

THE EPOCH TIMES LIFE & TRADITION

**BECOMING
SUPERMOM**

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His latest bestselling novel 'Devoted' harnesses his gift for mesmerizing storytelling that honors essential virtues and values.

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GILES**
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ADVERSITY
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5 Ways to Sail Smoothly Into Online School

While there are some disadvantages to online learning, the fact that you get to set up your study space is a plus.



Keeping your room tidy, turning your phone on airplane mode, turning off social media notifications, and closing your email tab are all ways to limit distractions.

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Like many students across the world, you've most likely been making the shift from in-person to online classes. This transition may be a little daunting, especially if you've never taken an online class before. As someone who switched to virtual learning almost three years ago, I remember that feeling. Over time, I developed the following five strategies to become successful.

Make Yourself Comfortable

While there are some disadvantages to online learning, the fact that you get to set up your study space is a plus. If it helps you concentrate, turn on some music. Do school work from the comfort of your favorite chair or from your bed! Make some snacks, whatever you need to feel relaxed and ready to work.

Limit Distractions

One of the biggest struggles of doing school from home is that it requires a lot of self-motivation. Instead of going to class at specific times, you can do your work wherever you want. It's hard to make yourself do school work if you are surrounded by things and people vying for your attention.

Make sure that your workspace is designed to limit those distractions as much

as possible. Close the door to your room. Tell everyone in your house, "I'm going to work on my English class now, please don't interrupt me."

More disruptive are self-created distractions. Maybe right as you turn on your computer, you notice your room is messy and you must clean it. Keeping your room tidy, turning your phone on airplane mode, turning off social media notifications, and closing your email tab are all ways to limit distractions. Also, keep school supplies within reach. Even a 30-second distraction to dig your calculator out of your backpack can be disruptive.

Figure Out When Things are Due and Plan Accordingly

When you're taking five classes at once, it can be challenging to know which one to start on. The first thing you should do is create a calendar of when all of your assignments are due that week. Some distancing-learning websites, such as Canvas, have a calendar built with all your due dates, which is a good starting place.

If your distancing learning site does not have this, you'll need to create one from scratch. Look at the syllabus for your classes and figure out what is due when. Then look at all the assignments for the next week and carefully read the instructions. Some might have multiple parts, such as "write your answer to the discus-

sion question by Sunday and respond to someone else's response by Wednesday." Both parts should be added to your calendar. Most built-in calendars will only have the final due date. The times the assignments are due should also be included. Most will probably be due by midnight, but not all. I have found that different classes nearly always have things due on different days. Therefore, assignment due dates for your different classes will be spread out across the week. While some days might have more due than other days, seeing it all laid out should give you a good idea of what to work on each day. While this may be time-consuming for the first few weeks, eventually you will get a good feel for what is due when and follow a similar pattern every week.

Don't Cut Corners

Since it is impossible to monitor students as closely with distancing learning, it can be hard to resist the temptation to not do everything required. If I can use the internet on my phone during a test, why would I take notes? Maybe I can watch Netflix and my teacher's lecture at the same time? Why would I read all of the supporting documents if I only have to respond to one? This may work as a short-term strategy, but probably not in the long-run. Perhaps, while you have unlimited time on the quizzes, on the test itself you will not have the time to look up every answer.

Maybe your lack of knowledge will show on a written assignment. At some point, cutting corners will reflect on your grades and by then it will take more effort to catch up than it would have if you hadn't cut corners.

Don't Be Afraid to Ask for Help

Since you might not even see your professor's face for the duration of the semester, it can be hard to remember that there is an actual person teaching you. Throughout the school year problems and confusion are bound to occur. If you misunderstand an important concept early in the year because something wasn't worded clearly, that class can start making about as much sense as ancient Greek.

If you're unsure about something or aren't certain about the exact requirements of an assignment, it's much better to ask your teacher than have your grades suffer. Just like in an in-person class, your teacher will be happy to help and most respond in a timely manner. They can even help with issues such as turning in an assignment late or technical difficulties. If you've avoided cutting corners and they know you are an honest student, they'll be willing to work with you any way they can.

Sapphire Courter is currently a business major at Butte College in California. She has been doing all of her studies online since the beginning of the school year.

Are Young Boys 'Benevolent Sexists'?

ANNIE HOLMQUIST

Little boys are sexist. At least, that's what recent headlines want us to believe.

A new study hit newsstands the other day, claiming that young children, boys especially, exhibit indicators of sexism even into early middle school. This sexism, however, is not likely to be aggressive, mean-spirited behavior toward females. In fact, it could be far worse. Benevolent sexism, the study implies, can look harmless on the surface, but it still "undermines women."

Just what does benevolent sexism look like? Apparently, it's been around for a long time—we've just known it by another name: chivalry. David McGlynn's conversation with psychologist Peter Glick in The New York Times reveals how chivalry became an aggressive attack on women:

"One thing you want to be careful of," he said, "is teaching boys to be chivalrous. We need to stop socializing boys to see women as needing protection."

"Wait a minute," I said, remembering my mother's lessons about holding open doors and giving up my seat on crowded buses. I'd long taught my sons to show re-

spect, especially to women. 'Isn't chivalry a good thing?'

"Holding doors and giving up seats are prime examples of courtesy," Peter said. "Of course those are good things. But the idea that women should be cherished and put on pedestals fosters what's known as benevolent sexism, which subtly demeans women as fragile and less competent. It reinforces a sexual script in which a man takes charge while a woman remains passive."

Just how did researchers discover that little boys exhibit tendencies of benevolent sexism? They read them the following statements, which many little boys agreed with:

1. Men need to protect women from danger.
2. Women should be rescued before men when there is an emergency like a fire.
3. Men are only truly happy when they marry the love of their life.
4. Good women should be rewarded and given nice things by their husbands.
5. Fathers should work as hard as they can to take care of their families.

Funny. Along with holding a door or giving up a seat, this list largely indicates that little boys are thinking about women in a kind, mannerly way, genuinely desiring to



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treat them well. Maybe I'm weird, but I have trouble figuring out what female would not want to be treated kindly by men—young or old—who are looking out for her welfare.

Why is such behavior frowned upon? Perhaps it has something to do with the spirit in which it is received. According to Christopher Lasch in "The Culture of Narcissism," close contact with feminist thinking may lead women to reject the natural, kind behavior of men, causing cognitive dissonance when it comes to finding a marriage partner:

"On the one hand, feminism aspires to change the relations between men and

women so that women will no longer be forced into the role of 'victim and shrew,' in the words of Simone de Beauvoir. On the other hand, it often makes women more shrewish than ever in their daily encounters with men. This contradiction remains unavoidable so long as feminism insists that men oppress women and that this oppression is intolerable, at the same time urging women to approach not men simply as oppressors but as friends and lovers."

This type of thinking clearly causes problems for women—but what does it do to men? When we teach little boys to be kind, gentle, mannerly, and gracious to others, then turn around and tell them that such manners are benevolent sexism, what kind of message are we giving them?

If little boys grow up and throw up their hands in despair, retreating from women and mannerly behavior altogether, then we'll know exactly what kind of message we've sent. When that happens, we shouldn't be a bit surprised, either.

Annie Holmquist is the editor of Intellectual Takeout, an online magazine and sister publication of Chronicles. This article was originally published on Intellectual Takeout.

FOR KIDS ONLY

THE EPOCH TIMES

To a Child

by Sophie Jewett

The leaves talked in the twilight, dear;
Hearken the tale they told:
How in some far-off place and year,
Before the world grew old,

I was a dreaming forest tree,
You were a wild, sweet bird
Who sheltered at the heart of me
Because the north wind stirred;

How, when the chiding gale was still,
When peace fell soft on fear,
You stayed one golden hour to fill
My dream with singing, dear.

To-night the self-same songs are sung
The first green forest heard;
My heart and the gray world grow young—
To shelter you, my bird.

WHAT DO YOU CALL A MOM WHO IS SHORT?

WAWINIWI V

Children are the anchors that hold a mother to life.

SOPHOCLES (APPROX. 497 BC-406 BC)

By Aidan Danza, age 13

THE FABULOUS MOONS OF THE SOLAR SYSTEM (PART II)

There are many interesting moons in the solar system. Some of them are even like planets and are close to the size of Mercury. Continuing on our journey from Neptune's moons, we now turn to Saturn and Jupiter's many moons.

HYPERION

Hyperion is a rather strange moon. Where most things in our solar system assume either a spherical shape or a completely irregular one as many moons and asteroids do, Hyperion looks like a sphere that has been squashed into a potato-like shape. It is also the largest of Saturn's nonspherical moons.

Hyperion's rotation is irregular, owing to its odd shape. Its "tumbling" rotation has an affect on its orbit around Saturn. It is also in resonance with Titan, which means that when Titan and Hyperion pass each other in orbit, they affect each other's orbit.

Hyperion has a heavily, deeply cratered surface that makes it look like a sponge. Water ice may be present on Hyperion's craters; this is suggested by a distinctive shine on the crater walls.

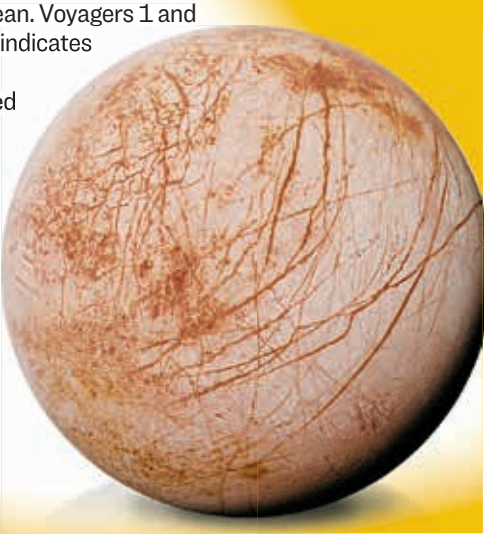


EUROPA

We now turn to Jupiter and its many interesting moons. The largest and most captivating of Jupiter's moons are called the four Galilean moons: Europa, Io, Callisto, and Ganymede.

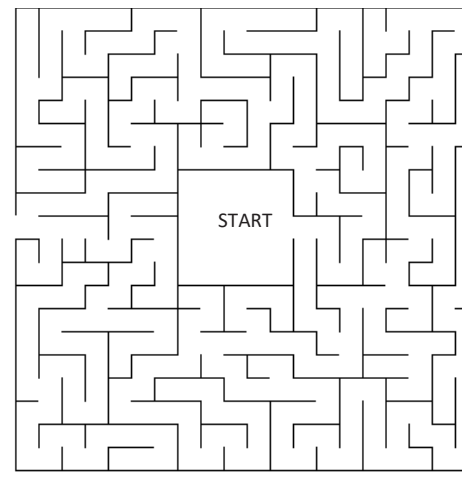
Europa is a planet of water ice—a light blue with strange orange-brown streaks running over the icy surface. Below this surface of ice, there is the strong possibility of a large ocean. Voyagers 1 and 2 provided scientific data that indicates this may be the case, and the Galileo probe reinforced this idea.

Europa is about the size of our moon, but because of the ice surface, it reflects light very well and thus looks very bright. The structure of Europa is thought to consist of the ice crust, then the ocean, and then a rocky mantle and an iron core.



Stay tuned next week for Part III!

AMAZING ESCAPES!



USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, -, AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7 X 3) + 1 = 28 and 1+ (7 X 3) + 6 = 28

Easy puzzle 1

7	9		
3	8		
+	-	x	÷

Solution For Easy 1
8 = (8 - 2) + 6

Medium puzzle 1

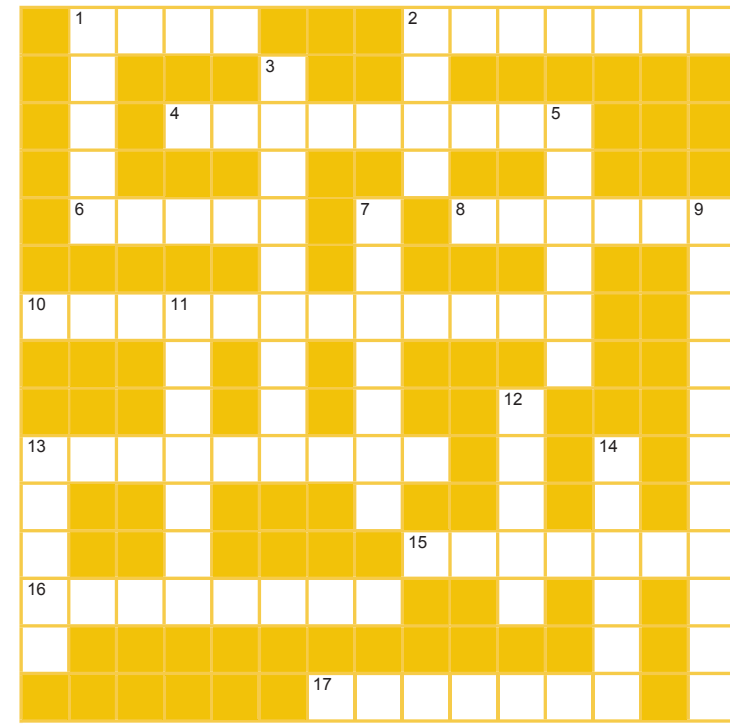
4	11		
4	9		
+	-	x	÷

Solution for Medium 1
7 = 9 - 6 + 11
7 + 9 = (6 + 11)

Hard puzzle 1

19	36		
14	19		
+	-	x	÷

Solution for Hard 1
61 = 61 - 19 + 98



Across

- 1 "There is nothing as powerful as a mother's _____" (4)
- 2 Hardly the carefree sort (7)
- 4 A mother's "super power" (9)
- 6 "A mother carries you for 9 months in her belly, 3 years in her arms, and forever in her _____" (5)

Down

- 1 Mothers make us _____ (5)
- 2 A mother's hugs are _____ (4)
- 3 When we were small, our mother was our _____ (9)
- 5 Mothers taught us that "_____ is more important than receiving" (6)
- 7 "A child's first _____ is its mother" (Peng Liyuan) (7)
- 9 When we explain our troubles, mother is _____ (11)
- 11 What children show their mothers (and fathers) (7)
- 12 "_____ thy father and mother" (5)
- 13 When you think of your mother, do you _____? (5)
- 14 A mother is a _____ for life (6)

- 8 Mother's guidance (6)
- 10 We show our _____ for our mother's care (12)
- 13 A soccer mom is a _____ (9)
- 15 How mothers nourish their families (7)
- 16 When you have a problem, mom is a good _____ (8)
- 17 Mothers are _____ to their children (7)

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to think about us. That's not what we think media should do.

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In truth and tradition,

The Epoch Times

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