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My Opinion on Campus Love

　On campus, lovers can be found here and there. Some people think too much intimacy has a bad influence. It takes lovers too much time and energy. Furthermore, their intimacy can distract their own as well as other students’ attention from study. Campus should be a place for study and should maintain an atmosphere of learning.

In my opinion, what all people should do is just leave it as it is. University students are adults, and they can handle their own affairs well enough. However, they have to admit that school is a place where people receive an education and their main task is to study. Therefore, students are expected to behave themselves in proper ways.

How to Keep Psychologically Healthy?

　One in four people will experience some kind of mental health problem in the course of a year. When you fail to manage these problems, they are likely to cause various mental illnesses.

　　The causes of mental health problems often vary a lot from one case to another. In today’s society, a good number of people are suffering from heavy pressure. Others lack communication skills. In addition, a lot of people are ignorant of psychological knowledge about how to keep mentally fit.

　　There are a lot of ways to curb mental health problems and keep psychologically healthy. Firstly, find the real cause of your mental health problem and see whether you can do something to make a change. Secondly, learn to relax yourself and take exercise to release the pressure. Lastly, you may find it helpful to talk to your partner or friend about your problem, or seek support and advice from a psychological consultant.

On TV Show

　　TV has been one medium of communication that has connected millions. And it is this link that makes talent hunt shows on the tube amazingly influential. Young faces conveying disappointment or even overwhelming joy have become a common sight on as many channels as your remote allows you to surf.

　　Some people have their opinions on the TV shows. The advantages of the shows are clear to some people. For one thing, in terms of business, the increasing popularity of talent shows has helped the channels in generating huge income by way of advertising and promotions. For another thing, the TV shows can make the common people have opportunity to show themselves.

Personally, I side with the former opinion. It is a wonderful feeling and a great way to relax for me to watch talent shows and see ordinary people like myself become famous and win cash prizes. As long as talent shows are entertaining and inspiring us, there is great sense in keeping and encouraging them.