



NEXT

Magazine

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New academic year, new re-vamped issue. I would like to take the opportunity to express my gratitude to all my team, who have made this issue possible. This includes Jamila, Kate, Vika, Anna and Taina. Thanks to them, this issue has fresher topics and a clean new design. I'd also like to announce that for the next issue (May 2020), I will delegate most of my power to them as I feel like they should have the opportunity to lead the project and get prepared for next year, where some of them might lead the CAS fully. This issue relies much less on articles and much more on creative content conceived by us, which in my opinion, is an improvement. This issue has been quite hectic due to technical problems with software and that is why we are publishing this issue so late, compared to last year. If you are reading this, it means we overcame it. And I am very proud of that. All through the stressful creation of this issue I kept thinking to myself this quote by Paris Hilton, whom I look up to. Also, I would like to give a big thank you to Ms. Kelly for proof reading and Ms. Kovac who is now on maternity leave for helping us get to where we are now.

**“It will work, I
am a
marketing
genius” –
Paris Hilton**



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Current Affairs

CRISPR, A CURE FOR HIV

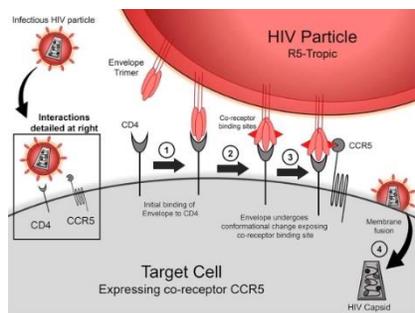
BY: CARLOTA EIKELBOOM

Recently, scientists from 'The Natural Communications Journal' have innovated the field of medicine, publishing an article stating they have cured HIV in mice using a newly developed gene-editing program.

WHAT IS CRISPR?

Around 36.7 million people carry the human deficiency virus and more than 5000 people are infected on a daily basis. Antiretroviral therapy is being used globally to stop transmission of the virus. However, the antiretroviral is unable to remove copies of the virus in the organisms' DNA.

Thus, the virus remains in a dormant state within the organism. Consequently, if the organism stops taking the antiretroviral therapy the virus will reactivate and evolve to AIDS over a prolonged period of time. This led scientists to perfect a gene-editing technology known as CRISPR-Cas9, which they discovered to be a highly restrictive method for drugs. The CRISPR is found to be very efficient when it comes to eliminating HIV viral loads from the organisms' DNA.



HOW DOES IT WORK?

The CRISPR works by using Cas9 which is an enzyme used to cut open DNA. This method is predominant in bacteria. The CRISPR is used as a guide for Cas9, which acts as gene editing scissors.

SO, DOES IT WORK?

The researchers have tested the newly developed program on mice. Overall, researchers had two aims, consisting of eliminating the viral load post-treatment and the inability of transmission. Researchers concluded the research, stating that a combination of antiretroviral drugs known as LASER ART and CRISPR-Cas9 have eliminated the viral loads.

However, there has been a lot of controversies surrounding this ideology. Many scientists, including Allan Bradley at the University of Cambridge, believe the CRISPR could potentially alternate the DNA of off-target cells producing cancers, cell mutations and even delete large portions of the cell's DNA.



Nevertheless, a team of researchers from the Peking University in Beijing have recently published a recent trial on a patient with HIV and acute leukaemia, which is a type of blood cancer. Since the patient was in need of a bone marrow transplant, the researchers took that opportunity to delete a gene known as CCR5 which is used by HIV as a passage to enter certain immune cells.

Although the patient was not cured of HIV, he went into complete remission of leukaemia. Notably, the most exciting outcome of this trial is the principle that CRISPR did not remove any DNA of untargeted cells, which demonstrates CRISPR as an approach for future gene alterations. In addition, the uncured HIV can be attributed to the inefficient use of CRISPR in the bone marrow cells. Conclusively, scientists hope to further develop this method of gene-editing to explore our complex genetic material for a wider understanding of genetic diseases and their potential cures.

VENEZUELA: AN UNDECLARED CIVIL WAR

BY: REBECA FEDERICI

For the past six years, the country with the largest amount of proven oil reserves in the world (300 878 billion barrels according to The World Atlas) has been struggling due to the devaluation of oil in 2013. This crisis was provoked by the country's extreme commodity (a basic good used in commerce that is interchangeable with other commodities of the same type) in oil money since Hugo Chávez' Chavist government since 1999.

Hugo Chávez first attempted a coup in 1992 against the president at the time, Carlos Andrés Pérez due to the country's economic crisis. He was sentenced to two years in jail but had left a great impact in the Venezuelan population.

He was elected president in 1998 with 56% of the votes and was re-elected three more times, until in 1999 he started the Bolivarian Revolution. In 2004 when oil prices surged, he started social-welfare projects for the poor, this way he was able to decrease poverty in Venezuela by half. Although the changes were helpful, due to their commodity, social-welfare programs would be impossible to sustain if anything happened to the oil prices, as it did in 2014. On top of that, in 2006 he nationalized heavy state assets such as electricity and the oil sector; as well as private businesses, he bought the 'Banco de Venezuela' from the Spanish bank Santander, alongside all the cement companies.



With Chávez's death in 2013, Maduro was elected with 50,61% of the votes, though there were speculations of fraud in the voting process.

During the first year of his election, Maduro faced extreme economic issues, as oil prices drastically reduced from \$100 dollars a barrel in 2013, to \$70 in 2014, as well as social problems, this led to 82% of the population being considered in a state of poverty.

As oil accounted for 95% of Venezuela's exports when the prices dropped the economy felt a sharp change. These changes aggravated the already existing food and medicine shortages since 2010, as Venezuela did not have enough money to buy imports and scarcity for basic products such as rice, milk, soap, and toothpaste were higher than ever before. On the attempt to reduce the shortages, they would have to renegotiate and pay off the foreign debt they had been accumulating over the years since Chávez's mandate, which added up to 150 million dollars. The problem faced with this was the fact that the sanctions imposed by the USA made it difficult for Venezuela to overcome the debts.

This led to Maduro committing the same mistake many politicians have before, he printed more money; and as a consequence, hyperinflation boomed. According to BBC News, in July 2018 the annual hyperinflation reached 83 000 %, the highest in the world, and by the end of 2019 it is expected to reach 200 000%; right now, one American dollar would be equivalent to 18 977 Bolívares. During the last years, the situation has gotten critical in Venezuela; on the verge of a civil war, with constant power and water cuts on top of the food shortages. According to the UNHCR (United Nations High Commissioner for Refugees) 3 000 000 Venezuelans have fled their country to Colombia, Peru, Ecuador, Chile, Argentina, and Brazil in order to seek a better life.

CLIMATE CHANGE

BY: KRISTINA MESROBYAN

Throughout this year, there has been an expansion of media coverage and public information about climate change and the irreversible damage that it will cause to the earth in approximately 50 years. As a society, we have already experienced some of the first-hand impacts it has, such as pollution, deforestation, animal extinction, and an increase in temperatures.



Over this year, especially during the past three months, the support for anti-climate change has grown, with people speaking out about the severity of the issue at hand, like Greta Thunberg and walkouts across the world against climate change, such as the one in Barcelona. The goal that we have as a society is clear: we want to protect the planet and implement the necessary resources for prevention.



In general, climate change refers to the overall global shift in geological climate patterns, resulting in extremes of weather and temperatures all over the world. As a result, the coral reefs are expected to decrease,

25% of all wildlife species are at risk of extinction, and there are increasing levels of deforestation. Over the summer, the effects of deforestation had been seen across the Amazon forest fire in Brazil, in which deforestation reached the highest levels seen in decades. Awareness of this topic was brought through social media, users used the hashtag '#SavetheAmazon' including a post with photos of the fire and forest, across all platforms, including Instagram, Twitter, Tumblr and Snapchat.



Furthermore, to gain attention to the climate change movement, there have been strikes all around the world with a total of 7.6 million people taking part. On September 27th, a climate change strike took place in Barcelona, in which over 100,000 people participated, some of whom were BSB students.



The strike was organized in association with 'Friday's for Future', it was developed after Greta Thunberg had announced a call for school strikes on Friday.



Gaining support across many countries with varying numbers of participants. Greta Thunberg is a 16-year-old environmental activist on climate change from Sweden. From August 2018, she has gone on strike against climate change, missing school once a week, in front of the Swedish parliament. After she was able to bring awareness to the climate strike through the Swedish media, more and more people began to join the movement, on the '#FridaysforFuture' strikes. The largest climate strike that took place was in March 2019, which took place internationally, motivated by Greta's action and resilience.



Most recently, Greta participated in the 'United Nations Climate Action Summit', at which she delivered a speech, targeted at the failed attempts of providing an effective solution for the climate crisis. Conveying the point that the force of nature is unnegotiable and needs to be accepted and solved in

unity. She concluded her speech with the statement that 'Right here, right now, is where we draw the line, the world is waking up and change is coming whether you like it or not.'



It is time for us to take action now before we have to suffer the irreversible consequences of climate change as a society. Whether its recycling plastics within your home, attending a beach clean-up or participating in strikes, you can help contribute to creating a more sustainable lifestyle not only for yourself but for the ecosystem around us, and give back to it, for being the place we call home.



Fashion

INTERVIEW WITH SOFIA RODIONOVA

We are proud to interview Sofia, who was featured in Vogue.

NEXT: *Hi, how are you? Would you like to introduce yourself?*

Sofia: Hello, I am Sofia Rodionova from Year 12H. I am fifteen and I am from Russia.

NEXT: *Do you know why we are interviewing you?*

Sofia: Yes, I think so.

NEXT: *Why? Any guesses?*

Sofia: No, actually I do not know. Okay, so I accidentally- *giggles* I modelled for VOGUE Italy.

NEXT: *Why did you apply?*

Sofia: Well, technically I did not apply. But my photographer, who was shooting some photos for me, decided she might want to upload some photos, because she is a photographer who is registered for VOGUE in Italy, Germany and the Ukraine. And, well, a week later, it turns out that my photo was actually chosen by VOGUE Italy.

NEXT: *How did it happen? How was your experience working in the industry?*

Sofia: You mean, like, having photoshoots?

NEXT: *Yes.*

Sofia: Well, I find it amusing especially if you work with people who are nice and fun to work with. So, it usually starts off when you meet up, you are usually based in a café or something. When you shoot in the middle of Barcelona, you shoot for, like, ten minutes

maximum and then you can have a coffee or a break. You change your makeup, you change your clothes and then, you kind of start again. So, it is just a lot of fun to actually do.

NEXT: *Any favourite moments?*

Sofia: Well, yes, I really liked modelling in the centre of Barcelona, especially the gothic part of it, because I find it very pretty there, and also because there weren't as many people, it wasn't as embarrassing.

NEXT: *Do people recognize you?*

Sofia: No, not really.

NEXT: *Do you want people to recognize you?*

Sofia: No, not really, because-

NEXT: *Well now they will. *both giggle* Are you planning on continuing?*

Sofia: Yes, I am actually having a photoshoot in a few days for a plastic recycling project.

NEXT: *Aw, that is cool. And what are you going to do there?*

Sofia: I am going to be shooting on the beach, in the sea, so I have to go into the water, and I'll be wrapped in plastic and be presenting some of the sea creatures that are dying because of plastic



FAST FASHION?

BY JULIA TAR

How many times do you wear your clothes? How many items do you buy in a year? And do you know who made your clothes? - (Fashion Revolution campaign 2013) Fast fashion shops such as Zara, Mango, H&M, and Forever21 are in every shopping centre and provide cheap, latest trend clothing.



Consequently, they are very popular, but the products are relatively low quality. Probably all of us own an item from these stores.

These shops order new stock of clothes almost every week instead of having new collection for seasons (Spring/Summer, Autumn/Winter). This results in having to make and ship clothes on much shorter deadlines, therefore the clothes are lower quality and there is more pressure on workers to finish sewing the items. As there are new clothes almost every week, customers will feel the need to buy them, and throw away the old ones very soon, many after only five wears. This whole process is completely unnecessary and wasteful.

We wear and own more clothes than ever before in human history, and buy 4 times as many as we did 30 years ago, according to the Full Circle (The second life of old clothes abroad) documentary, 8 million tons of second-hand clothes are collected in Europe, USA and Canada together.

ENVIRONMENTAL IMPACT

The clothing industry is the second most polluting after the oil industry, as only 15% of our clothes are recycled and the rest is left in landfills. Companies use synthetic fibres such as polyester and nylon because they are easy to dye, and are quite durable, therefore they are non-biodegradable, left in the landfills for over 40 years. Cotton is a natural fibre, so it might seem as a better option, however 20,000 litres (depends on country) of fresh water are needed to produce only one kg of cotton, which is not efficient and could be given to the 750 million people around the world with water shortage. Another problem of cotton production is that it results in desertification of land. Lastly, the huge amount of pesticides used for growing cotton lead to diseases and early deaths of farmers, who are constantly exposed to them.

Over 60% of clothes are produced and manufactured in India and China, which rely on coal fuelled power plants, increasing the clothes' carbon footprint, adding up to 1.2 billion tonnes of carbon dioxide, according to Nature Climate Change Journal (2018). This is more than flights produce.



EMPLOYEES

Although this industry provides jobs, they abuse their power, as they are so focused on making profit, that they do not care about the workers anymore. Most of them are employed in Bangladesh, China and India.

They work for minimum wage, or might not even get any, even if they are working over 12 hours a day, seven days a week, which is complete exploitation of thousands, who hope to make a living. The factories have poor health and safety conditions. There is no ventilation and exposure to toxic substances. In addition, they face threats, verbal and physical abuse every day.

In Dhaka, several accidents have happened: In 2012 the Tazreen Fashion firm burnt down and employees were trapped inside because fire exits were locked. In 2013, Rana Plaza collapsed, killing 1134 workers, others left injured for life. These disasters drew attention to their awful situation, and many customers are more now aware. Though following the Rana Plaza disaster, money has been donated, the consumption of clothes keeps increasing, and the state of the factories barely changed.

WHAT CAN YOU DO?

Firstly, wear all of your existing clothes as much as you can, ideally at least 30 times, in order to make up for the environmental cost that it took to make them. In an increasing number of countries, you can rent all types of clothes for a month. There are also many online rental services such as Rent the Runway. It is easy to find second-hand stores, which will probably give you more unique pieces rather than seeing the same ones everywhere. In Britain, Germany, France and other countries there are many clothes repairing and altering services that recycle the materials, or just mend what many people cannot or are too lazy to. This is great, as damaged clothes are a big reason as to why hundreds toss their clothes.



You could also buy fewer garments from higher quality, environmentally conscious or local brands. Therefore, you are supporting local companies and sources you know are ethical and reducing the need to ship items.



IS IT OKAY TO BE DIFFERENT?

BY ADEL VELIYEVA

I grew up around fashion as my family and I always travelled. Therefore, I got a taste of different cultures and how they dress, which has always been fascinating to me as different nationalities work with different fabrics, designs, and materials unknown to us. Being Azerbaijani and raised with a middle eastern mentality, deprived me of exploring typical European fashion and going out of my comfort zone when putting my daily outfits. Growing up I struggled to find my style as I kept moving countries and therefore was influenced by many different cultures and styles.

As I moved back to Barcelona in 2018, I felt very anxious and unconfident in my clothes as I realized that everyone dressed completely differently from how I did. I constantly felt judged, talked about which would bring me down even though I loved the outfit I would be wearing. Why though? This slowly got in my head until one day I read this quote: "If you are thick you are fat, if you are slim you're anorexic, if you wear makeup you are fake, if you show emotions you are overly dramatic." People judge you no matter what you do, good or bad, so you might as well be you and do what you want to do because there is always going to be someone who disagrees with your actions no matter what you do"

After that moment, I decided to be me. Do what I want. Dress how I want. Who cares if someone wears heeled boots to school or a beautiful dress and red lipstick? Why do we feel so pressured to live up to everyone else's standards when we first need to live up to our own? We should not dress for other people; we should dress for ourselves.



Everyone has different styles and that is OKAY. I personally dress as if I am going to the Met Gala all the time and that is totally okay. You may like wearing floral printed dresses with black boots or bohemian beachy styled clothing and that is okay too. And others may

like wearing leggings, vintage-styled t-shirts, and that is perfectly fine. No matter what you wear, as long as you feel powerful and confident in it, it is okay; and do not let anyone tell you otherwise.



Do not judge so quickly, let people feel good in what they are wearing because it can be hard sometimes. If someone is wearing something you disagree with, remember that it is their way of expressing themselves, showing who they truly are. Do not change that. Do not bring them down. I have always said that the reason I love fashion so much is that you can understand a person by what they wear.

For example, a lot of girls in Year 12 have started to stick small jewels to their makeup or create colourful eyeliners, others wear ripped tights and others wear neon shoes. That is what is so magical about fashion; we can express ourselves in different ways



HOROSCOPES

What is a horoscope? A forecast of a person's future, typically including a delineation of character and circumstances, based on the relative positions of the stars and planets at the time of that person's birth.

ARIES

March 21 to April 19th

Aries are known to be energetic and are continuously looking for challenges and competition.

Common traits:

1. Confident
2. Honest
3. Optimistic
4. Courageous
5. Aggressive
6. Moody
7. Impatient
8. Impulsive

TAURUS

April 20 to May 20

Taurus is an Earth sign, just like Virgo and Capricorn, and has the ability to see things from a grounded, practical and realistic perspective. Taurus are commonly known for their stubbornness

Common traits:

1. Patient
2. Responsible
3. Devoted
4. Reliable
5. Possessive
6. Stubborn
7. Materialistic
8. Jealous

GEMINI

May 21 to June 21

The sign of Gemini belongs to the element of Air. Gemini's changeable and open mind makes them excellent artists, especially writers and journalists, and their skills and flexibility make them shine in trade, driving and team sports

Common traits:

1. Affectionate
2. Gentle
3. Curious
4. Adaptable
5. Indecisive
6. Nervous
7. Superficial
8. Smart

CANCER

June 21 - July 22

The sign of Cancer belongs to the element of Water. They are very emotional and sensitive, and care deeply about matters of the family and their home. Cancer is sympathetic and attached to people they keep close

Common traits:

1. Loyal
2. Emotional
3. Persuasive
4. Creative
5. Moody
6. Insecure
7. Manipulative
8. Attention seeking

HOROSCOPES

DID YOU KNOW?

THE OLDEST HOROSCOPE THAT HAD YET BEEN DISCOVERED WAS FOR APRIL 29, 410, BC. AND IT'S CONSIDERED TO BE THE BEGINNING OF ASTROLOGY.

LEO

July 23 to August 22

Leo belongs to the element of Fire. They are creative, self-confident, dominant and extremely difficult to resist, able to achieve anything they want to in any area of life they commit to

Common traits:

1. Passionate
2. Creative
3. Loyal
4. Warm-hearted
5. Stubborn
6. Arrogant
7. Lazy
8. Inflexible

VIRGO

August 23 to September 22

Virgos are often thought of in relation to their symbol — The Virgin — and they are seen as the purest of the zodiac signs.

Common traits:

1. Faithful
2. Sweet
3. Patient
4. Hardworking
5. Artistic
6. Too critical
7. Very picky
8. Stubborn

LIBRA

September 23 to October 22

People born under the sign of Libra are peaceful, fair, and they hate being alone

Common traits:

1. Responsible
2. Loyal
3. Balanced
4. Smart
5. Unreliable
6. Unemotional
7. Naive
8. Vain

SCORPIO

October 23 to November 21

Scorpios are passionate and assertive people. They are determined and decisive and are known to be great leaders

Common traits:

1. Brave
2. Passionate
3. Stubborn
4. Resourceful
5. Jealous
6. Untrustworthy
7. Violent
8. Secretive

SAGITTARIUS

November 22 to December 21

Sagittarius are known for being energetic and curious. They are generous, kind and very down to earth

Common traits:

1. Generous
2. Funny
3. Idealistic
4. Down to earth
5. Impatient
6. Untrustworthy
7. Non-loyal
8. Too honest

HOROSCOPES

DID YOU KNOW?

THE ZODIAC WAS ORIGINALLY USED AS AN AGRICULTURAL CALENDAR TO HELP PEOPLE TRACK WHEN TO SOW SEEDS AND HARVEST CROPS BY USING THE POSITION OF THE CONSTELLATIONS IN THE SKY.

CAPRICORN

December 22nd to January 19

Capricorns are known for their responsibility and patience. They have a lot of self-control and have the ability to lead the way and make realistic plans

Common traits:

1. Responsible
2. Self-control
3. Disciplined
4. Smart
5. Condescending
6. Unforgiving
7. Know-it-all
8. Self-centred

AQUARIUS

January 20 - February 18

Aquarius are known for their mind, knowledge and creativity. They tend to learn from their mistakes. Some are shy and quiet, and some are known for being energetic and extremely extroverted

Common traits:

1. Independent
2. Smart
3. Good listener
4. Helps others
5. Stubborn
6. Impulsive
7. Naive
8. Extremist

PISCES

February 19 to March 20

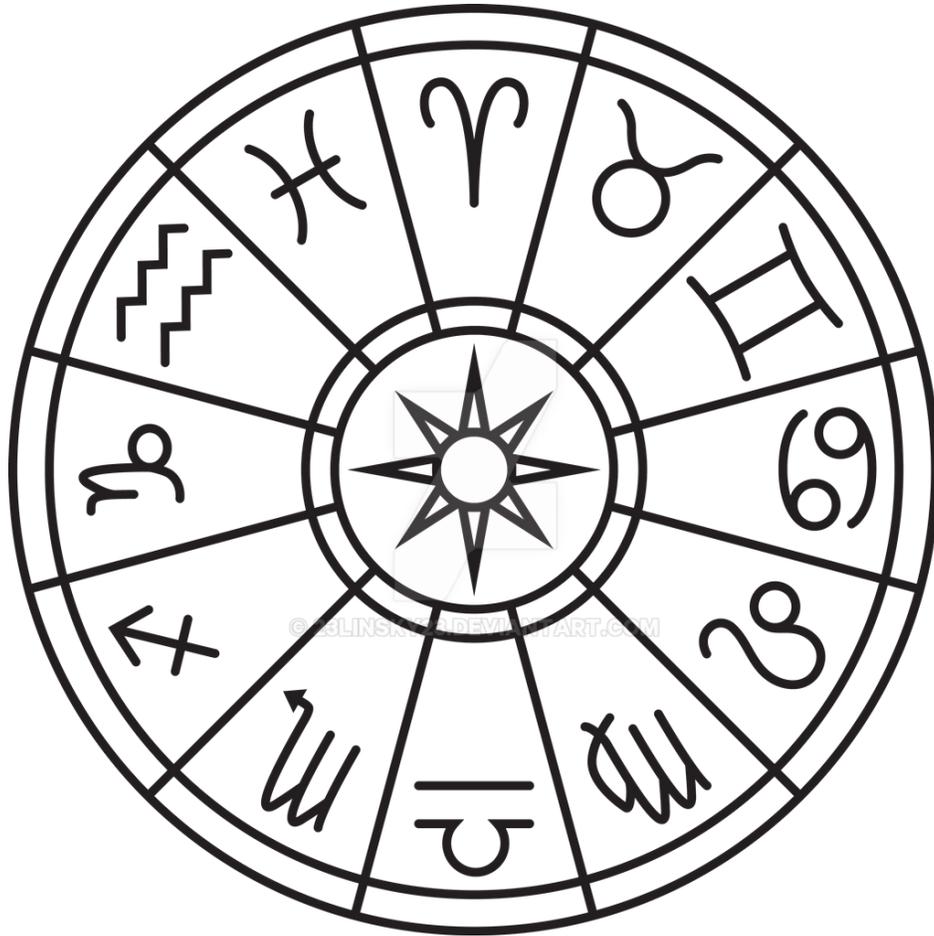
Pisces are known for being kind to others and being able to fit in and make new friends. They are always willing to help others and can be extremely selfless

Common traits:

1. Artistic
2. Gentle
3. Wise
4. Compassionate
5. Fearful
6. Overly trusting
7. Moody
8. Negative

DID YOU KNOW?

when the zodiac was originally created, it had 13 signs, but one of them, the **ophiuchus**, was dropped because the babylonians used a 12-month calendar so there was simply room for it.

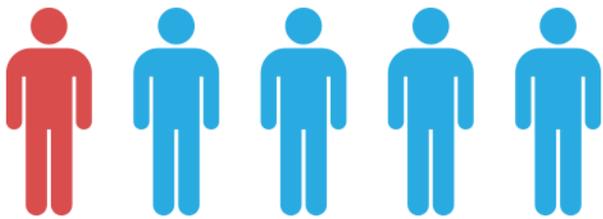


MENTAL HEALTH

UNDERSTANDING THE PROBLEM

BY: JAMILA SERRAO

Did you know that 20% of the teenage population is affected by mental health issues, yet only 4% are diagnosed and treated properly? That would be one out of every five teenagers, resulting in one out of ten experiencing severe emotional disturbance at some point. Although you may think it is a problem that is addressed often, some people still treat it as a taboo, due to the social exclusion that may come with someone opening up about their wellbeing.



Adults often tell younger generations that their teenage years were the time of their lives, and while that may be true because of the memories, knowledge, and connections that you can acquire whilst growing up, it's also a known fact that one's years as a teenager can be the hardest to get through. Be it anxiety, relationships, self-esteem or family issues, teenagers are always burdening themselves with thoughts concerning the future and what it holds, so much so, it may become time consuming and unhealthy. These problems are not really properly addressed, although millions of people can relate to them, and this is where mental health

becomes something important to understand or take into account. Of course, it's not like we can simply generalize all mental health issues or compare them to mental illness, we cannot consider issues such as anxiety and bipolarity to have the same severity and someone dealing with self-assurance matters, what we can consider is the start of normalizing the action of supporting people who suffer from these issues and acknowledge that it makes them no different, if not they process or express things in a different manner. In fact, people who deal with mental illness may be an asset because they can experience things in different ways, making it easier to have an open-minded perspective on life situations and make use of empathy more often.



Mental health includes our emotional, social and psychological state and overall wellbeing, it influences things such as your actions, thoughts, and feelings, which is why I find it essential to prioritize this. People do not realize but the factors mentioned before, such as family-related issues or difficulties with confidence, tend to affect our mental health the most. However, since these are all quite personal matters, we often struggle to share these feelings with other people, be it because we do not have anyone in our lives that are trustworthy enough or

perhaps because it is something quite challenging for you, which is perfectly normal as well. As an alternative to this, we could address these issues as a community, but things are never quite that easy.

A key element that affects mental health is in school. Teenagers spend most of their time at school, and if they're not at school they're most likely still doing something for school like studying or homework, it's impossible for it not to occupy most of your schedule, because of this, most people argue that they don't have enough time to concentrate on themselves, but a poor mental health will influence your attention, concentration and conduct within school (and outside of it as well). This could reflect on your social interactions with others or perhaps your general behaviour, be it how you address your teachers or how you organize yourself.



What most people don't realize is that we all go through and handle situations differently, not everyone is able to relate or understand how someone sees or experiences something, therefore having empathy or at least the interest to comprehend a person's way of feeling things is already going a long way. Society harshly influences one's choices and the expectations for teenagers to act and think a certain way

to prevent them from sharing their insecurities due to the fear of judgment coming from others. For example, you could listen to a certain type of music that may not be popular, and due to the fear of not fitting in, this is called social conformity, and we've all been a victim of it at some point.



Although feelings of stress, anxiety, and pressure are inevitable and completely understandable, ways of avoiding this are varied; talking to someone near you avidly about how you feel is essential, no matter how well you can hide or deal with your feelings, you deserve to rant to someone occasionally, expressing yourself will always be the best anxiety reliever. Alternatives to this, whether you like the sound of it or not, are writing your feelings, be it in poetry or a journal, in some way, putting out into the world what or how you feel is like detoxification of your worries. Not only writing but dancing, doing sports, going out with friends, overall indulging yourself in activities that keep you active and happy. The most important thing to remember about mental health, that although it is a priority, we all go through ups and downs and will all find our ways to deal with it, just don't keep it to yourself, we're all fighting the same battle.

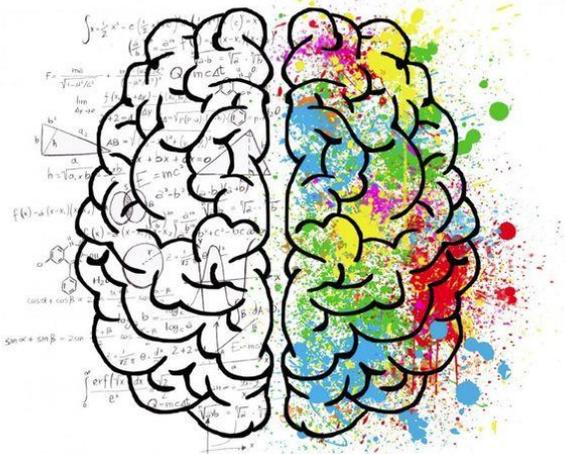
THE SHADOW

BY: DIANA GARCÍA

“One does not light up by imagining figures of light, but by making the darkness conscious”

- Carl Jung

Each and every one of us carry with them a Dr. Jekyll and a Mr. Hyde, a kind person, and a dark entity. Under the mask of the conscious- SELF, are hidden all kinds of negative emotions. Anger, jealousy, resentment, greed, lies, murderous and suicidal tendencies. In psychology, these unexplored territories of ourselves are known as the “personal shadow”.



The shadow starts to develop over our childhood through education when we deny the dark side of ourselves and pretend to identify ourselves with our ideals, a shadow that remains hidden and sleeping but can emerge strongly at any moment.



That is the explanation given when we feel an enigmatic feeling of repulsion towards someone or when we discover an unacceptable trait in ourselves or when we suddenly are invaded by hatred, envy or shame. Our most traumatic childhood experiences and everything that did not let ourselves be over that time, we keep it in a corner so that it may be re-appears in our adult life when we least expect it. Imagine this. A very caring and seemingly respectful father who considers he loves his son more



than anything in the world but gets unsettled when his son tries to turn a situation against him. The father then proceeds by behaving violently, shouts, slams doors and takes the attention to such an extreme that he even slaps his child. The father eventually becomes alarmed by his own behaviour towards his son, who he loves the most, protects and cares for, but he has now buried all those childhood traumatic experiences of violence and suffering that he could not assimilate at the time because he was too young and



immature. In addition, he hid in some way to protect himself from the outside world, all the features of his personality and desires that were silenced by a forceful upbringing

received at home and school. The situations of the present connect him with the repressions of his past, repair his grandmother's cries, his mother's punishments when he was not obedient or when he did not politely answer authority (school and society).



To illuminate our dark areas and give voice to those restrained experiences, desires and personality traits, we have to assume our darkest past, no matter how hard it is, see how it affects our present and work with ourselves so that it does not follow harming us neither our loved ones. The most important thing is to recover the connection with our interiors. Knowing ourselves, and integrating into our conscious self, all those personality traits,



desires, and dreams that were long ago hidden in the shadow. This is all about observation without judgment and without

suppressing any thoughts. In this way, we will discover the thoughts and ideas that we did not know were there.



What Robert Louis Stevenson created in "Dr. Jekyll and Mr. Hyde" was the ancestor for Carl Jung to develop the theory about the shadow archetype. Jung, who is the father of analytic psychology, reminds us in one of his books: "Archetype and the Collective Unconscious", that our task in life is to accept ourselves fully and integrate our shadow into our personality, face to face.



"Unfortunately, there can be no doubt that man is "generally" less good than he imagines himself or wants to be. Everyone has a shadow and the more it hides from the conscious of the individual, the blacker and denser it is. In any case, it is one of our worst obstacles since it frustrates our most well-intentioned intentions."

- Carl Jung

INTERVIEWS

Interviews with the scholars

ADRIANA GOMEZ

- **Why did you apply?**

I applied because the idea of being able to represent the school was very appealing to me. Also, I thought it was a great opportunity to see things from a different perspective, and to be able to bring to life some of the ideas I had throughout the years that I've been part of the school. For me it is always important to try to contribute in order to help the school to move forward.

- **What do you think made you special from the other applicants?**

I think that is a very harsh question to ask, given that I think there are a lot of talented people in our year group. Although I would like to think that it was because I had lots of interesting ideas that could help in contributing to the school's targets and goals. Some of the feedback that I was given after the decision-making was that I was a confident speaker, I engaged with the audience, I was able to work as a team and I never lost perspective of the bigger picture.

- **What was your presentation about?**

My presentation was about Neurotechnology and cyborgs, and how these are improved versions of a human. Firstly, I talked about intrusive and non-intrusive bionic gadgets and the changes and impacts that Neurotechnology has had in the lives of people who, for instance, were born without a limb or who suffered a disease during their childhood or adulthood. Finally, I used some real-life examples to illustrate the process through which people that use Neurotechnology have to go through and finally the positive and life-changing effect this had in their lives.

- **Do you think everything happens for a reason?**

I certainly do, however I don't believe that the story behind each reason is unknown to us and I don't think it's something that we can't control entirely, the actions we take or the decisions we make are the final result of a long list of factors we do control, which I think contribute to the things that happen to us as humans.

- **Where do you see yourself in 10 years?**

I am passionate about science, so this is the main focus I currently have... I am not sure which career I want to pursue or where I want to study, this is why I do not have a clear picture of where I want to be in 10 years' time. However, I am interested in several of the degrees such as Neurotechnology, medicine and bio technology, so perhaps one of the ideas would be to be finishing my degree and getting my part time job experience at a hospital or, for instance, in a research centre.

- **How would you like to contribute to a better world when an adult?**

There are lots of things that I would like to improve, however, one of the most urgent things I want to address and want to help, is the environmental problems that we are currently facing. Moreover, regarding my future job or profession, I would like to do something that I would not only be able to enjoy but that would also have a positive impact on the future generations, for instance research or carrying out an investigations that would assure a better future.



PAOLA ZAPATA

- **Why did you apply?**

I applied because I thought it was a great opportunity to realise all the ideas I have, being a scholar makes the whole process easier, quicker and actually achievable because you're making sure the students have a voice in the decisions the school makes, you get a greater chance to take ideas and make them happen.

- **What do you think made you special from the other applicants?**

To be honest, I have no idea what made me special from the others, I guess people who saw me in my presentation or the people who interviewed me can answer this question. I can tell you that when I was applying for the scholarship, I was not applying for it because of the economic benefit, I've always had an interest in being involved in what's happening in the school, I've always been on the school council, so I guess there was this motivation behind my application that I managed to convey through my interview or my personal statement... I think it was that, sometimes as students we might just be detached from the school (yeah, we come in and we take our lessons and then we leave) but I think school has more to it, there's a part of activities, part of a class, part of a group, it's a community and I guess that's what most of us are missing, so I guess they must have seen that in me. I do not know.

- **What was your presentation about?**

My presentation was about artificial intelligence and how it is going to change the way we make decisions, I chose it because I think it's a very interesting topic...although it is quite complex, if you really get the essence of it and the simple meanings, you can really understand and you can see that it's truly interesting. It dives into many different areas like psychology and technology and the functioning of the human brain, which is really interesting, and technology is the future and the present, and all of these topics conjured, is what I think made the presentation interesting.

- **Do you think everything happens for a reason?**

I do believe that things happen for a reason, because although the other participants didn't get the chance to be the scholars, I am confident that they will encounter many other opportunities where they'll be able to exhibit their great qualities, something better awaits for them where they'll do much better. I just think that in life one ends up doing what one ends up doing because it is meant to be, because you have worked hard to achieve it and you have sacrificed a lot of things. Everything comes if you work hard for it.

- **Where do you see yourself in 10 years?**

I haven't thought so far ahead, right now I'm just thinking about A-levels and what I want to study, which is Economics, I want to study it because I think it's one of the careers that makes individuals most rounded, by that I mean that it makes people somewhat cultured. You need to be able to express your ideas with tremendous precision, you require historical knowledge to be able to back up the data you're presenting, but you also need maths, so it's a well-rounded individual they are building here. Therefore, I feel like Economics will teach me many things, and I also like the subject. So hopefully in 10 years I will be working in a profession that fulfils me.

- **How would you like to contribute to a better world when an adult?**

This question is so hard. There is no way we will ever solve adjacent problems if we cannot even solve the problems we have in our own country. How do we plan to help children in Africa, when there are children in our own country who are struggling from similar things? It's quite of a nationalist point of view that I'm putting forward here, but I do believe that we have to start with "easier" and simpler things because the fundamentals of everything are badly-shaped and constructed, we can't aim to fix the big things. I am a person that believes that importance lies in the details, if we would all focus a bit more on the small things in life, we'd actually make a greater difference. If I were to contribute to a better world, probably I would aim for the small, achievable things that can be solved and build on from that.

INTERVIEW WITH MR. BURNS

>> What is your outtake on the way mental health is treated nowadays?

I am massively encouraged by it because when I was your age it wasn't talked about and was seen as something shameful, and even though how we support people now may not be 100% perfect, it's 100% better than it was in my teens. I think it is correct that someone can have an anxiety attack nowadays and people around them are respectful about it when before, people would have been mortified by it. I highly encourage the fact that it is being normalized.

>> Do you think teenagers are doing their part to spread awareness?

Yes and no. Yes, because you are talking about it more, yes because you are more open about it, but then again, I would also say no. Not because I do not think the channels are fully open for you to properly talk about it and I still believe we live in a world where we indulge ourselves into other's conversations; "Isn't that nice?" Or "Did you just hear what X said?".

You are not given enough of a platform to speak up about it yet, and I think that one of the healthy things we could do as a school is to give you a voice, where it's not just you "airing my worries" but making it clear that mental health concerns are a normal aspect of your life. So, I think, yes you are doing your part, however, I feel that you could do more.

>> Why do you think it is important to prioritize your well-being during studying or being at school?

Because we are interconnected beings, and our brain is never not disconnected about how

I feel about myself and how I view myself, which affects what you view you were capable of becoming and achieving, if I have a negative view of me or there are voices that are putting me down that I am endorsing, I'm not going to be brave enough to stand up and say; "I can do this"

So, I think, the more we prioritize looking after the whole of us, then not only does our happiness arise, but I think academically you can arise from it. I don't like compartmentalizing ourselves to the point where we think "How should I act at school? At home?" Because, if I have a bad night's sleep, which is not an issue to do with school, it will then affect my behaviour when I am at school, so then amplify that with emotional concerns or any conditions that you might have that you're constantly resting with then no wonder you may not be fully absorbing what's going on in class. And also, in many cases, what you're being taught on a specific day isn't the main priority of your life, you are, and whatever it is that you are feeling that is imposing you to learn. And yet you could think "Oh no, the exams are getting closer" and that may be the biggest priority in your life, but no, that's a distraction, yet the world is obsessed with that (exams and all) which is ultimately a frustration of mine. Because you are judged the cause of that, and I would rather see a world where people are recognized for how they overcame that because that is the courage of a person with resilience.



>> What issue is less talked about and should be addressed more often concerning this topic?

Today, I think, it is talked about in a way. It's something surrounding a greater sense of self, where I am fully confident and comfortable enough to accept what is me, and then knowing who I am, then dictates where I can go next and the person I can become. And so, that realization often gets fogged off because it seems too "touchy-feely", yet I know far too many adults around my age who don't truly know who they are and that does promote huge levels of mental and emotional anxiety. I think we talk a lot about "what are you going to do with your life?" And we do not talk that much about the human becoming, only the human doing.

I genuinely believe that the more people have to hide away who they truly are, the poorer mental health is promoted, because you are constantly living in denial of your true self.

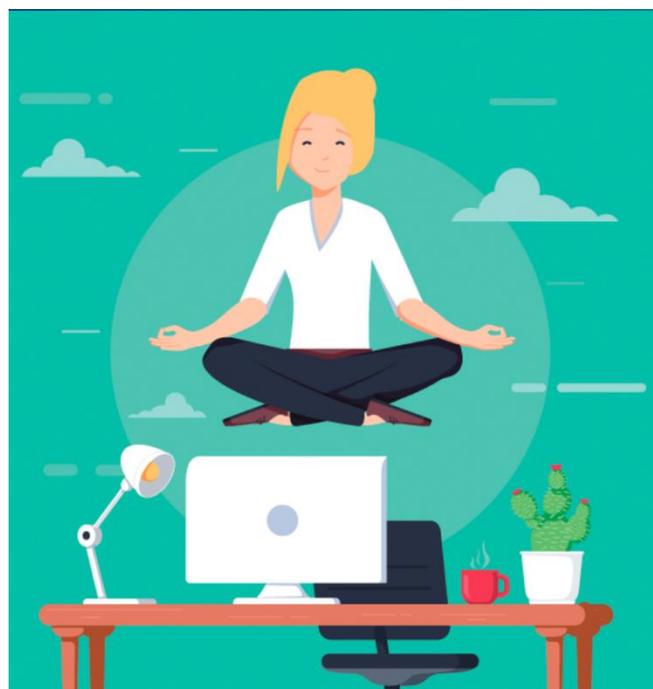


>> Do you have any tips for the people who struggle with balancing a healthy mental state and schoolwork?

Is "balancing" the right word? Because balancing suggests that there may always be an equilibrium, so, therefore, I think the best

piece of advice I can give is to see your life in seasons. To know that, if one month I am feeling down, the next month can be better, and almost be able to see your life in rhythms; perhaps this is a crazy week, but next week I'm good. So, if we can somehow realize the existence of these rhythms, we do not always have to feel a certain way.

I think we put ourselves under too much pressure, and believe that everything should be balanced and handled perfectly, however, I don't think anything can always be balanced, and being aware that one season may be good and the other chaotic and knowing how to deal with that is important.



>> We know that BSB encourages the communication of one's wellbeing quite often, what would you recommend students do if they need some type of help?

I mean, there are certain processes that the school would like these things to go through; first, you go to your tutor, then you... - I think, remove the pressure of "I must go talk to this specific person" and just talk to the person you really feel most comfortable with. Just because certain people get highlighted, does not mean they are your only option.

73 QUESTIONS

WITH MRS. KOVAC



1. What is your secret talent?

Singing and baking

2. What is the first thing you do when you wake up?

Jump out of the bed full of energy

3. What is your zodiac sign?

Aries

4. Where do you feel most at home?

Sitges, Spain

5. What do you do in your free time?

Bake and decorate cakes; if there is no time for this – then do some online shopping

6. How would you describe your personal style?

High-street smart casual

7. Sneakers or heels?

Depends on occasion – heels during the day and sneakers during the afternoon

8. Who did you wanted to be when you we are younger?

I wanted to work as a court-sworn translator

9. Do you have any pets?

Yes, when I was a child. But not recently, no

10. Ideal holiday place?

I like big towns on the coast – I enjoy the mixture of culture, sea and sun

11. What kind of music do you like?

I like all kinds of music, from jazz and classic to pop

12. Who is your favourite artist?

Banksy – graffiti art; Vivaldi – classical music; Gaudi – architecture; Michelangelo – sculpture

13. What did you do for the 1st 30 mins of your day?

Prepare breakfast for my children

14. What is your favourite emoji?

Smiley

- 15. What is the best advice you have been given?**
If it doesn't feel right, it is not right
- 16. Giving or receiving presents?**
Giving presents
- 17. Favourite celebration of the year?**
Christmas and New Year
- 18. Who is your teacher bestie?**
Mrs. Burns, my desk buddy
- 19. What is the last movie that you saw that made you laugh?**
Bridget Jones's diary II
- 20. What was the last movie that made you cry?**
I do not watch these types of movies...
- 21. What are the 3 words that best describe you?**
Creative, hard-working and caring
- 22. How would people describe you?**
Stubborn, hard-working and active
- 23. What is your least favourite question to be asked?**
Where are you from?
- 24. What is your least favourite thing that students do?**
Not caring
- 25. Favourite snack?**
Anything sweet – milk chocolate is on the pedestal
- 26. Best childhood memory?**
Making dance choreographies with my childhood friends
- 27. Where do you see yourself in 5 years?**
Exactly where I am now
- 28. What do you do to relax?**
Online shopping
- 29. What was your favourite subject in school?**
English and Geography
- 30. Why did you move to Barcelona?**
To do master's in applied Linguistics
- 31. Do you like living in Barcelona?**
I lived in Barcelona for 4 years and I liked it, however, we moved to Sitges as soon as we got our first child – and now I prefer living in Sitges
- 32. What did you study? As for University?**
English and Japanese languages
- 33. What is your favourite colour?**
Navy blue
- 34. Favourite cafeteria snack?**
Peanut and chocolate cake in Vita Brevis, Sitges
- 35. Salty or sweet?**
Sweet – I think everyone knows that about me!
- 36. Healthy or fast food?**
Healthy
- 37. Favourite spot in Barcelona?**
Library at Universidad de Barcelona, Enrique Granados street and Cafateria coffee shop in Barceloneta

38. Were you a good student?

With honours

39. Favourite season?

Spring

40. If I gave you one thousand dollars right now?

I would get every single room of my house exaggeratedly decorated for Christmas

41. What is on your bucket list?

Travel to Santa Claus village in Finland; Open my own bakery

42. What is your favourite Starbucks drink?

Mocca coffee

43. Best memory in the BSB?

Having fun at Sponsored Walk last year

44. Favourite song at the moment?

Feliz Navidad – Michael Bubble and Thalia

45. If you could dye your hair what colour would you dye it?

I dye my hair already and this is my favourite colour

46. Favourite flower?

Lily

47. Cats or dogs?

Cats

48. What is the best present to receive?

Chocolate

49. What was your dream job when you were younger?

When I was in Primary, I dreamt of becoming a teacher – I have signed every single book in my grandfather's library as "Maria, the teacher"

50. Favourite movie?

Matrix trilogy and Harry Potter

51. Do you watch Netflix?

Yes

52. Favourite shows on Netflix?

My favourite TV show is on HBO – Marvellous Ms. Maisel

53. Favourite social media?

Instagram

54. Favourite book?

Sophie's world by Jostein Gaarder

55. Favourite writer?

Isaac Asimov and Paulo Coelho

56. Hot or cold?

Cold

57. Does your name have a meaning?

I guess so...

58. How many countries have you visited?

About 10

59. What's your favourite city you have ever been too?

Paris

60. Do you think the Mona Lisa is overrated?

Yes

61. Do you like drawing?

No, I like arts and crafts

62. Do you prefer going out or staying in?

Going out during the day, staying in during the night

63. Describe your life at BSB in 1 word?

Diverse

64. If you could teach any year (primary, secondary ...) what year would it be?

It would still be Y12 and Y13

65. What is your favourite animal?

A parrot

66. If you could be an animal what would it be?

A squirrel

67. Do you like to dance?

Yes, but not doing it lately

68. Do you play any board games?

Monopoly with my kids

69. What is your favourite day of the week?

Thursday

70. What is your favourite thing for breakfast?

Avocado and integral bread with Philadelphia

71. What is your favourite meal for dinner?

Chicken soup

72. What is your favourite piece of clothing?

A dress

73. Did you enjoy this interview?

It definitely got me thinking about the things I did not think for a long time...

ENTERTAINMENT

FIFA 20 REVIEW

BY ENRIQUE CALVO

For every year since 1993, EA Sports has been providing the go-to videogame for football fans, "FIFA". But is this year's edition as amazing as other entries in the series? Let us find out.

"FIFA 20", just like every game of the franchise since "FIFA 17", uses the Frostbite 3 engine. This means there are not many changes in the classic gameplay, but it remains phenomenal in true fashion of the series.

The big change comes with the inclusion of the brand new "VOLTA" mode, which, similar to the "FIFA Street" videogame series, lets you play street football in a different yet wonderful way.



Despite, in my opinion, not coming close to the near-perfect street gameplay of the aforementioned "FIFA Street" games, it is worth checking out if you wish to take a break from the main style of play.

However, the main selling point of "FIFA 20" for many players is its "Ultimate Team" mode. "Ultimate Team" lets you construct a custom team to play against other players online. It remains almost the same as in past "FIFA" games; and whilst it is quite

a fun concept, an excess of in-game microtransactions, almost necessary to make your team victorious, overshadows the positive aspects of this otherwise entertaining mode.

My favourite mode from previous "FIFA" games, career mode, where you either manage a real-life club or control a footballer offline has faced a few positive changes, such as customization of managers, dynamic player potential and revamped press conferences, that make this marvellous part of the game even better.



I would also like to mention the always enjoyable soundtrack, which, even though not as outstanding as other soundtracks such as "FIFA 14" or "FIFA 07", is always splendid to listen to, with great songs such as "RUNAWAY" by half alive, "The Runner" by Foals and "Yo X Ti, Tu X Mi" by ROSALÍA and Ozuna.

Overall, whilst this year's edition does not offer anything too revolutionary, at the end of the day it is your classic "FIFA" game, which means great deals of enjoyment for fans of the series or more casual players. This makes "FIFA 20" an overall amazing game.

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See you soon!