



BEIWATCH

BEIMUN XXVIII

PRE-CONFERENCE ISSUE

February 25, 2021

Introduction to BEIMUN XXVIII



By Emily Parker

Welcome everyone to the twenty-eighth annual Beijing Model United Nations (BEIMUN) conference hosted by the International School of Beijing (ISB). It is that time of the year again for delegates to dress in their best formal attire and gather to debate global issues and pass resolutions aimed to address the most pressing problems. Through everyone's immense dedication, perseverance, and devoted hours of hard-work to Model United Nations (MUN), the International School of Beijing welcomes 615 delegates, secretariats, admin, Beiwatch press team, and teacher directors participating in this year's BEIMUN conference with open arms. This year, BEIMUN brings together students from thirty-five different schools spread from across the world, from our trusty neighboring British school to schools even stretching as far as

the American International School of Johannesburg and the Lycée Français Jules Verne (also located in Johannesburg).

Although this is the twenty-eighth BEIMUN conference, it will appear very different from years past. Due to the outbreak of the Corona Virus Pandemic, this year's conference will instead be entirely virtual through online platforms, where all interactions will be on a screen. Dr. Malonely, the MUN Director at ISB, expresses slight "fears [of] some students hav[ing] technical issues during the course of the conference..." However, she still hopes the heated and passionate discussions will continue in relation to this year's theme: Discourse in a Fragmented World. In addition to debating, training and exercising practice in research, public speaking, and collaborating, returning delegates

will recall their fellow colleagues' burning enthusiasm, while rookies will be inspired by the level of excitement surrounding the conference this year. The MUN Director and Secretariats hope that all delegates can participate in a meaningful and memorable learning experience despite the conference being online.

Beiwatch wishes all the best of luck and congratulates to all participants for the hard-work of all thirty-five schools have devoted to bring to this year's conference. BEIMUN will forever be a successful, happy, and memorable opportunity that will not only unite international students across the world by debating, discussing, and working together, but also by building friendships and bonds that will last a lifetime. Let's get BEIMUN XXVIII off to an incredible start!

Introduction to ISB

By Ivy Yang



“We innovate, we collaborate, we inspire.” At the International School of Beijing (ISB), students have the freedom to explore, set high expectations together, build strong relationships, and have a challenging and joyful learning experience.

Founded in 1980, ISB became the first international school in Beijing. Beginning in the Lido campus, ISB has relocated its campus to a 33-acre facility in the Shunyi district in 2002. Being recognized as a leading learning community, ISB is a non-profit school that educates students from Early Years to Grade 12 and offers the full IB diploma program. Here in ISB, students gather to learn together from all over the world. Our school’s diverse student body and supporting facilitators create a

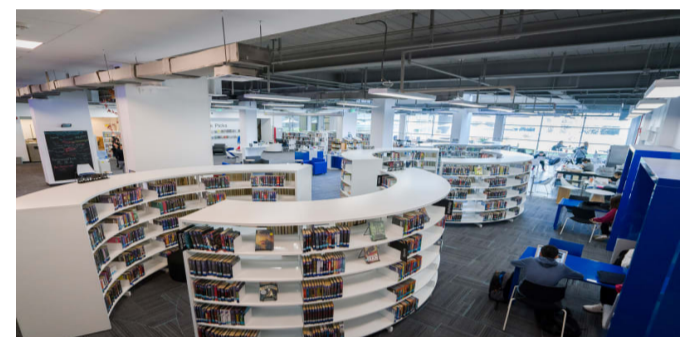
unique learning experience for everyone in the ISB community. The facilitators of ISB strive to enrich and add value to each student, family, and teacher’s experience.

Within ISB’s 33-acre campus, outstanding facilities provide the school members with more opportunities. This school year, ISB has opened four brand-new facilities, including an early year learning community, an elementary school arts center and theater, a middle school/high school performing arts center, and a middle school/high school design center. These new facilities were introduced to create the best learning spaces to build and support each child’s intellectual, physical, social, and emotional development.

Moreover, the value that ISB gives each student and the connection created between students and the school is irreplaceable. Events hosted by school clubs not only bring students together, but they allow us to look beyond and above our school environment and help others in the wider world. One of the events included is Smile Week. For 15 years, our MS student council has led a charity campaign known as Smile Week that provides corrective surgery for orphans with cleft lips and palates. Here, we engage with a broader community and build

new relationships and memories that we will hold on to forever.

Having the honor to host the 28th annual BEI-MUN XXVIII, ISB hopes that all participants will have an engaging experience.



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Introduction to Beijing

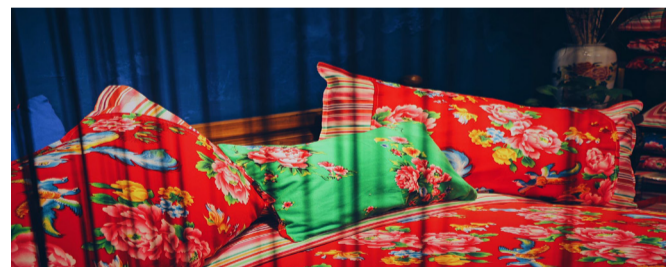
By Dorothy Du



Beneath the elegant strokes of sapphire on top of an orange dimming sky, lays a restless city that combines both modern and traditional architecture into the familiar world many of us know and love; the city in this sunset is none other than the world’s most populous national capital—Beijing.

Beijing is the capital of a country that has a profound history and a prosperous prospect. While hosting China’s more than five thousand years of history, Beijing is also characterized by its rapid advancements on economics, education, and technology. Beijing (<https://en.wikipedia.org/wiki/Beijing>)’s economy ranks among the most developed in China, which tripled in size from 2004 to 2012. The success of the economy allows Beijing to accommodate a great deal of Billionaires, gaining a reputation for being the “billionaire capital of the

world” by BBC news. The fast growing economy significantly increased Beijing’s skyscrapers and entertainment malls in the past decade; these modern buildings stand around Beijing like a wall of guards protecting the palatial heart of it all, the Forbidden City. Compared to its buzzing surroundings, the flat orange roofs of traditional hutongs in the center of the city lay calmly—a tint of Beijing’s past amongst this quickly progressing city.



Beijing’s history dates back to 3000 years ago. First, during the Tang Dynasty, it was a military and business center. Then, for a while, it was occupied by Mongolia’s leader Genghis Khan. Finally, during the Ming dynasty, central parts of the city was established, and the place became critical for long distance land communication. Being one of the last Four Great Ancient Capitals of China, Beijing was strategically poised and developed to become the home of the emperor, thus leaving an abundance of opulent temples, palaces, and gardens behind that

attract many tourists. Some notable examples include the Temple of Heaven—an imperial complex of religious buildings —and the Summer Palace—a place with a vast expanse of lakes, flora, and architecture that was built in the Qing Dynasty as a place for the emperor to spend the summer.

There are also tourist locations on the edge of the city, particularly Beijing’s mountains (which are perfect for hiking) and the renowned Great Wall of China. The northwestern parts of the city are marked by the Jundu Mountains, while the west is framed by the Western (xishan) hills. Spread amongst the winding topography of the surrounding peaks lays the Great Wall of China like a great ancient dragon protector of the city. The Wall was originally used to defend the city against nomadic invaders, it is now the considered one of the seven wonders of the world. Together, the sturdy mountains and the dragon that surround it, creates an atmosphere of pride and nobility that define the city.

Today, the sun sets, but this restless city continues to work. Under a vast sky, Beijing shines bright as it is continuing its economic expansion and technological innovations, racing the world to the top!

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DISCOURSE IN A FRAGMENTED WORLD

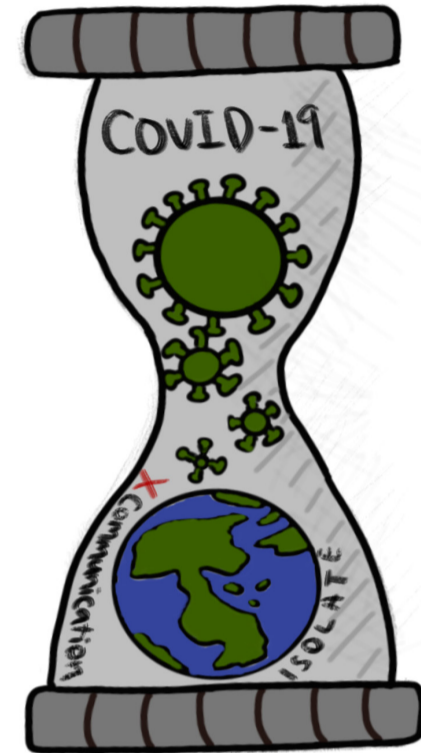
By Emily Parker

For this year's annual Beijing Model United Nations (BEIMUN) conference, delegates will gather together to discuss this year's theme: Discourse in a Fragmented World. Countries and leaders are struggling to find sufficient time, energy, and commitment to discuss issues that face the world today due to being preoccupied with ensuring care and safety of their citizens. Diplomacy is necessary to solve some of the world's leading problems. However, due to a multitude of factors, one major factor being COVID-19, there is a major lack of unification and communication between leading officials.

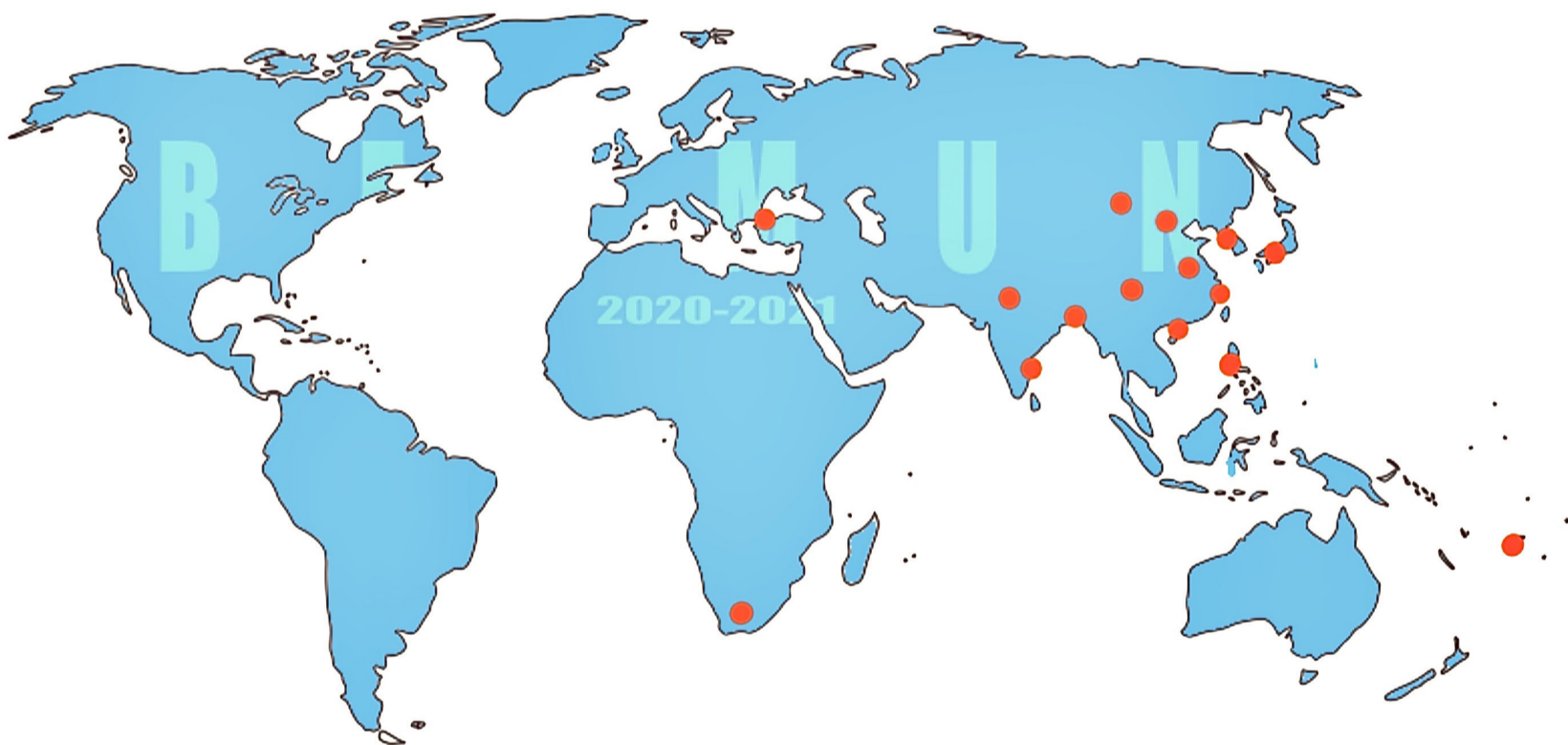
BEIMUN XXVIII 2021 Secretariat even states that "the United Nations, the world's foremost platform for common ground and reaching for global solutions to global issues, faces the threat of national leaders who refuse to engage in diplomacy, and who respond to problems with calls of protectionism and a return to isolationism." Because of the self-isolated, individualized lack

of unification between countries, citizens are now able to easily get away with the abuse of basic human rights, and the disregard and forgetfulness of catastrophic issues, such as climate change. Instead, countries are more focused on establishing a sustainable post-pandemic economy since extensive restrictions such as travel ban, quarantine, and physical distancing have limited countless business opportunities, leading to devastating effects on national industries.

The Secretariats of BEIMUN XXVIII 2021 recognizes this as one of the key issues the world faces at this moment, wanting to inform and make certain that this current generation acknowledges the importance of diplomacy and working together to tackle some of the world's biggest and disastrous problems. Though the world is at a disadvantage, we must navigate ourselves through this environment together to address contingencies and the reoccurrence of globally sound problem, instead of hiding in our own concrete bubbles.



SCHOOLS COMING TO BEIMUN XXVIII



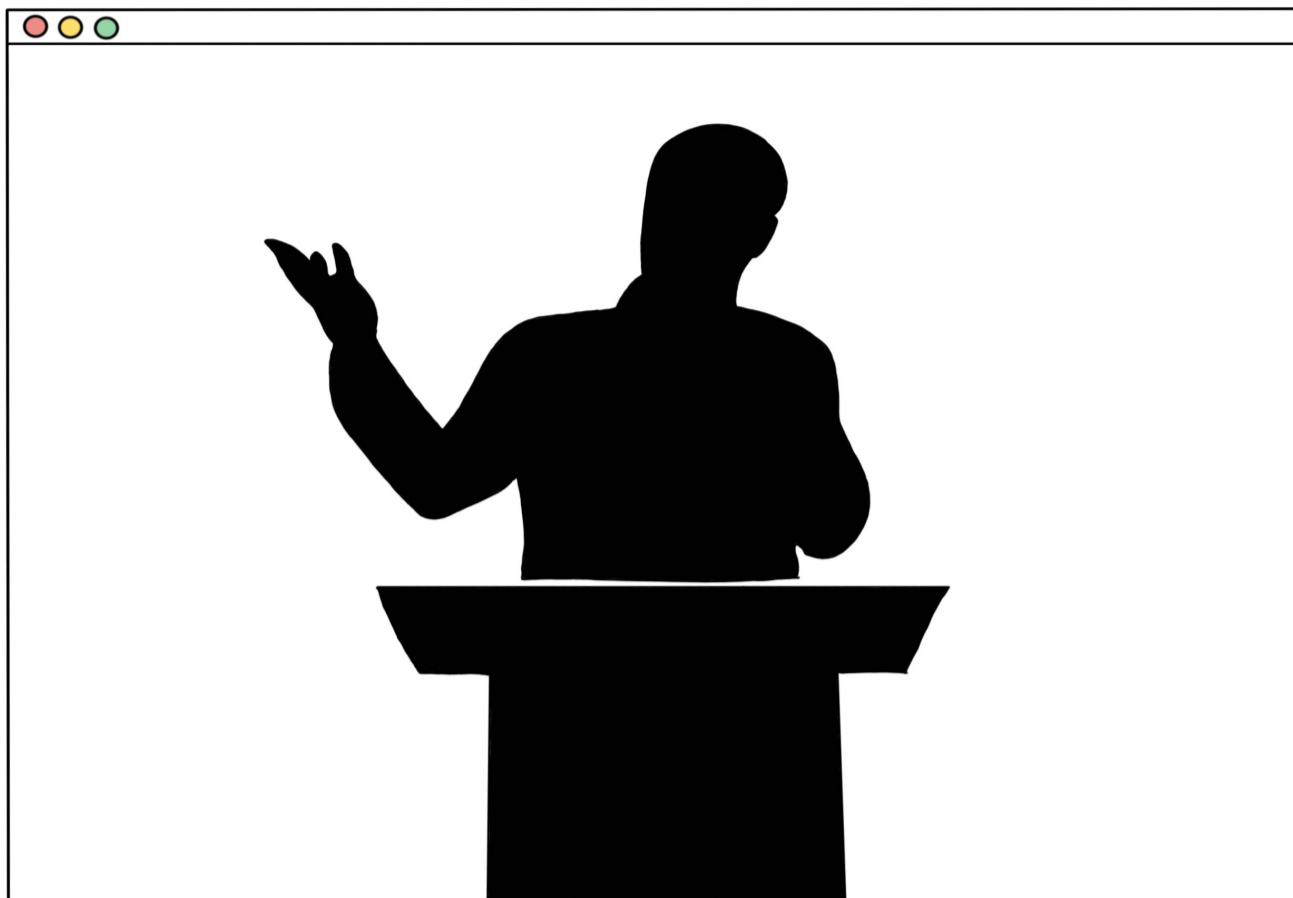
American International School Chennai
 American International School Dhaka
 American International School of Johannesburg
 Beijing City International School
 Beijing Huijia Private School
 Beijing World Youth Academy
 British School Manila
 British School of Beijing
 Canadian Academy
 Canadian International School of Beijing
 Cebu International School
 Concordia International School Shanghai

Dulwich College Beijing
 Dulwich College Suzhou
 German European School Singapore
 International School of Beijing
 International School of Tianjin
 International School of Ulaanbaatar
 Kaiwen Haidian Academy
 Kelly Yang Project
 Lcye Francais Jules Verne
 Nanjing Bond International School
 Nanjing International School
 Saint Joseph French High School

Seoul Foreign School
 Seoul International School
 Sha Tin College
 Shanghai American School, Pudong Campus
 Shekou International School
 Tianjin International School
 Tsinghua International School
 Utahloy International School Guangzhou
 West Island School
 Western Academy of Beijing
 Yat Sen Secondary School
 Yew Chung International School Shanghai-Pudong

TIPS FOR MUN SUCCESS

By Sophie Bai



MUN is all about simulating UN committees developing diplomacy and international relations. This extra-curricular activity requires delegates to demonstrate their public speaking, researching, debating, writing skills and trains their thinking

and teamwork abilities. In order to be successful, delegates need to prepare as many resolutions as possible about their country's position on the topic to be able to lobby others into their resolution. Nevertheless, it still may be stressful sitting in that large

Teams meeting, so here are a few tips for success:

1. Fully understand your topic and stance. Although a short amount of time is required to solve the world's most complicated problems, instead of being stressed, make it convenient. Take the time to fully understand your country's stance on the topic, unfold the topic into smaller issues, and match solutions with the issues. This way you can easily point out the issues in your speech.

2. Preserve diplomacy. Respect the other delegates even if they are completely at opposition of your points. Never display signs of rudeness or irritation. Instead, you should exchange compliments, agree and refute a proposition's weakness, then deliver your argument in a methodical manner. This will make your points more powerful, persuasive and you more professional.

3. Be concise. Facts are the backbones of speeches, however, never list too many facts that serve the same purpose. Too many facts can hinder the persuasion and arguments in a speech. Keep in mind that you are trying to lobby your delegates into your resolution. Therefore, include facts, but do not overwhelm your speech with them. Rather, fill the speech with strong arguments.

Finally, always stay mindful regardless of being in a conference or debate. Remember to know your topic, preserve diplomacy, and to be straight to the point. Best of luck to all delegates!

What Will Online BEIMUN Look Like?

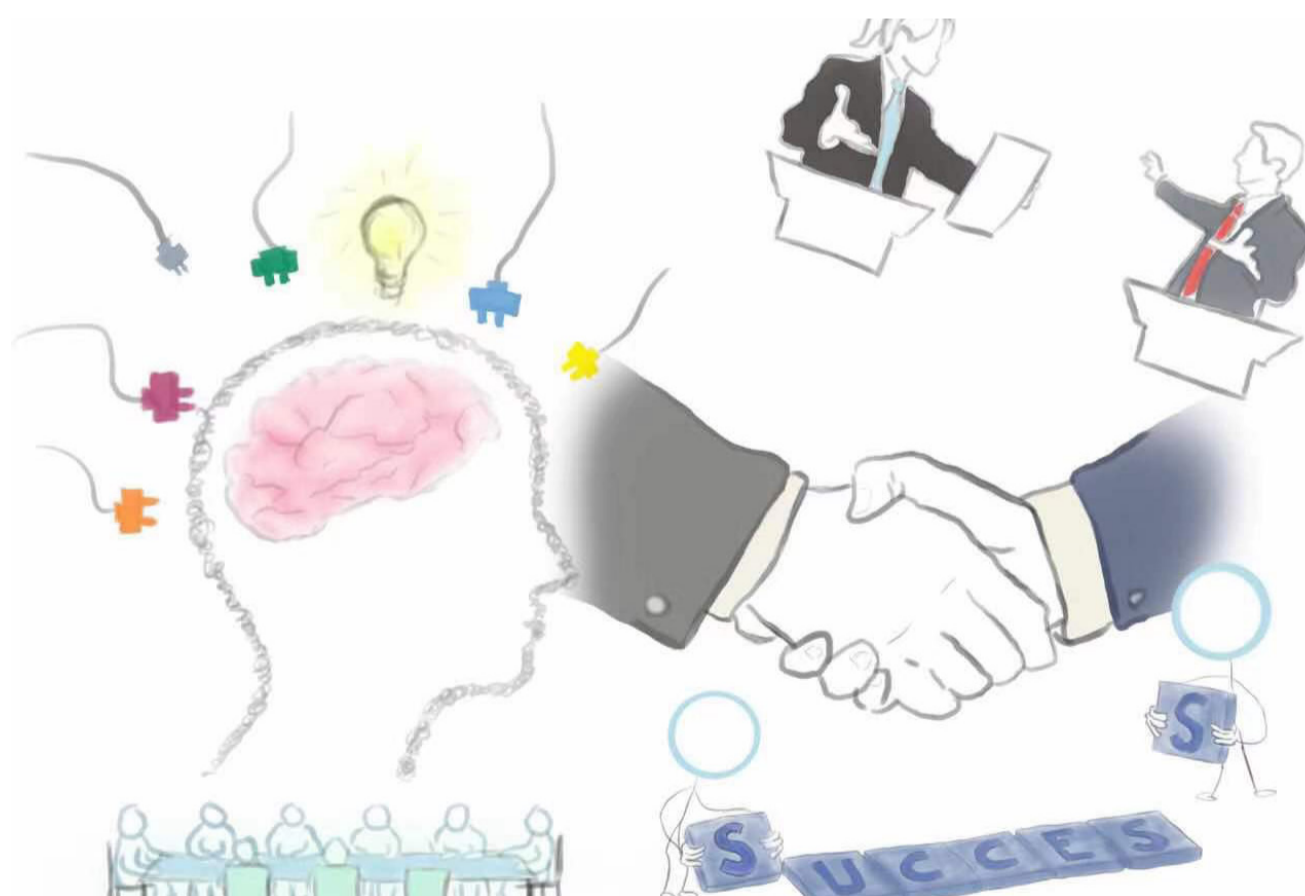
By Ivy Yang

As the long-anticipated BEIMUN approaches, delegates are eager to proffer their resolutions, polished through months of diligent preparations. Unfortunately, in regards to the restrictions presented by the COVID-19 pandemic this year, BEIMUN will occur in an unprecedented setting---through Microsoft Teams' online meetings. With this turn of situation, changes have been made to help delegates create a meaningful and memorable experience. Although the experience will be very different from previous years, delegates from all over the world will still be able to gather together and give their best at BEIMUN!

Through BEIMUN delegates' interviews, *Beiwatch* reporters have gathered some delegates' thoughts on their expectations, concerns, and personal goals on this year's online BEIMUN conference.

Interviewing an ISB grade 9 student Sally Kim, BEIMUN XXVIII will be her 12th MUN conference that she participates in. Kim comments, "I am looking forward to the lobbying procedure and debate because we are using new online platforms and we have never used one [before]..."

But one concern I have, is that MUN is an activity that requires us to communicate and collaborate, I think it would be much harder if we participate online." Additionally, Kim's personal goals are for her resolution to pass and to make as many speeches and P.O.I's (points of information) as possible. Similarly, for other student delegates participating



in BEIMUN this year, they are both excited and worried about the conference. BEIMUN and participating in a conference online is a new experience all together.

Hence, some delegates are slightly perturbed by the unknowns and uncertainties involved in this conference. Nonetheless, BEIMUN online is also a benefit for those who cannot travel to Beijing dur-

ing this time, thus increasing attendance without students worrying about transportation and allowing connection from multiple places.

Beiwatch hopes that delegates will embrace the change, enjoy a fresh and new experience, and present profound resolutions! Best wishes to all delegates!

COVID-19 VACCINES



By Sophie Bai

On December 31st, 2019, an unknown virus struck the city of Wuhan, Hubei province in China. Reported to the WHO, the unknown virus was identified as the coronavirus in January 2020, later named as COVID-19. The deadly virus quickly swept from Wuhan and soon turned into a global pandemic within a short period of time, becoming the greatest challenge of our time. Today in 2021, human civilization is still consumed by COVID-19 with the number of cases increasing everyday. Luckily, progresses on developing a viable vaccine have been made by world's biomedical research centers, and thanks to our diligent researchers, hope is on the horizon.

In order to invent a vaccine, scientist first need to understand the structure of the virus, and observe certain antibodies' effect in vivo, as, due to incompatibility or other problems derived from immune system rejection, a vaccine could be lethal to bodies. Experts particularly target several T-lymphocytes (memory cells) left in the human body after infections, because white blood cells can quickly take action when the body confronts the same virus again. Experts then concentrate on the B-lymphocytes, which are the defensive white blood cells that produce antibodies when antigens are detected by the memory cells. The study of these white blood cells has not stopped. Experts are still researching and observing how long T-lymphocytes can defend one's

body from the coronavirus.

After studying the virus and the antibodies, scientists were tasked with developing vaccines that would make people immune without becoming ill. There are already three types of vaccines that are ready to be largely tested in the United States. It is confirmed that these vaccines will give individuals immunity against the COVID-19 virus.

The first vaccine is the mRNA vaccines. The COVID-19 mRNA vaccines command the cells to produce an inoffensive piece of protein that is similarly found on the surface of the COVID-19 virus. Injected into the upper arm muscle, cells duplicate the protein to abolish the genetic materials from the vaccines. In this case, the cells will synthesize receptor proteins attached to their surface, which allow the immune system to spot the unrecognized protein and start generating antibodies. After the progression, our body has learned how to fight against the coronavirus if we are infected in the future.

The second vaccine is the Protein subunit vaccines. Similarly to the mRNA vaccines, this vaccine stimulate cells to produce inoffensive proteins that are likewise found on the surface of the COVID-19 virus. Once the immune system detects an unrecognized proteins presence, it will start producing T-lymphocytes and antibodies. Therefore, if our body gets infected by the coronavirus in the future, memo-

ry cells will know how to eliminate it.

The last vaccine is the Vector vaccines. The COVID-19 viral vector vaccines contain a weakened version of another existent virus (not the COVID-19 virus), the virus will be called the vector. The vector enters one of our cells, directing it to produce an inoffensive version of the COVID-19 virus. Same with all infections, the different protein will initiate an immune response. Furthermore, the immune system will stimulate T-lymphocytes and B-lymphocytes to defend the body.

The three types of COVID-19 vaccines work correspondingly the same. Although a short period of discomfort might be experienced after the vaccination, people who get vaccinated will not experience the serious effects of COVID-19 neither during the process of vaccination nor after getting vaccinated. With the main vaccines developed and approved, officials in their countries must decide upon which vaccines to use for their nations. Furthermore, to ensure that people receive the COVID-19 vaccines all over the world, manufacturing is taking place at high speed and in large quantities.

Today, mutations have occurred in the virus in some areas. As masks and social distancing have become less beneficial, WHO states that vaccines have become a key tool to stop this pandemic.

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6 CURRENT NEWS

First Time in History:

Postponement of Olympic Games

By Dorothy Du



On March 24th, 2020, the Tokyo 2020 Summer Olympics were postponed, due to the Covid-19 pandemic, to a time “beyond 2020 but not later

than summer 2021 (Tokyo Organizing Committee).” Although disheartening to see this event--the climax of many athlete’s blood, sweat, tears, and dreams--postponed, the promise that the Olympics would return the next year became “the light at the end of the tunnel in which the world finds itself at present (TOC).”

The President of the Tokyo 2020 Organizing Committee, Mori Yoshirō, said: “I proposed that the Games should be hosted between July and August 2021. A certain amount of time is required for the selection and qualification of athletes and for their training and preparation [...] rescheduling the Games during the summer vacation in Japan

would be preferable.” As of now, the official dates for the upcoming international multi-sport event is scheduled to be held from 23 July to 8 August 2021 in Tokyo, Japan.

This is the first time the Olympic games have been postponed and rescheduled rather than cancelled. The official name still remains to be “Tokyo 2020” for marketing and branding purposes.

Although many worried about the travel restrictions that came with the pandemic, it seems that all athletes already qualified and quota places already assigned will remain unchanged. Additionally, Japan is planning to ease their border restrictions in order for the event to run effectively.

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Who is Beiwatch?

By Asher Sevy

Beiwatch is a resident newspaper team that covers the BEIMUN Conference. As well as reporting on BEIMUN, our newspaper, run by students, also covers other topics relating to the conference, such as current events and important global issues.

However, creating a newspaper is not as easy as it seems. The news team consists of editors, reporters, photographers, artists, and layout designers, and every member is constantly hard at work to ensure delegates are updated with a fresh *Beiwatch* Issue in their hands every morning while the conference is in session. As Henry Ford once said, “If everyone is moving forward together, then success takes care of itself.” First, the reporters research their topic and write multiple drafts, which the editors read through and revise. The photographers visit different committees to capture the

best moments, and the artists get to work creating cartoons, artwork, and more. Then, the final drafts, photographs, and artworks are given to the layout designers, who put everything together for printing. As one can imagine, creating a newspaper is a lot of work which is why each member of *Beiwatch* devotes their full effort into delivering a fresh paper in your hands every morning.

Our newspaper includes not only articles but also cartoons, artwork, photographs, puzzles, and more, making it both entertaining and informative. Our readers are a vast and diverse audience, and whether you enjoy debates, like to stay updated on current events, or just enjoy reading what is being reported on BEIMUN, this newspaper is for you. Despite being online this year, our aim has not changed: To keep our large variety of readers up to

date with the conference and gain support for BEIMUN and other MUN conferences at ISB. As you prepare for your next Teams meeting, remember to “pick up” your copy of *Beiwatch* on the BEIMUN website!



Forest Fires in 2020

By Emily Parker

This has been the year of fires.

Across continents and climates, uncontrollable and destructive wildfires are becoming an expected part of annual calendars. 2020 has seen many massive wildfires and forest fires around the world, from the 45 million acres scorched during Australia’s 2019-2020 bushfire season to the record amount of carbon dioxide released from wildfires in Siberia.

By December 18, 2020 there were about 57,000 wildfires compared with 50,477 in 2019, according to the National Interagency Fire Center. More than 10.3 million acres were burned in 2020, compared with 4.7 million acres in 2019. Five of the top 20

largest California wildfires occurred in 2020, according to CalFire’s list, burning a record of 4.2 million acres, damaging or destroying 10,500 structures and killing 31 people.

There are many contributing factors to an increased occurrence of forest fires in 2020, one of the key factors being climate change, according to the Environmental Defense Fund. This is because wildfire risk depends on factors including temperature, soil moisture, and a presence of trees, which are all directly tied to climate variability. Projections of the U.S. West show that an average annual 1-degree Celsius temperature increase would increase the

median burned area per year as much as 600 percent in some types of forests.

To resolve this issue, experts from around gathered at the Global Landscapes Forum to discuss the state of fires in the world today and to develop integrated fire management approaches and long-term solutions. This will be a discussion that delegates will have in the coming days, and hopefully, develop a resolution to settle this phenomenon.

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Entertainment Highlights of 2020

By Asher Sevy



The COVID-19 pandemic has brought a multitude of trials and problems to the world, but let us not forget the bright side. This year, many new books, movies, and songs have been released, with a variety of genres and themes to fit the public's diverse tastes of interests.

Books

A myriad of all-new bestsellers have come out in 2020, including "Clap When You Land" by Elizabeth Acevedo, a book about two sisters who come together when their father dies; "The Inheritance Games" by Jennifer Lynn Barnes, a thrilling mystery about a girl who inherits a billionaire's entire fortune; "Dear Justyce" by Nic Stone, about a teenager named Quan who is charged for killing a police officer; "You Should See Me in a Crown" by Leah Johnson, about a girl who tries to get a scholarship to an expensive school by winning the prom; "A Good Girl's Guide to Murder" by Holly Jackson, a murder mystery about a girl who tries

to solve a case about a murder that took place five years prior, and many more.

Movies and TV

This year, the award-winning musical "Hamilton" was finally released to Netflix, raising a wave of excitement amongst those who missed the live performances. This musical has very high ratings: an 8.5/10 on IMDb, a 98% on Rotten Tomatoes, and a 90% on Metacritic. Lin-Manuel Miranda, Hamilton's playwright, also played the titular role of Alexander Hamilton, one of the Founding Fathers of the United States. "Hamilton" featured a very diverse cast, with non-white actors as the Founding Fathers as well as other roles. This musical, now on Disney Plus, shows the importance of being true to one's family, doing what is right, and "not throwing away your shot," and will inspire many to come.

"News of the World" is a newly-released Western that addresses slavery and racism in the 1800s, with Tom Hanks as the lead role of Captain Kyle Kidd, a former captain in the Civil War who travels from town to town, reading the news to those who do not have access to it. This new film is especially important and beneficial in this current time, as it provides insight into this period of history as well as confronting ongoing racial inequality, and would interest our delegates in the Human Rights lobby.

Disney has recently released many new movies, such as "Soul," "Wonder Woman 1984," "Onward," "Trolls World Tour," "The Croods: A New Age," "Stargirl," "Black Beauty," "The Call of the Wild," "The One and Only Ivan," "Mulan," and

more. "Soul," a Disney Pixar animated movie starring Jamie Foxx, Tina Fey, and Daveed Diggs, is the first Pixar movie to have an African American main character. It is about a middle-aged jazz teacher (Jamie Foxx) who accidentally finds his way into a premortal realm called the "Great Beyond" after dying unexpectedly, and then tries to help a soul named 22 (Tina Fey) find her reason to start living. "Trolls World Tour" is about different communities of trolls who each have their own genre of music, and the Pop Trolls are trying to stop the Rock Trolls from taking over the whole world. Many of these Disney productions share common themes such as individuality, new ideas, freedom, and love, which are all considered vital and precious in this danger-, fear-, and disorder-punctured year.

"Love and Monsters," directed by Michael Matthews, is a new 2020 post-apocalyptic comedy about a teenager named Joel (Dylan O'Brien) who travels eighty-five miles across monster-infested land to reach his girlfriend's colony and be reunited with her. It has received a 92% rating from Rotten Tomatoes and a 7/10 from IMDb. This film combines the not uncommon genre of apocalypse movies with a kid-friendly romantic comedy, and it bears the overarching themes of going out of your comfort zone, facing your fears, and following your heart.

Songs

According to Spotify, the number one most streamed song of 2020 is "Blinding Lights" by The Weeknd, followed by "Dance Monkey" by Tones and I, "The Box" by Roddy Ricch, and "Roses –

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E-Learning - How Do We Survive It?

By Asher Sevy

From bad internet to battery drain, from time zone differences to Teams meetings, E-learning has brought a whole new wave of challenges to the educational realm. At times, it feels impossible to make it through online school, so here is the question many have wondered: How do we survive it?

Here is some advice from an expert. Christopher Pappas, founder of eLearning Industry Inc., has ten tips for "getting the most out of your eLearning course." According to Mr. Pappas, some important study tips are to "understand online learning practices and expectations," "make sure that you have reliable internet access," "have a dedicated study space," "identify your learning objectives and goals," "build a study plan," "ask for help when you need it," "review, revise, repeat," "take study breaks," "participate in online discussions," and "stay motivated." Essentially, in his article, he recommends having a strong internet connection, having a well-organized workspace, understanding the technology, knowing the goal of each lesson, and working hard to do well. As well as tips from an expert, here are some tips from the first-hand experience of students.

Much of E-learning's difficulty is due to stress and the lack of sleep. The best way to relieve stress is making sure you have time to relax. Find something that makes you happy, such as watch a movie, go outside for some fresh air, play sports with friends, or simply curl up and read a good book. Reducing stress not only helps you sleep better, but it also improves your mental and physical health enormously.

Secondly, although you are stuck at home, make sure you maintain a healthy lifestyle. This can be accomplished by going on daily walks or running on a treadmill, starting a healthy eating plan, working out at home if you have weights, drinking at least eight cups of water daily, and more. Working out and exercising actually makes you feel less tired and helps you to feel more awake and ready to learn.

E-learning is already difficult, but it is even harder if you do not have a well-organized and comfortable workspace. Make sure to keep everything you need close by, but do not clutter your space! Keep a water bottle near you to stay hydrated and try to maintain good posture. Ad-

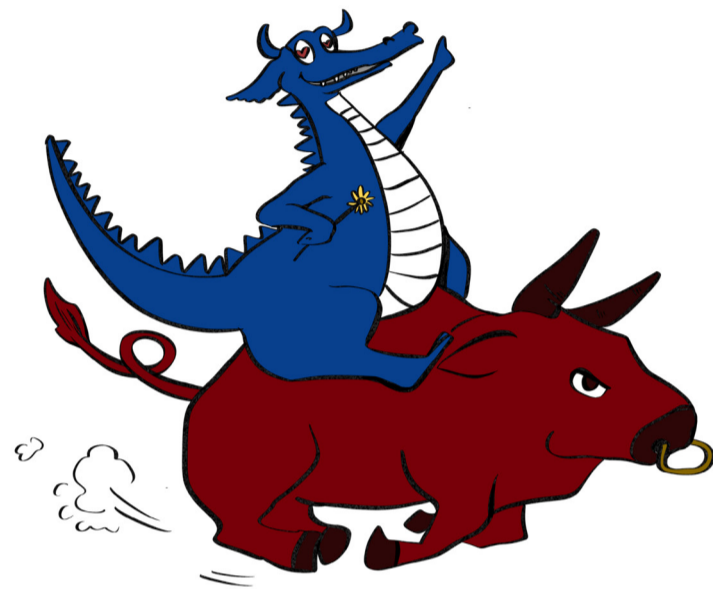
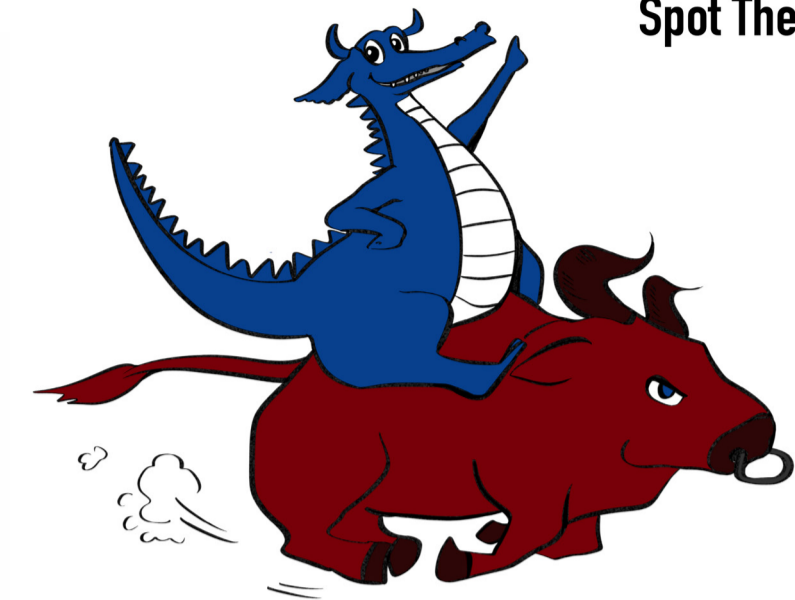
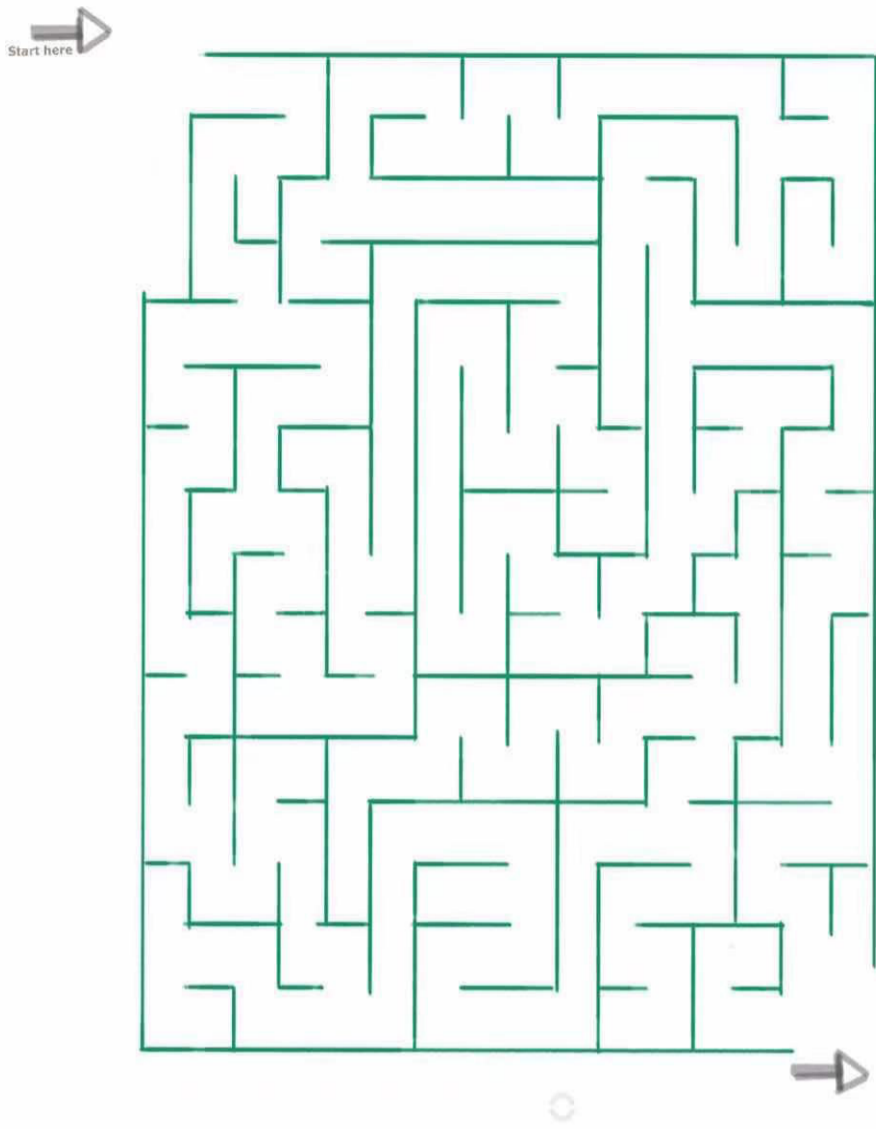
ditionally, since you are going to be sitting in the same place for seven hours, make sure that your chair, or couch is comfortable enough to be in for extended periods of time.

The pandemic makes it hard to hang out with friends, but there are still ways to have some social interaction during E-learning, such as hosting your own calls with your friends on Microsoft Teams or planning an activity together. Social interaction is of great importance to your mental health, so do not leave it out of your schedule! Overall, the most important thing to remember is that mental health is as important as good grades, so make sure to pay attention to both!

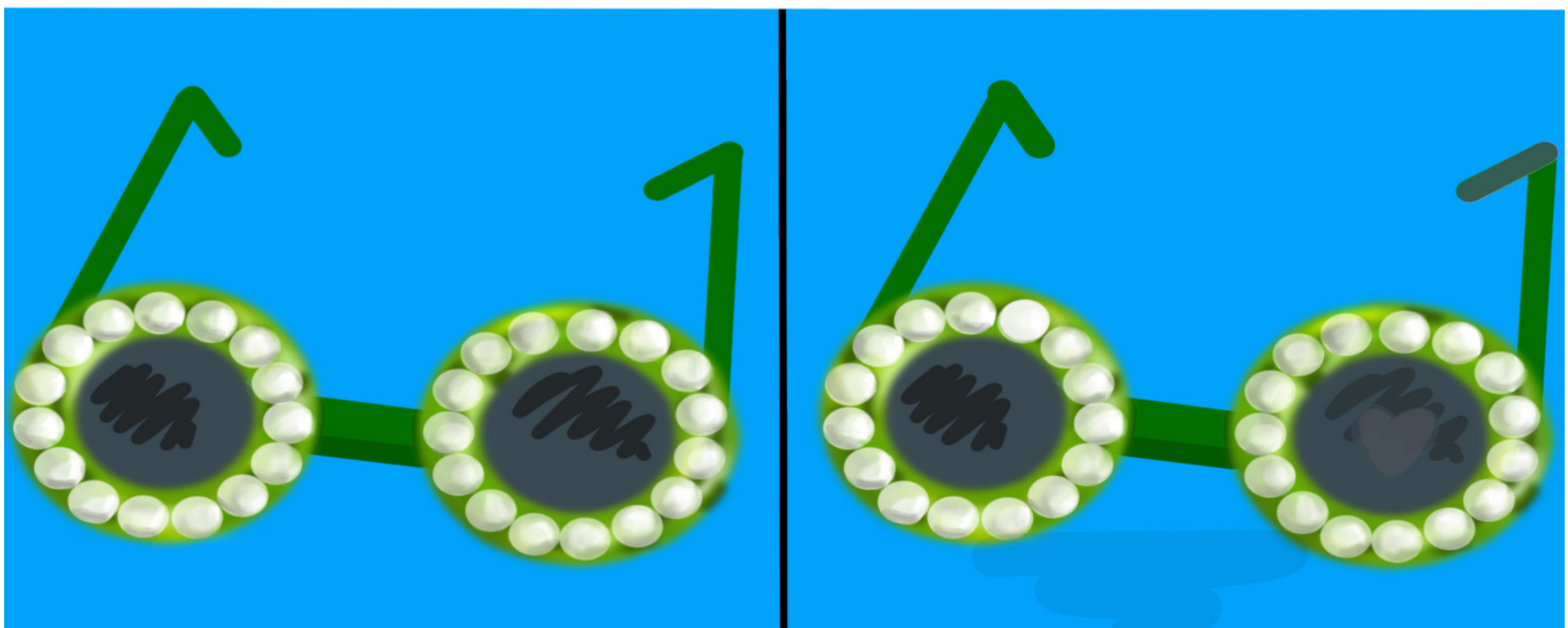


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