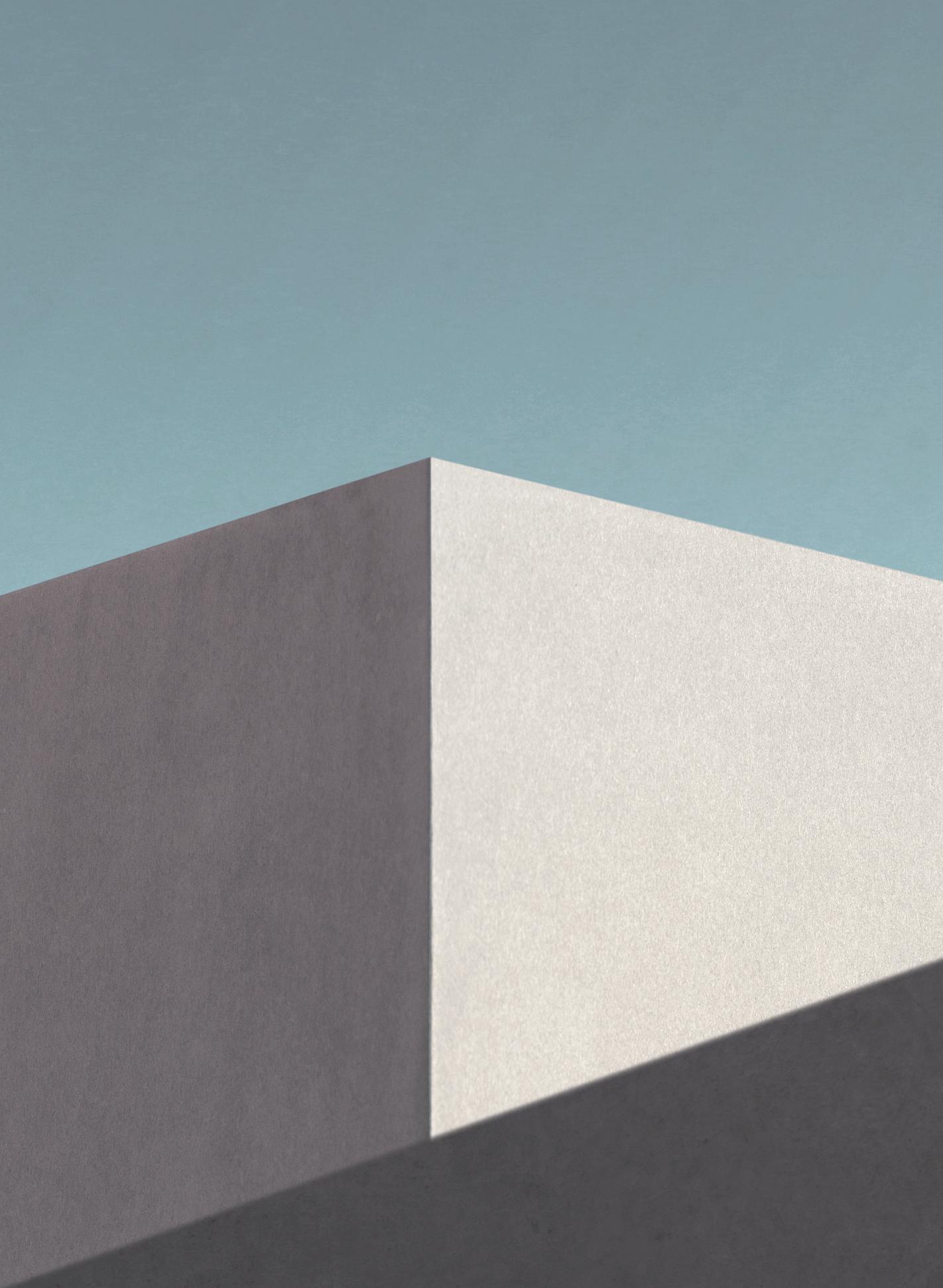


appearance, and overall stature in Roman society. She was calm with all the problems she had to deal with, wise when she had to think of solutions to her problem, and lastly, her caring and loving attitude she showed towards Caesar.

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4. Contemporary Reflection

Reflecting On COVID-19 _Andrew Joun Kim

The Pandemic We Never Saw Coming _Grace YongEun Song

Why Staring at our Reflection on Zoom is Tiring _Kristin Cho

Reflecting On COVID-19

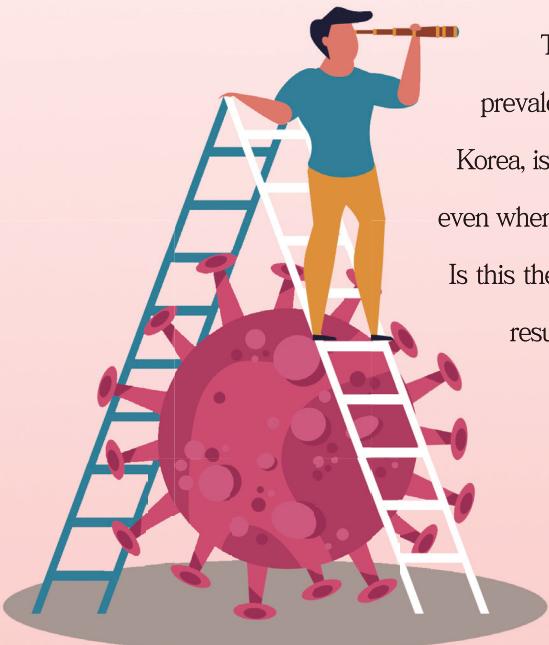
By Andrew Joun Kim
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It seems as though the era of COVID-19 is never ending. It is also frightening that the virus that has been haunting the world has been here for the last two whole years. Did we do a good job of taking care of the situation? Is there a point in reflecting? And finally, what is there to do next?

In 2019, the world was given the news that there was an impending virus that could potentially cause many fatalities. However, a flaw in the methodology taken to combat this issue was the lack of information about its roots. Still, there are concerns and questions that arise about the real roots of the virus. Additionally, a lot of the larger countries did not take this virus as a threat until it was already too late to completely stop the spread. There was China's attempt to completely lock down the entire country and use the existing homes of civilians as prison cells, and there was Sweden's attempt to try and expose their people to the virus, making them build immunity. Finally, there was a gray spot which many smaller countries like South Korea decided to take, showing the best results. Realistically, it is impossible for all of the countries to take such an approach, meaning that this doom was inevitable.



When considering the issue in such a viewpoint, there is not much use for a reflection. Firstly, it was an inevitable doom, and secondly, the result is not bound for any change because of reflection. However, a benefit that reflection can bring is a way to combat such issues later on in the course of humanity. There will always be viruses within the ecosystem. A new COVID variant may emerge, or a different evolved virus may strike once again. The importance of the term “reflection” here does not have the emphasis on making a conclusion of what went wrong, but rather making a change so that it does not happen again.



Then what do we do next? With the omicron variant becoming prevalent in society, even the most prepared for this virus, South Korea, is taking a “with-Corona” approach, allowing schools to open even when there are up to a few 100 cases within their infrastructure. Is this the right approach? There is no way to truly know until the results roll in and by using the importance of reflection.

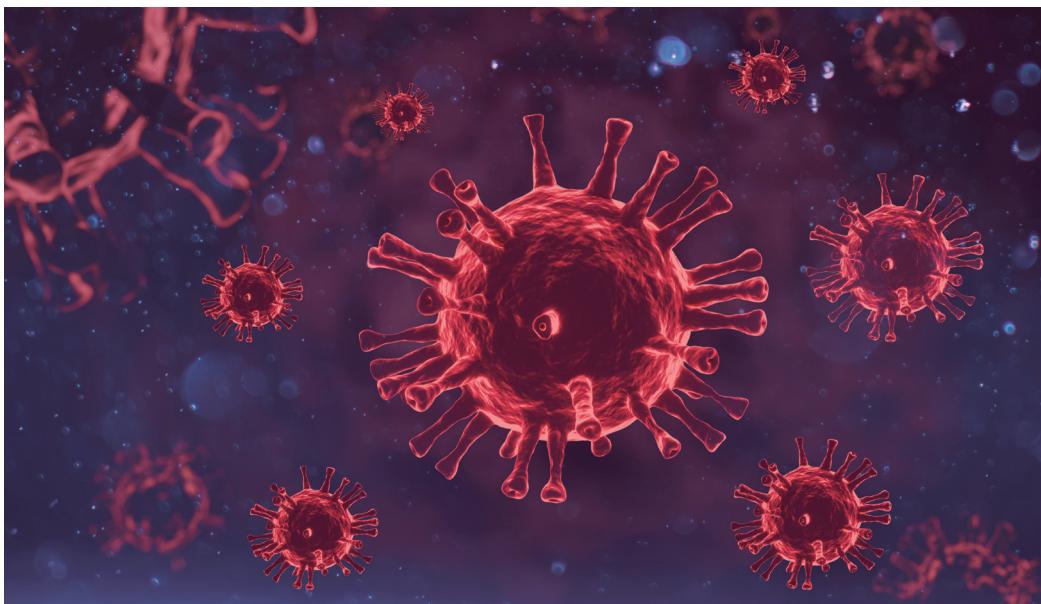
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The Pandemic We Never Saw Coming

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It's difficult to comprehend the fact that two years have already passed since the first few cases of COVID-19 in the United States. In just two years, we have adjusted to the awkward lifestyle of masks, vaccination cards, and hand sanitizers becoming absolute essentials in our backpacks or handbags.

The first COVID-19 case in Wisconsin was diagnosed on January 30, 2020 and lab confirmed six days later on February 5. It was just the 12th confirmed case in the country. Health experts recognized it has been a challenging two years filled with loss and struggle but technology and man-power accelerated the development of a vaccine in about a year, something that usually takes five to 10 years.



In retrospect, the pandemic has, undoubtedly, left the entire world struggling to revitalize itself from a state of misery and recession, but it has also tested the limits of humanity and shown beyond doubt what mankind is capable of. In addition to countries systemizing legitimate plans and policies to contain the virus, we have been successful in establishing certain facilities, organizing an apparatus, and devising vaccines in an extremely short span of time. Already, the global havoc is nearing an end and the disorder that once dominated the entire world is but a memory.



Already, many different schools and corporations even include questions about the pandemic in their application requirements. Questions such as “How has your life changed since the university moved to online instruction?”, “How have you been connecting with others during this time of “social distancing?”, etc. are pretty much unavoidable. This demonstrates the extent to which the pandemic has touched on our lives. Hybrid learning or the globally recognized application known as “Zoom” have comfortably situated themselves in people’s quotidian lives.

“It’s great that we’ve put so much science forward but I think the real story over the last two years is all the effort at the bedside,” Dr. Rai said. “All the efforts at the clinics to test people. Those are the people that we should probably be talking about today.”

“That leaves me hopeful for a future,” Dr. Jeff Pothof, chief quality officer at UW Health, said. “A future where COVID-19 will probably never go away but one that we’ll be able to manage with probably annual vaccinations that protect against the most common variants.”

Advancements are not without drawbacks, however. Technological developments and growth in testing have been extremely helpful, but these advancements which have allowed for rapid at-home-testing have offered their own defects.

“One issue though is that a lot of people who test with rapid test aren’t reporting their cases to public health making a lot of our trends in cases grossly underestimated,” Ajay Sethi, population health science associate professor at UW School of Medicine and Public Health, said. “So, when we see that spike occurring right now with the omicron variant, just recognize that just represents maybe a third of all the transmission that is occurring.”

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Why staring at our reflection on Zoom is tiring

By Kristin Cho

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Staring at our own faces on Zoom for hours and hours, what exactly is it doing to our mind?

With the rise of use in virtual communication, most users confront the same problems of exhaustion a lot earlier than in-person meetings. Also, on platforms where people are staring at themselves for hours at a time, dissecting flaws both real and imaginary, an increase in self-image problems seems to be a predictable consequence. Moreover, in a time when social media is having adverse effects on self-perception, the filters on various video-calling apps are building on to the already-dramatic impacts on self-image.



Seeing your own reflection, staring at enlarged faces on screens, and engaging in excessive

eye contact on video calls are all very unnatural. In a normal meeting, people will variously look at the speaker, take notes, or look elsewhere. But on Zoom calls, everyone is looking at everyone, at once, all the time. Not only are they seeing everyone else, they also see their own reflection. It has been studied that by seeing your reflection, not only do you become more critical of yourself, but you also receive a lot of unnecessary stress and negative emotional consequences about yourself. Inadvertently, everybody experiences the anxiety of being treated like a speaker while additionally being conscious of your own reflection, even if you are not speaking during the meeting. Furthermore, the faces on the calls usually appear too large for comfort. These components are perceived by the brain as threatening and invasive, causing tension and stress. Essentially, Zoom is maintaining a “hyper-aroused” state for all participants. These detriments to calls have emerged as collective painful experiences o the point that the term “Zoom fatigue” has entered our lexicon.

Not only do these factors drain us mentally, but it also becomes an impediment in that it becomes difficult to “modulate attention”. One can quite easily and unintentionally find oneself looking at one’s reflection on the screen instead of other people in online calls. This phenomenon is likely because of the overwhelming number of cues and factors people have to consider on online calls. Most cameras have a set field of view, which limits people to generally locate themselves in the same spot so that they are centered in their square frame. Being conscious of the nonverbal cues adds to cognitive load—the number of things your brain can process at once to carry out a specific task. The more stages one has to process, the harder the task at hand. As an effect, a simple task like sending someone a thumbs up on a call can actually increase emotional labour because of the already overloaded cognitive load. Research from Stanford University found that women experience significantly more Zoom fatigue than men as women are more sensitive to these cognitive signals. Along with the increase in stress levels, these video calls have been leaving detrimental impacts on teenagers and their self-image. A survey

published by Britain's Parliament reported that from 8,000 residents in the United Kingdom, 58% of respondents under age 18 felt worse about their physical appearance during the lockdown. The self-view that accompanies all video calls, which is effectively a digital mirror, replicates the mirror anxiety effect.



Video calls disrupt the natural rhythm we are used to. Until platforms change their systems to help reduce the high levels of stress users collectively experience, not using the full-screen option to reduce the size of the Zoom window, using external keyboards to secure more personal space, using the “hid self-view” or turning off the camera are some strategies to adopt and implement.

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