

- 1) What do Lukianoff and Haidt mean by "antifragility"? How does this concept relate to their book?

As the youngest generation is graduating high school and moving on to college there has been a clear shift in the meaning of words such as triggering and safety. By using the word antifragility, the writers are emphasizing how one cannot learn if they hold a shield in front of themselves whenever they disagree with someone's view point. For example, in recent years, generation z has begun to change the meaning of safety and triggering whenever they disagree with someone. Doing this not only causes them to feel as though they are right, but they are preventing themselves from being able to step out of the bubble they have built.

- 2) Write something brief but at least semi-interesting, creating the impression that you read the SMG chapter on "Arguing a Position."
 - a. One interesting topic that I read in the book was the essay written by Jessica Statsky. Her argument against children not competing in sports or games. Although this argument might work in European countries, we live in a capitalist country. We strive to be the best in everything and that starts since childhood. You either learn how to be competitive or you will not succeed in life.