

Appendix of Lab 3

3.1.1 ChatGPT's response to topic 1

A) In English

I'm really sorry to hear you're feeling this way. Studying language technology can be incredibly demanding, and it's completely normal to feel overwhelmed, especially when juggling a heavy workload. Prioritizing your mental wellbeing is key, even during the busiest times. Here are some practical steps you might find helpful:

1. Break Down Tasks into Manageable Chunks

- Instead of tackling a big project or a tough problem set all at once, try breaking it into smaller, actionable tasks. Set mini-goals each day, and allow yourself to feel a sense of accomplishment when you complete each one.
- Tools like the Pomodoro technique (25 minutes of work followed by a short break) can also help manage focus and prevent burnout.

2. Set Realistic Goals and Boundaries

- Avoid overloading your to-do list; be realistic about what you can accomplish each day. Setting clear boundaries with your work time (e.g., ending work by 8 PM) can help prevent mental exhaustion and improve the quality of your relaxation time.
- Make peace with the idea that not everything has to be perfect—sometimes "good enough" truly is good enough.

3. Prioritize Self-Care

- Sleep, exercise, and a healthy diet are all crucial to mental resilience. Even if it feels like you don't have the time, try to take brief walks, stretch, or do a quick exercise routine. Physical activity can help reduce stress and improve focus.
- Spending just a few minutes on mindfulness exercises or deep breathing can also help you regain mental clarity.

4. Use Positive Coping Mechanisms

- Instead of defaulting to stress-eating, caffeine, or overworking, try positive activities like journaling, talking with friends, or engaging in a hobby you love. Finding joy or laughter during tough times can be surprisingly powerful.

- If you're feeling really low, consider connecting with a mental health professional. Many universities offer counseling services, which can be especially helpful during high-stress periods.

5. Connect with Peers

- Sharing your experience with classmates or friends can give you perspective and even relieve some pressure. They may have valuable advice, and you may find ways to support each other through the shared experience.
- Sometimes, forming a study group or accountability group can make studying feel less isolating and help you stay on track without feeling overwhelmed.

6. Practice Self-Compassion

- It's common to be hard on ourselves in high-stress situations, but try to give yourself grace. Remind yourself that you're tackling a tough program, and it's okay to feel challenged. Sometimes, just saying, "I'm doing my best, and that's enough" can make a big difference.

Remember, you're not alone in this. Many students feel the same way, and there's strength in reaching out for help. You'll get through this, one day at a time.

B) In Chinese

首先，感谢你分享你的感受。感到压力大是很常见的，尤其是在学习复杂的学科如语言技术时。以下是一些具体建议，希望能对你有所帮助：

1. 管理学业压力

制定学习计划：把任务分成小块，每天完成一点，避免堆积成山。设定优先级，优先处理最紧急或最重要的任务。

使用高效学习工具：可以尝试一些语言技术相关的软件或资源，如学习管理工具（例如 Notion 或 Trello）来跟踪任务进度。

时间管理技巧：尝试番茄工作法（Pomodoro Technique）——学习 25 分钟后休息 5 分钟，这样可以避免长时间学习导致的疲劳。

2. 注重心理健康

承认自己的情绪：感到焦虑、压力大或不开心是正常的，接纳这些情绪是迈向改善的

第一步。

放松技巧：每天花点时间练习冥想、深呼吸或做一些放松的活动，例如瑜伽或听音乐。

休息和睡眠：确保每天有足够的睡眠（7-8 小时）。良好的睡眠对缓解压力和提升学习效率至关重要。

3. 寻求支持

与朋友或同学交流：与可信赖的朋友聊聊你的感受，有时候表达出来本身就能缓解压力。

联系导师或辅导员：如果学业压力过大，不妨告诉你的导师或辅导员，看看是否能调整课程计划或获得额外支持。

使用学校资源：许多大学都有心理咨询服务，若你觉得自己的心理健康受到较大影响，寻求专业帮助是非常明智的选择。

4. 保持身心平衡

锻炼身体：每天花 15-30 分钟做一些运动，比如散步、跑步或简单的室内锻炼，运动有助于释放压力。

培养兴趣爱好：在课余时间做一些你喜欢的事情，比如画画、写作或学习一种新技能，让自己从繁忙的学习中暂时抽离。

饮食健康：规律饮食，避免过度依赖咖啡或高糖食品来提神，这样可能会让你更疲惫。

5. 设定现实的目标

不要对自己要求过高，允许自己偶尔不完美。学会为每一次小的进步感到骄傲，而不是只看到未完成的部分。

6. 尝试专业工具

既然你学习语言技术，或许可以试试用技术来帮自己减轻负担，比如：

使用 AI 工具优化学习效率。

利用语言技术研究自己的情绪，例如使用情绪分析工具观察自己的心情变化。

希望这些建议对你有所帮助！记住，你并不孤单，有很多人和资源可以支持你。如果

感到难以应对，一定要向身边的人求助。加油，你可以做到的！ 

3.1.2 Phi 3.5 Mini's response to topic 1

A) In English

It's important to address both your academic responsibilities and your mental wellbeing. Here are several strategies that might help you manage your stress and workload more effectively:

1. **Prioritize and Organize:**

- Make a list of all your tasks and deadlines.
- Prioritize them based on urgency and importance.
- Break down larger projects into smaller, manageable tasks.

2. **Time Management:**

- Use a planner or digital calendar to schedule your study sessions.
- Allocate specific times for breaks and leisure activities.
- Avoid multitasking, as it can reduce productivity and increase stress.

3. **Healthy Habits:**

- Ensure you're getting enough sleep, as it's crucial for cognitive function and stress management.

- Eat a balanced diet to maintain energy levels.
- Exercise regularly, even if it's just a short walk, to reduce stress and improve mood.

4. **Mindfulness and Relaxation Techniques:**

- Practice mindfulness meditation to help calm your mind.
- Engage in deep-breathing exercises or progressive muscle relaxation.
- Consider yoga or tai chi, which can help reduce stress and improve focus.

5. **Seek Support:**

- Talk to friends, family, or peers about your stress.
- Join study groups to share the workload and gain different perspectives.
- Consider seeking help from a counselor or mental health professional if you're feeling overwhelmed.

6. **Set Boundaries:**

- Learn to say no to additional responsibilities if you're already overwhelmed.
- Set clear boundaries between study time and personal time.

7. **Stay Connected:**

- Maintain social connections with friends and family.
- Engage in activities you enjoy outside of your studies.

8. **Self-Care:**

- Make time for hobbies and interests that relax you.
- Take time to unwind

B) In Chinese

很抱歉听到你正在经历这种压力。以下是一些可以帮助你应对课业压力并照顾你的精神健康的建议：

1. **寻求支持**：与朋友、家人或导师交流你的感受。有时候只是分享你的压力可以带来减轻的感觉。
2. **时间管理**：制定一个详细的时间表，将你的课业任务分解成可管理的部分。确保包括休息和放松时间。
3. **定期休息**：确保你有足够的睡眠和休息时间。保持良好的睡眠习惯可以提高你的认知功能和应对压力的能力。

4. **身体活动**: 定期进行体育活动或瑜伽等冥想练习, 可以帮助减轻压力并改善你的心理健康。

5. **健康饮食**: 保持均衡的饮食, 吃富含营养的食物, 可以提高你的精神状态。

6. **正念或冥想**: 正念或冥想可以帮助你更好地管理压力。有很多在线资源和应用程序可以帮助你开始。

7. **专业帮助**: 如果你感到压力过大, □□□□

3.2.1 ChatGPT's responses to topic 2

A) In English

Navigating a challenging work relationship, especially in a new job and culture, can be tough.

Here's a thoughtful approach to handling your situation:

1. Reflect and Assess

- **Performance Review:** Consider whether there might be any gaps in your work that you're not seeing. You might feel you're doing well, but ensure you're meeting expectations specific to your boss's style or the company culture.
- **Cultural Differences:** Finnish workplaces can have distinct communication styles. Directness is common, and it might come across as harsh if you're not accustomed to it. Evaluate whether your boss's tone is cultural or genuinely critical.

2. Seek Feedback

- **Ask for Clarity:** Request a one-on-one meeting with your boss to discuss your performance and expectations. Frame it as wanting to improve and contribute effectively, e.g.,

"I value your feedback and want to ensure my work aligns with your expectations. Could we discuss areas where I can improve?"

- **Stay Professional:** Focus on specifics. If your boss makes vague criticisms, ask for examples so you can address them concretely.

3. Build a Support System

- **Colleague Input:** Talk to coworkers to understand if your experience is typical. They might offer insights into your boss's management style or tips for working effectively with them.
- **Find Allies:** Form connections with colleagues for support and feedback. Trusted relationships can help you navigate challenges and adjust to workplace norms.

4. Adapt to the Environment

- **Flexibility:** If the issue stems from cultural differences, adapting your communication style might help. For example, being concise and results-focused aligns well with Finnish work culture.
- **Demonstrate Initiative:** Proactively addressing potential problems and offering solutions can build your boss's trust.

5. Document Interactions

- If the behavior feels more like bullying or harassment rather than constructive criticism, document specific instances, including dates, times, and details. This record will be helpful if you need to escalate the issue.

6. Consider Escalation or External Support

- **HR or Management:** If the situation doesn't improve and you feel targeted unfairly, you might need to involve HR. Present your case with facts and a professional tone.
- **External Advice:** If you're an expat or unfamiliar with Finnish workplace norms, seek guidance from local expat networks or resources like the Finnish Ministry of Economic Affairs and Employment.

7. Protect Your Well-being

- **Stress Management:** Harsh treatment can be draining. Make sure to care for your mental health through activities you enjoy and by setting boundaries.
- **Long-term Evaluation:** If the environment remains toxic despite your best efforts, consider whether this company aligns with your career goals and values.

Adjusting to a new job and culture takes time. By staying open to feedback and addressing issues professionally, you'll likely gain respect and find your place in the company.

B) In Chinese

在职场中遇到领导严苛的情况是很常见的，尤其是作为新员工。以下是一些建议，或许可以帮助你更好地应对：

1. 理解严苛的原因

领导的管理风格：有些领导习惯通过高标准和严格要求来激励下属表现得更好，这并不一定意味着你做得不好。

文化差异：芬兰的职场文化偏向直言不讳，可能这让你感到压力，但这通常不是针对个人，而是基于务实的工作态度。

工作期望：领导可能对你的潜力有更高的期待，尤其是如果你之前表现出色。

2. 沟通是关键

主动寻求反馈：你可以试着在合适的时机问领导：“我想确保我的工作方向和您的期望一致，您觉得哪些地方我还可以改进？”这样既表现了你的谦逊，也能让领导明确表达他们的要求。

了解优先级：有时领导的严苛源于他们面临的压力，试着问：“在这些任务中，您认为哪些是当前的优先事项？”

3. 自我评估与成长

审视自己的表现：冷静地分析自己的工作表现是否真的无可挑剔，看看是否有细节被忽略。

注重情绪管理：面对严苛的反馈时，保持冷静并尝试从中找到有价值的信息。

4. 建立信任

展示主动性：比如提前完成任务或主动提出改进建议，表现出你对工作的投入和热情。

团队协作：在团队中树立良好的合作形象，让领导看到你的价值不仅限于完成任务，还能推动团队前进。

5. 寻求支持

同事交流：与同事探讨是否他们也有类似的感受，可能这只是领导的一贯作风。

上级的上级：如果领导的严苛严重影响到你的心理健康或职业发展，可以考虑通过公司内部的正式渠道（如 HR）反映问题。

6. 换位思考

理解领导的压力：领导可能自己也承受着较大的工作压力，或者正试图维护团队的整

体业绩。

避免个人化解读：记住，严苛的态度可能并不是针对你这个人，而是对工作的高要求。

7. 自我保护

如果你尝试了各种方式，发现领导仍然不合理地严苛，并且影响了你的工作效率或心理健康：

记录沟通：保存相关的邮件和会议纪要，以备后续必要时向 HR 反馈。

职业发展规划：思考这份工作是否符合你的长期发展目标，如果不符，可以考虑内部调动或寻找新的机会。

严苛的领导确实会让人感到压力，但这也是提升自己的一次机会。如果你能以积极的态度应对，最终可能会赢得他们的尊重，同时提升你的能力。希望这些建议对你有所帮助！

3.2.2 Phi 3.5 Mini's responses to topic 2

A) In English

1. Self-reflection: Before taking any action, ensure that you are not the cause of the harsh treatment. Reflect on your work and interactions with your boss and colleagues.

2. Document incidents: Keep a record of specific instances where you feel you have been treated harshly. Include dates, times, and details of the incidents. This documentation can be useful if you need to present evidence later.

3. Seek feedback: Request a one-on-one meeting with your boss to discuss your performance and any concerns you may have. Ask for constructive feedback and express your desire to improve and grow within the company.

4. Communicate effectively: During the meeting, maintain a calm and professional demeanor. Clearly express your concerns without accusing or blaming your boss. Use "I" statements to describe how you feel and the impact of the behavior on your work.

5. Seek support: Talk to trusted colleagues or mentors within the company to gain their perspective on the situation. They may provide advice or support that can help you navigate the issue.
6. Review company policies: Familiarize yourself with your company's policies on workplace behavior, harassment, and employee rights. This knowledge can help you understand your options and the appropriate course of action.
7. Consider mediation: If the issue persists and you feel uncomfortable addressing it directly with your boss, suggest a mediation session with a neutral third party. This can help facilitate a constructive conversation and find a resolution.
8. Consult HR: If the harsh treatment continues and you believe it violates company policies or constitutes harassment, consider speaking with your company's human resources department. They can provide guidance, investigate the issue, and take appropriate action if necessary.
9. Evaluate your options: If the situation remains unresolved and negatively impacts your well-being, consider whether this work environment is right for you. Sometimes, it may be necessary to seek opportunities elsewhere where you can thrive and be appreciated for your contributions.

B) In Chinese

面对严苛的领导时，以下步骤可以帮助你应对并改善局面：

1. **自我反思**：评估自己的表现和反馈。确保你真正理解领导的期望，并努力改进任何需要的地方。
2. **建立沟通渠道**：与领导建立开放的沟通渠道。表达你的想法和感受，同时也要

倾听他们的观点。

3. **提供例子**: 当你讨论你的表现时, 提供具体的例子来说明你的工作如何符合领导的标准。这有助于他们更好地理解你的贡献。

4. **寻求反馈**: 请求领导或同事提供关于你工作的反馈。这可以帮助你了解你的强项和需要改进的地方。

5. **设定目标**: 与领导一起制定明确的、可实现的目标。这有助于你保持方向, 并让他们了解你的进展。

6. **展示你的承诺**: 通过努力和贡献, 展示你对公司和你的角色的承诺。这可以帮助建立信任并改变他们的看法。

7. **保持专业**: 即使在面对严苛的情况下, 保持专业态度和冷静。这有助于你在沟通中保持清晰和有

Appendix 3.3: Phi 3.5 Mini's response

I'm really sorry to hear that you're going through such a difficult situation at work. It's important to address these issues, but it's crucial to do so in a constructive and professional manner. Here are some steps you might consider taking:

1. **Document the Issues**: Keep a record of specific instances where you feel mistreated. Note dates, times, what happened, and any witnesses. This can be helpful if you need to discuss the situation with HR or higher management.

2. **Self-Reflection**: Before taking any action, ensure that you're not misinterpreting the situation. Sometimes, what we perceive as mistreatment can be due to misunderstandings or different perspectives.

3. **Seek Feedback**: If you're unsure about your performance, ask for feedback from your boss or a trusted colleague. This can help you understand if there are areas for improvement that you might be overlooking.
4. **Communicate**: Schedule a meeting with your boss to discuss your concerns. Approach the conversation calmly and professionally. Use "I" statements to express how you feel without placing blame.
5. **Professionalism**: Maintain your professionalism at all times. Even if you're upset, it's important to keep your emotions in check and focus on the issue at hand.
6. **Support System**: Talk to friends, family, or a mentor about your situation. They can provide emotional support and may offer advice or perspective.
7. **HR or HR Department**: If the issue persists and you've tried to resolve it with your boss, consider reaching out to your company's HR department. They can provide guidance and intervene if necessary.
8. **Legal Advice**: If you believe you're being subjected to harassment or discrimination, it may be worth seeking legal advice.
9. **Consider Your Options**: If the situation is unbearable and you've exhausted all other options, you might need to consider whether this job is the right fit for you. Sometimes, it's necessary to move on for your well-being.