

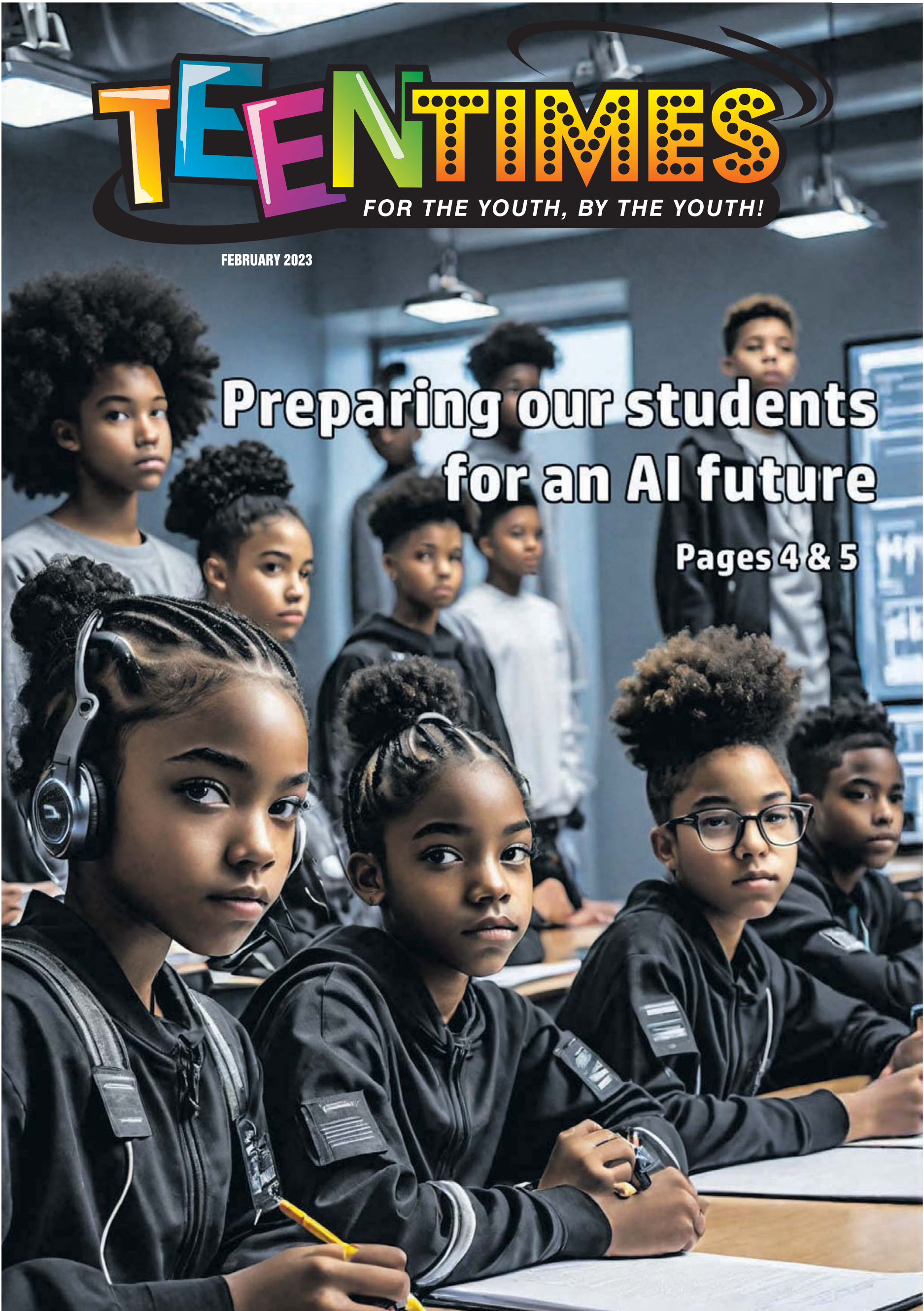
# TEENTIMES

FOR THE YOUTH, BY THE YOUTH!

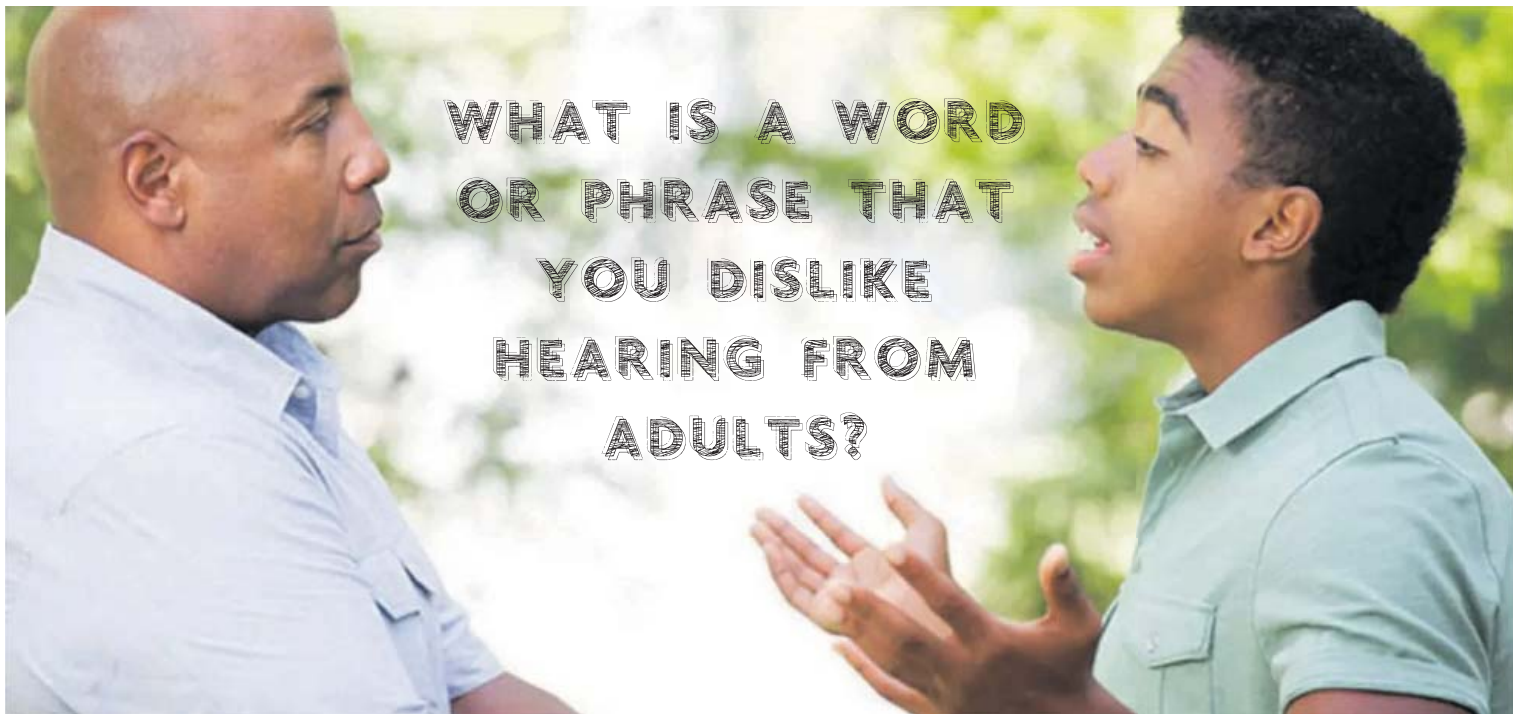
FEBRUARY 2023

## Preparing our students for an AI future

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***“You are older.” I’m sure all elder siblings can relate to not liking this phrase. Being older doesn’t always mean that I have to give something up just because my younger brother or sister likes it more. Growing up, I’ve heard this phrase so many times that I’d be rich if someone offered me a dollar for each time my parents***

actions. As we grow older, we experience more complex emotions that are hard to describe. Our parents may still believe that they can read us like a book, but we know it is not always the case. Every person reacts differently to a situation, and what worked for one child may not work for another. It’s important for par-

good.” When parents say this, it does nothing but neglect our opinions and desires. It does not make them seem more caring or considerate of our future. In fact, it makes them seem controlling and unreasonable, suggesting that we should follow their command. Adults who say this do not understand how we think or feel about it. It would be much better if they stopped saying this and instead had a meaningful conversation with us.

and unsupportive and make the person feel belittled and discouraged.

I dislike hearing adults say, “You are still too young to do it.” Adults don’t allow us to do many things and think that most things we do are wrong. I believe it is possible to do things in a good way even though we are not adults. They should trust us and give us a chance to try and improve.

“Do your homework.” While it is important to prioritise academic tasks, this phrase can sometimes feel condescending or dismissive of other interests and activities. Encouraging a balanced approach to learning and allowing for personal growth is more effective in fostering a well-rounded individual.

It is definitely when they use the term “faster”. I understand that adults sometimes get frustrated when we don’t complete things as quickly as they want, but their demanding and bossy tone annoys me a lot. I think we can agree that we aren’t able to complete things at a high efficiency at all times, but we mostly do get tasks completed at the end of the day. Adults shouting and moaning “faster” not only fails at helping the situation, but distracts me and get me worked up on how they get impatient so quickly.

“It’s not that hard” is a phrase often used to downplay the challenges I face as a student. When adults use the phrase, it minimises the effort and dedication required to excel academically. Adults sometimes also complain about how I am not good at a particular activity that they can do well. But they should understand that everyone’s situation is different.

“I told you so.” This phrase is often used condescendingly by adults to make someone feel like they were wrong or foolish for not listening to their advice. It implies that the adult knew better all along, and the person should have known better than not to follow their guidance. It can come across as dismissive



***have said this. Being older as a child doesn’t instantly make me mature; I’m still just a child, so why do I have to give up on some things?***

I dislike it when adults say, “It’s for your own good” to impose their opinions on us. Experience doesn’t automatically make their viewpoint superior. We have our own thoughts and styles. Is it beneficial to emotionally manipulate us with this phrase? I don’t think so. It is also important to respect our perspectives instead of passing judgement.

I hate it when my mum says, “I’m fine.” Sometimes, when I’m feeling down, my mum will ask me, “What’s wrong?” and pat my back. But whenever I want to comfort her, she says, “I’m fine”. If she can comfort me, then why can’t I? Perhaps she thinks only parents can take care of kids. I think it doesn’t matter if it is a parent or a child; we need to take care of each other.

“I know you better than anyone else,” or “I can tell how you feel.” While it may have seemed comforting at first, it can also make us feel self-conscious about our

ents to remember that, instead of making assumptions and offer guidance and support to their children. As grown-ups, the best way is to use your experience to provide advice, but ultimately, you should trust your children to know themselves better than anyone else.

“I’m doing this for your own





# MILTON PETERS COLLEGE AND SUNDIAL SCHOOL – SPIRIT WEEK!

BY ASANTÉ PHILIPPS

*Spirit Week at school is all about motivation and confidence, getting students to step out of their comfort zones and have school spirit. By encouraging students to participate in dress-up days – such as “Pyjama Day”, “Throwback Thursday” and “Crazy Hair Day” – it allowed them to showcase their creativity and come together to celebrate their school. Dress-up days like “Twin Day” and “Triplet Day” also allowed students to build friendships and create lasting memories.*

Spirit Week at Milton Peters College (MPC) was filled with innovative days for MPC students to portray their creative side. Through this week-long event, MPC raised their school spirit through the roof! They encouraged students to step out of their comfort zone and take pride in their school. The week also created lots of friendships and enthusiasm amongst MPC students. The first day of MPC Spirit Week was “Anything-but-a-bag Day”, which allowed the students to get creative and let that side of them show amongst their peers. The second day was “Pyjama Day”, which was one of the all-time favourites, because the students were extremely comfortable at school in their pyjamas.

The third was “Wear your favourite team jersey Day”, which allowed MPC students to get to know one another better. Students wore their own jersey, allowing their peers to know what sports they played and what team they are on, making a way for future support and conversations. Moreover, by wearing team jerseys, students discovered which students they had something in common with, thereby building new friendships. The fourth day was “Throwback Thursday”, which had MPC students tapping back into old days and getting creative with their 70’s, 80’s or 90’s outfits. The last day of Spirit Week at MPC was “Twin Day”. On this day, everyone saw the friendships and bonding at MPC. Spirit Week really brought MPC students together.

The school spirit was not only present at MPC, but also at Sundial, as Sundial School also observed Spirit Week. So much creativity, laughter and excitement all in one week at Sundial School! The Sundial students started their first day of their Spirit Week with “Skittles Day” – a day during which they wore their brightest colour clothes to show school spirit. To keep the students unified at Sundial School, they decided to make day two “Triplet Day”. On this day, friendships were formed at Sundial and the unity amongst the

students was present. On day three, to showcase their interests in different types of sports, the Spirit Week event was “Favourite Sport Day” – Sundial students dressed up in their favourite sports uniform, which had them expressing themselves and their interests.

Sundial School students are known for their creativity, and that was seen on day-four of their Spirit Week with “Crazy Hair Day” – a day filled with laughter and vibrant-coloured hairstyles. To top off their Spirit Week in the best way possible, Sundial School ended Spirit Week with “Rep Your Country Day” – a day on which they truly got to know their peers, as it allowed for students to stand out and represent their cul-

ture and heritage. The Sundial School Spirit Week did a really good job bringing laughter, unity and creativity amongst students, which is truly what school spirit is all about.

*School Spirit Week at both schools really showed everyone what school is all about and how to stay motivated. Through School Spirit Week, the students of both schools made friendships and/or made their friendships even stronger. Students were able to step out of their comfort zone and feel more confident amongst their peers and on the school grounds. Milton Peters College and Sundial School truly had an amazing Spirit Week!*





# THE IMPACT OF AI ON TEENAGERS AND THEIR FUTURE

*Artificial intelligence (AI) has become an integral part of our daily lives, revolutionizing various industries and transforming the way we interact with technology. For teenagers, AI presents both opportunities and challenges that shape their experiences and future prospects. In this blog, we will explore five significant impacts of AI on teenagers, delving into the opportunities it offers and the challenges it brings.*

## 1: Enhanced learning experiences

AI-powered educational tools and platforms have opened up new possibilities for learning. Intelligent tutoring systems, adaptive learning platforms, and virtual assistants provide personalized learning experiences tailored to each teenager's needs and learning style. AI algorithms analyse students' progress, identify knowledge gaps, and suggest targeted resources for improvement. This individualized approach to education enhances engagement, boosts academic performance, and prepares teenagers for a tech-driven future.

## 2: Career pathways in emerging technologies



## ing technologies

As AI continues to advance, it creates new career opportunities for teenagers interested in technology. Fields such as machine learning, data science, robotics, and AI development are in high demand. Teenagers can explore these emerging fields,



gain relevant skills, and pursue careers that were not as prominent in the past. AI empowers teenagers to become innovators and contribute to shaping the future of technology.

## 3: Ethical and privacy concerns

While AI brings numerous ben-

efits, it also raises ethical and privacy concerns for teenagers. AI algorithms collect and analyse vast amounts of personal data, which can raise questions about privacy and data security. Teenagers need to be aware of how their data is being used and ensure responsible and

ethical practices are in place. Educating teenagers about the ethical implications of AI and promoting digital citizenship is crucial to navigating these challenges.

## 4: Influences on social media and online experiences

AI algorithms play a significant role in shaping teenagers' online experiences, particularly on social media platforms. AI-driven algorithms curate content, suggest friends, and personalize advertisements based on users' preferences and behaviour. While this can enhance user experiences, it can also create filter bubbles, reinforce biases, and impact mental health. Teenagers need to be critical consumers of AI-curated content and develop a healthy relationship with social media to mitigate potential negative

effects.

## 5: Future workforce and job market dynamics

The integration of AI into industries impacts the future workforce and job market. Some jobs may be automated, while new job roles emerge. Teenagers need to develop a skill set that complements AI technologies and positions them for success in a changing job landscape. Skills such as critical thinking, creativity, emotional intelligence, and problem-solving will be highly valuable in an AI-dominated world. Encouraging teenagers to develop a growth mindset and adapt to technological advancements is vital for their future careers.

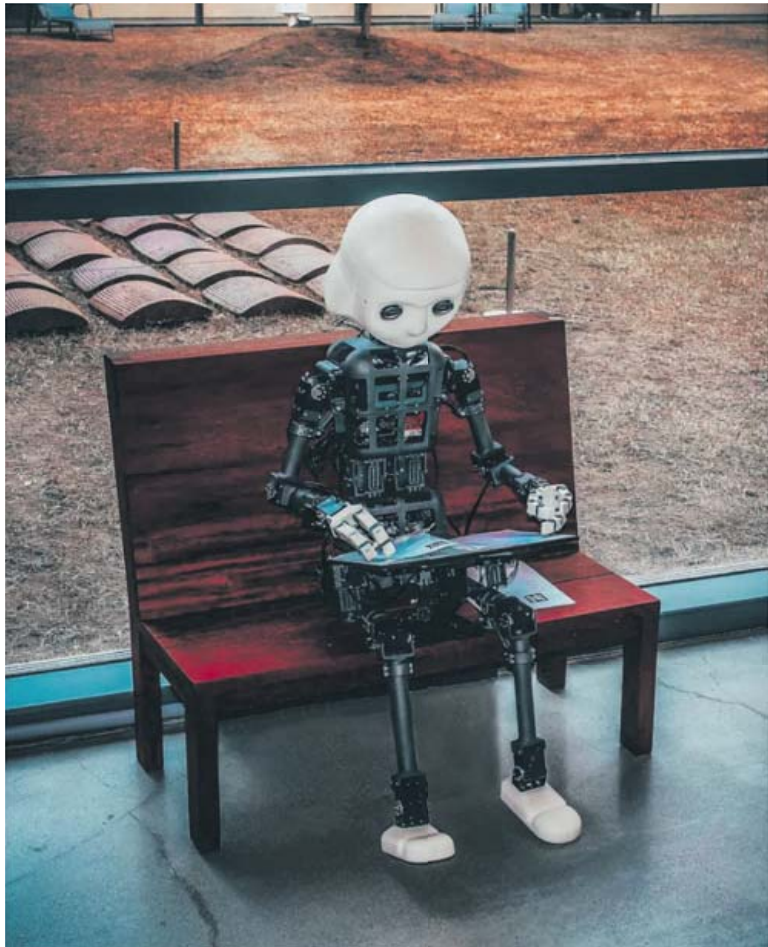
Artificial intelligence (AI) will impact your child's future career. As we write this, no one can have a firm understanding of **how** it will make an impact.

The ripple effects and unintended consequences will play out in the months and years to come. But like all new technology, it will cause change. With the addition of AI, 30% of hours worked today could be automated by 2030.

Throughout history, new technology has always impacted the world of work. Robots changed auto-making. Self-scanning changed the grocery experience. Cell phones changed so many things! Likewise, AI can eliminate some work functions that are completely automatable.

Keep in mind that new technology is also a creator of jobs. Generative AI identifies patterns across enormous sets of data and generates new content and can be used as another





tool in the completion of many jobs. It will help workers to be more effective, productive, and creative. It will also create jobs we can't even anticipate today. The use of AI as a tool allows for some of our time to be freed up to do other things.

#### Which types of jobs will be most impacted by AI?

Unlike robots doing physical tasks, AI can perform and assist with data collection and analysis. Jobs with a high level of exposure to AI tend to be in higher-paying fields where a college education and analytical skills can be a plus.

AI can be used to write code, design products, create marketing

content and strategies, streamline operations, analyse legal documents, provide customer service via chatbots, and even accelerate scientific discovery. Budget analysts, tax preparers, technical writers, and web developers are some of the job titles with a higher exposure to AI. Fields like nursing, construction and cosmetologists, for example, have a lower exposure because those careers require physical skills.

The future is uncertain, but students can be proactive. We do not have a crystal ball and cannot know what careers will explode and which will dry up completely. However, we suggest families consider the following when

thinking about future careers:

- Your student needs to acquire appropriate skills in technology to be relevant in their industry.
- Your student needs an understanding of the foundational elements of their field of interest (supply chain, healthcare, accounting, editing, etc.). These fundamentals are the basis of knowledge they'll build on, no matter how technology impacts the field.
- When researching careers and performing informational interviews, students should ask questions about the potential impact of AI and other technology changes. People currently in the field will have the best finger on the pulse of how AI/tech may impact their field. (Informational interviews are a valuable career research tool and are part of our Guided Self-Assessment service.)

- Continue to engage with education and skill-building throughout their entire careers (more so than the prior generations). Today's students need to be lifelong learners and grow with technology. Prepare to upskill and be nimble as the career path's hills and valleys and twists and turns

present themselves.

Encourage your student to think about the impact of technology when researching careers. Understand that as with all new technologies, we all need to stay on top of changes as they come. The world of work will continue to evolve, as it always has, with each new technology. AI has the potential to cause major changes to the world of work; however, like any other tool, the successful employees will use it and adapt with it.

#### Conclusion

Artificial intelligence has a profound impact on teenagers, providing exciting opportunities while presenting unique challenges. By embracing AI's potential, teenagers can benefit from enhanced learning experiences, explore new career pathways, and become active contributors in shaping the future. However, it is equally important to address ethical concerns, understand the influence of AI on social media, and prepare for the changing job market dynamics. By navigating these opportunities and challenges thoughtfully, teenagers can maximize the benefits of AI and build a successful future in the digital age.





# ERICA VLAUN: WORK SMARTER, NOT HARDER

- A discussion about AI in education -



BY MAKAYLA COOKS

**A mother of one, Ms. Erica Vlaun is newly a Career Guidance Counselor, who has been in the teaching profession since 2009. She came forward to give some insight on ChatGPT, sharing from her experience as a teacher.**

Ms. Vlaun began as a biology teacher and says it was an interesting experience for her. She loved the subject *biology*, as it gave her the opportunity to excite children about life and science as, according to her, the subject of biology is the basics of life.

In 2022, Ms. Vlaun transitioned from a long-term biology teacher to a Career Guidance Counselor and she describes the transition as “easy and challenging”. Whilst also being a teacher, Ms. Vlaun took on the task of being a mentor. Thankfully, she stayed in contact with the former Career Guidance Counselor, so she was up-to-date with what and how stuff needed to be done. Furthermore, she had multiple challenges and tasks as she was Career Guidance Counselor for both Milton Peters College and Sundial School.

All in all, her overall experience had its ups and downs as dealing with children can be a bit of a hassle; nevertheless,

there were still good days that made her realize that her profession choice was definitely worth it. In her eyes, the difficulty of getting teenagers excited about school combined with the world being in their hands has drastically changed the way students need to learn, meaning that the learning system is in desperate need of improvement.

The influence of social media has also heavily impacted the process, as teenagers tend to look up to social media influencers, such as vloggers; and they tend to think less of teachers, who are seen as “a joke” in their eyes. In addition to that, Ms. Vlaun opined that there is the feeling among students that there is no reason for school since money can be made without a diploma.

Consequently, even though Ms. Vlaun could not give a detailed plan yet, she suggested that as a solution, education has to become more individualized, because what teachers may think a student must learn might not be the case, or the student could probably learn on their own through experience and research. However, the incorporation of such a plan would be very difficult to execute as the interests of students would come into

play.

Ms. Vlaun’s opinion on ChatGPT was 50/50 as she is on the fence to liking the tool. She described how ChatGPT has made its way to the forefront in the school system by comparing it to the same way telephones and social media came into play as a tool we can use to our liking. Yet, she has no idea if this tool would bring negative effects in the system the same way the use of telephones has.

However, since ChatGPT is a tool that is going to be used throughout life, students should be taught how to correctly and adequately import ChatGPT information. At the end of the day, it is about “working smarter not harder”, says Ms. Vlaun, as she herself uses it and is sure that it will be used in the future. The use of ChatGPT is a major factor that the educational system is struggling with because there’s little to no research on how it affects the students.

Ms. Vlaun raised questions, such as: “Would children learn less, hence them not actually knowing about the assignments they made with the use of ChatGPT?” or “Will students suffer more in the future if ChatGPT becomes mandatory?” – which is why research

must be urgently done. Ms. Vlaun also stated that if there were key factors to be learnt through the assignment that a student must make, then ChatGPT should not be permitted. Nonetheless, ChatGPT is still being used, whether the teacher may or may not know.

Ms. Vlaun also stated that the upcoming generation of teachers may have the upper hand in this ChatGPT epidemic as they will be better equipped with the innovative tool and will be incorporating it in the curriculum. Whereas, the older generation of teachers does not have this advantage due to them not engaging much in media, which may cause a gap of confusion. Therefore, the new generation of teachers could be the crucial turning point of learning as they may be able to revive the need and motivation to learn in students.

In Ms. Vlaun’s opinion, ChatGPT may become a successful and useful tool that will make everyone, including the teacher, work a little smarter, but only time will tell its effects in the long run.





# HEINEKEN REGATTA - SAILING THROUGH TIME

**Every year the beautiful waters of St. Maarten host the world-famous St. Maarten Heineken Regatta, bringing together thousands of talented sailors from all around the world. The race has not only attracted skilled athletes, but also fans, who have joined us repeatedly to see who will be victorious in this thrilling race. This year will be no different, as the excitement of seeing who will come out on top already fills the air; however, how did we get here?**

In 1980, a group of sailors organized a friendly competition in the clear waters of St. Maarten, using the cooling northeast trade winds to their advantage. Little did they know that these 12 boats would build the foundation for a world-

class regatta that would stand the tests of time and Mother Nature. Soon after, in 1983, Heineken would become the main sponsor of the regatta, and in 1990, a third day would be added. At first, the race hosted mostly local sailors; however, as the word spread about the amazing sailing conditions and warm hospitality of St. Maarteners, international sailors started joining the event, transforming the regatta into the global spectacle it is today. Most recently, a fourth day was added in 2005, giving the sailors even more opportunities.

The St. Maarten Heineken Regatta is set apart from other races as it is not only a showcase of a sailor's prowess, but also an extravagant showcase celebrating island life.

The four-day race is filled with live entertainment, delicious food, and the cheers of adoring fans, creating an environment where camaraderie and celebration can thrive. The regatta is more than just a competition; it is a celebration of the sea and sportsmanship.

The success of St. Maarten Heineken Regatta has not come without challenges. The race endured the unpredictable weather that comes with hosting an open water race, but even after suffering the effects of several hurricanes, the event went on. Despite the race being suspended in 2021 due to COVID-19, the organizers pushed forward bringing the regatta back afterwards, stronger than ever. All the challenges faced

have strengthened the St. Maarten Heineken Regatta's reputation as a one-of-a-kind, premier event.

As we look forward to another thrilling edition this year, the legacy of the St. Maarten Heineken Regatta reflects the passion many have put into shaping the regatta into what it is today. From its humble beginning, the race has now become a world-class event that stands as a symbol of sportsmanship, and love for sailing, and the sea. Now is the time when the boat comes together once again, ready to embrace the challenges and triumphs of navigating the beautiful and unpredictable seas of St. Maarten.





# THE IMPORTANCE OF BLACK HISTORY AND ITS CELEBRATION WORLDWIDE

BY ARTI BULLAND



*Black History Month is an annual observance dedicated to honouring and recognizing the achievements, contributions, and struggles of African people and their ancestors and pioneers throughout history. It originated in the United States and has become a global commemoration, celebrated in various meaningful ways across the world.*

The origins of Black History Month can be traced back to the early 20th century when an African American historian and educator, Carter G. Woodson, founded the Association for the Study of African and American Life and History. This organization promoted the study and appreciation of Black history, which was largely overlooked and neglected at that time. In 1926, Black History Week was established to coincide with the birthdays of Abraham Lincoln and Frederick Douglass – two prominent figures in African American history. This

week was chosen to highlight the significant contributions of African Americans to American society.

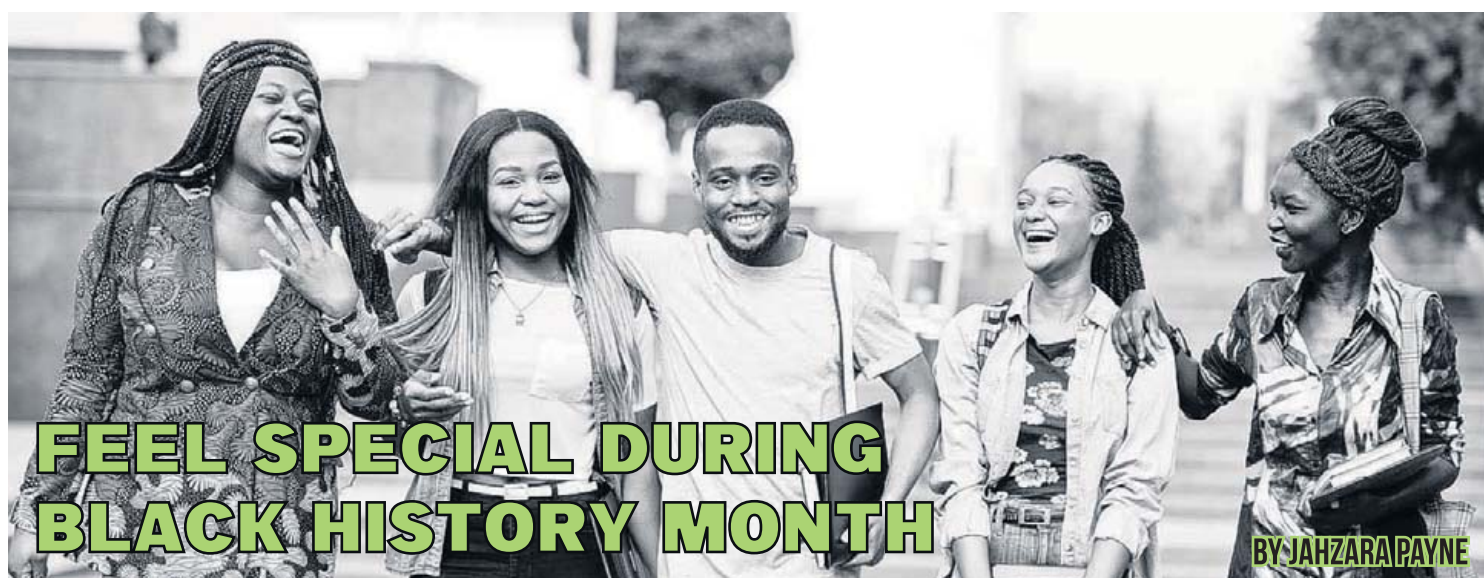
Over time, Black History Week evolved into a month-long celebration, which is known as Black History Month. Black History Month is celebrated in various parts of the world, typically during the month of February, while some countries observe it in the month of October. Other countries may observe it during different months or have different ways of celebrating black history. Each year, Black History Month has a theme to focus on, and this year's theme is "African Americans and their Arts" – exploring the creativity, resilience and innovation from a culture that has uplifted spirits and soothed souls in countless ways across centuries. Black History Month is the opportunity to honour the often neglected accomplishments and achievements of Black Americans throughout history.

During Black History Month, many events, programs, exhibitions, lectures and various activities are held to celebrate the contributions and to raise awareness about Black history and to promote understanding about race, equality and social justice. The celebrations often include performances, cultural music, traditional foods and much more to appreciate Black culture and history.

In addition to Black History Month, there are also various other events throughout the world to celebrate Black history and culture, such as Juneteenth in the United States which commemorates the emancipation of enslaved African Americans, as well as Kwanza, which celebrates African heritage and culture.

Overall, the celebration of Black history across the world serves to recognize the struggles, triumphs and contributions of Black people

throughout history. It is a time to reflect on the hard work of the African Americans and the commitment to achieving racial equality and justice for all. The celebration of Black history promotes understanding, awareness, and appreciation of Black culture and heritage.



*The Black community celebrates and honours their achievements during the month of February, especially recognizing those who have paved the path to a better future and allowed progress to reshape their lives today. In the past, they were removed from their homes, their motherland Africa, and were displaced to a*

*different country or continent, and it was challenging for them.*

They did not have any means of communication or any hope of getting back home. As time progressed, slavery was abolished with the help of two gentlemen, Abraham Lincoln and Fredrick Douglas. To this day, the Black community

celebrates Black History Month because it honours and celebrates the African Americans who helped shape the foundation of America. It is also coincidentally during the month in which the two gentlemen, who helped abolish slavery, celebrate their birthdays, as their birthdates fall during the second week of February.

This month is for the African Americans to also celebrate their pride and what is special about them. There are many things we can feel special about. Some would say the most special aspects about being Black are the food, culture, fashion and style – the amazing hairstyles, the uniqueness, the growing recognition and loving the melanin skin colours.

There are, however, a few people from the Black community who do not see specialty in being a Black person because they feel as though we should not only praise one race, but the other races as well. Another reason is that racial discrimination is still very prevalent in the world today. There are many people that live in fear because they believe that their identity as an African American puts their safety at risk due to institutionalized and systemic racism.

As a person of colour and a member of the Black community, you should feel like you are special no matter what, especially because it is important to acknowledge and celebrate what our ancestors fought for in the past to allow us to be here today.





# THE ROLLERCOASTER OF COLLEGE/UNIVERSITY ADMISSIONS

BY BISHAKHA KHATRI

*The college admissions process is a key chapter in the lives of high school seniors, marked by a rollercoaster of emotions – from the anticipation of submitting applications to the anxiety of waiting and, finally, the joy of acceptance or the sting of rejection. Let's explore the journey of the senior class of Learning Unlimited Preparatory School (LUPS) through the college application process, coping with the outcomes, and the support system provided by the school.*

## The application process

For LUPS seniors, the college application process begins long before the actual submission. It is a journey involving extensive college research, SAT/ACT preparations, essay writing, accumulating extra-curriculars, and convincing your teachers to like you, in order to get letters of recommendation. Starting early ensures that students find a college that offers their desired major, but also a college that aligns with their aspirations – a place where they can thrive academically, socially, and spiritually.

## Dealing with acceptances and rejections

The period of waiting for college responses is often tense with

anxiety and anticipation. I spoke to a few of my classmates as we have received acceptances, rejections, deferrals, and are awaiting decisions with excitement.

**Senior #1:** Getting accepted into Northeastern University, a college with an extremely low acceptance rate, was so surreal. It felt like my blood, sweat, and tears finally paid off. Even though it was not my top choice, it felt like a big accomplishment to me. On the other hand, while being happy about my acceptance, I am still nervously awaiting my decisions to come.

**Senior #2:** Rejection stung more than I expected. I heard back from three schools and was rejected from two of them. It is making me question my academic abilities and my worth. Although I am still awaiting decisions from a few schools, I am very scared about getting rejected again. But as my classmates keep reminding me, "Rejection is redirection."

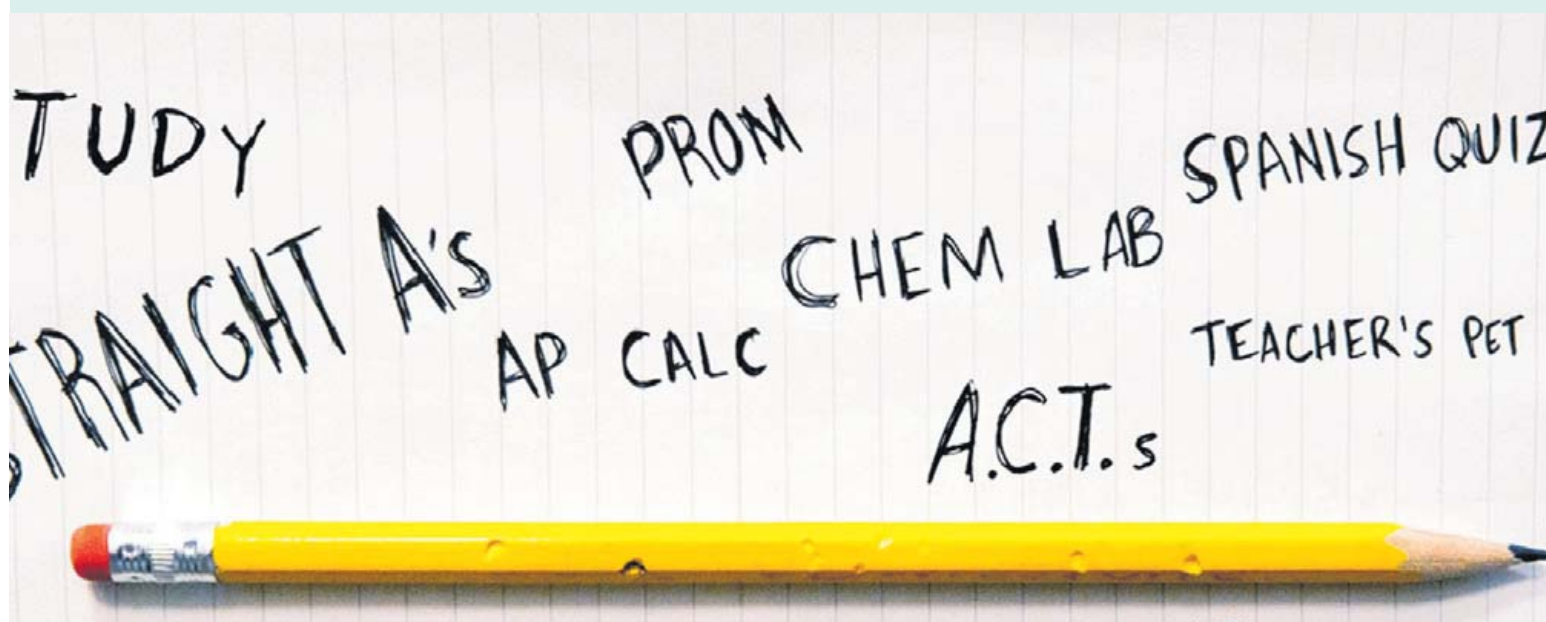
**Senior #3:** I did not know how to feel when I was deferred. I wasn't sure whether I should be happy I wasn't rejected or start crying because I was about to be rejected. At this moment, I was thankful that my counsellor made me apply to safety schools. I used the extra time to dig deeper into myself to enhance my applications.



## The LUPS support system

Through the acceptances, rejections, or deferrals, the seniors are by each other's side. We celebrate every acceptance, and encourage each other to be patient and have high hopes when we face deferrals and rejections. In addition, our counsellor, Mr. Mark Beland, ensures that each student receives guidance for their specific aspirations. This includes assistance with selecting colleges, completing applications, and preparing for interviews. Without him, we would be lost causes.

The LUPS' seniors' college application season is filled with anticipation, challenges, and growth. Through this experience, we are being prepared for our lives outside of high school. We are encouraged to learn more about ourselves, navigate challenges, and deal with setbacks. The seniors love college application season because nothing says "I'm an adult" like writing an essay on how you overcame adversity while still asking your mom to make you a sandwich.







# THE BEGINNING OF A NEW JOURNEY: ADVICE WHEN STARTING HIGH SCHOOL

BY ADITI RAJPAL

*Starting high school can be an exciting, yet nerve-racking time. In my experience, I was stressed and scared most of the time, as I had heard from others that high school is hard, even though it can be one of the best times of your life. Below is some advice I have for those of you who are starting your high school journey:*

- **Get organized:** Getting a planner or using digital tools to track your assignments, projects, tests, and extracurricular activities can help you stay on top of your deadlines and manage your time wisely. Sometimes, I would be a little laid back on activities, such as homework, but using a planner has helped me overcome this struggle.

- **Creating a routine** is also another great factor that can help with staying on top of your assignments and clearing out some time for afterschool activities.

- **Get involved:** Join clubs, sports teams, or anything that interests you. It is a great way to meet people, develop new skills, and explore your passions.

- **Manage your time:** High school can be demanding with balancing academics and your social life, but it is important to try to strike a balance between your after-school activities and your academic goals.

- **Ask for help:** Getting through high school is not easy, so do not

be afraid to ask for help from classmates or teachers when completing an assignment or studying for a test.

- **Set goals:** Set both short-term goals and long-term goals to see improvements throughout your journey.

- **Prioritize your physical and mental health:** The most important thing to do is to eat well, exercise, and get enough sleep. School is hard enough, and running your body on no energy and no sleep will make the high school experience really challenging overall, as your focus levels will not be the best.

- **Be open-minded:** High school is the time to grow and to learn, so be open-minded to new experiences, different ideas, and perspectives. Step out of your comfort zone and be open to different opinions from different people outside of your comfort zone.

- **Stay positive:** High school has its ups and downs, but maintain a positive attitude and focus on your goals. Surround yourself with supportive friends and people who uplift you, and not those who bring you down.

## HIDDEN DANGERS OF STAYING UP LATE TO DO SCHOOL WORK

BY IVAN WU

*Teenagers frequently find themselves working through late night hours in an effort to complete assignments on time or to ace an exam. However, recent studies and health experts are sounding the alarm on the harmful effects this habit can have on young minds and bodies. Although staying up late to study may seem like a good use of time, it is really detrimental to productivity. The human body requires seven to nine hours of sleep every night, particularly throughout the teenage years when the brain and body are still developing. Reduc-*

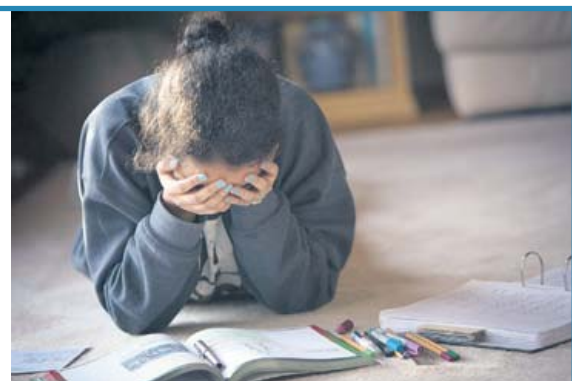
*ing sleep in order to study for an exam or do homework might have a number of detrimental effects.*

First, lack of sleep can significantly impact your memory and learning ability. Lack of sleep hinders the brain's ability to process and store new information. Your brain is not working at its best when you study late at night, so it may not be as beneficial as you believe. According to research conducted by the Centers for Disease Control and Prevention (CDC), teenagers, who do not get enough sleep, risk

the effects of poor attention and behaviour problems, contributing to poor academic performance.

Second, getting too little sleep can cause changes in your mood, agitation, and higher stress levels. Everything seems tougher and the weight of school might get to you when you are exhausted. This can set off a vicious cycle in which stress keeps you up at night, which then causes you to lose more sleep and become even more stressed. Research from the Division of Sleep Medicine at Harvard showed the negative relationship between mood and lack of sleep, leading to life threatening health problems.

Talking about health problems, the National Heart, Lung, and Blood Institute (NHLBI) points out that sleep deprivation can harm heart health, increase obesity risk, affect blood sugar levels, and impair immune function. In particular, get-

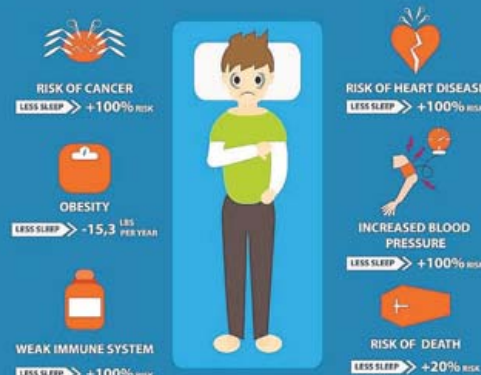


ting too little sleep may knock off the natural balance of your appetite hormones, making you feel hungrier and influencing your body's insulin response, which could increase your chance of getting diabetes. In addition, sleep deprivation can impair the heart's and blood vessels' natural processes of growth and repair, raising the risk of coronary heart disease and hypertension. Additionally, it impairs the effectiveness of the immune system, making it more difficult to fight against infections.

Teenagers should prioritize getting enough sleep in order to counteract these detrimental impacts. This might include establishing a consistent sleep routine and perhaps cutting back on screen time before bed. Schools and parents can support this by encouraging healthy study habits and recognizing the signs of sleep deprivation in students.

### EFFECTS OF SLEEP DEPRIVATION

MANY PEOPLE CONSIDER SLEEP A WASTE OF TIME AND SEE NOTHING WRONG IN SLEEPING LESS THAN 6 HOURS





# SNACK CULTURE – MEDIA CONSUMPTION

BY JESSICA SU

*“Snack culture” is a trend popularized in South Korea that refers to consuming media in a short time, with little regard for the content and without engaging with that content at a deeper level. The term comes from the act of snacking, an act of eating that is easy to perform anytime and anywhere.*

In recent years, the rise of short-form content has become an addictive phenomenon in the realm of social media. While it is hard to pinpoint when this trend began, the success of platforms like VINE, with its six-second videos, can be said to have popularized it. These short videos lead to a wave of short, engaging videos across various platforms such as TikTok, Instagram Reels and YouTube Shorts. The goal of these platforms is for users to consume large quantities of their media rather than capturing undivided attention.

Marketers and content creators understand that short-form content is not mentally “satiating”; even when immersed in a stream of content,

users are unlikely to experience mental exhaustion as short-form content is not designed to evoke such responses. However, recently, there has been a growing concern about the potential negative impacts of short-form content consumption on our brains, as these cognitive impacts extend beyond the realm of social media, influencing various aspects of our lives.

Firstly, the fast-paced nature of this content can condition our brains to expect rapid rewards and stimuli, leading to potential long-term consequences. Not to mention, it may diminish the amount of mental capacity we spend on any one given problem or task. Continuous exposure may gradually diminish our attention spans, compromising our ability to concentrate, focus, and engage in deep thinking. Furthermore, the overstimulation and information overload from short-form media can overwhelm our cognitive faculties, making it difficult to retain information effectively.

The algorithms behind these platforms play a significant role by presenting information tailored to our interests. While this personali-

zation enhances user experience, it also poses risks. Individuals may become reliant on the content presented to them, neglecting the active pursuit of information, and thereby hindering our ability to analyse appropriately and make well-informed conclusions. Furthermore, the format of short-form media adds to these challenges. By condensing complex ideas into brief snippets, this form of media discourages in-depth analysis and critical thinking. Instead of delving into nuanced discussions, individuals may settle for surface-level understanding, limiting their capacity for thoughtful reflection and nuanced decision-making with other perspectives.

In essence, the impact of short-form content consumption extends beyond mere entertainment, affecting academic performance, work productivity, and overall cognitive abilities. Striking a balance between short-form and long-form content, being mindful of screen time, and engaging in activities that promote deep thinking and mental well-being are crucial steps toward

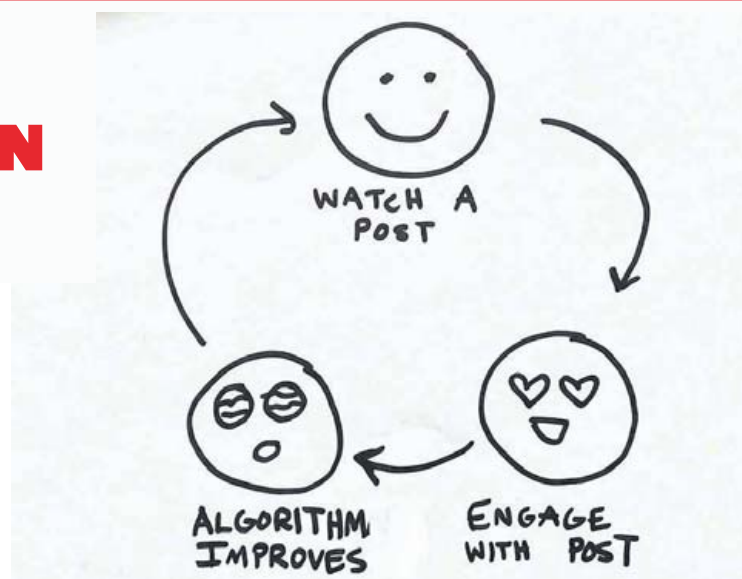
mitigating the potential negative effects of short-form media on the brain.

## Citations:

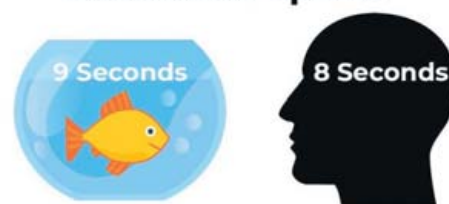
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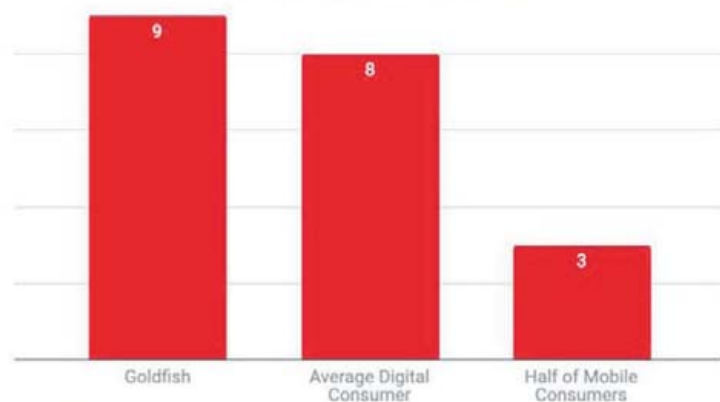
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## Attention Spans



Attention spans, in seconds



Source: LambdaTest.

## THE CODING CORNER

### DID YOU KNOW?

BY CHIRAG RAMCHANDANI



The world's first computer virus was created in 1971 by a programmer named Bob Thomas. The virus is called the “Creaper” virus and was designed to infect the ARPANET, which was a precursor to the modern internet. Displaying the message: “I’m the creeper, catch me if you can!”, the virus spread to other computers on the network, causing them to display the same message.

However, Thomas also created an anti-virus program, called “Reaper”, that was able to remove the Creeper virus from infected machines. This marked the beginning of the ongoing battle between virus creators and anti-virus software developers that continues to this day.





**Considering highlighting our athletes over the last couple of months, we are taking a jeté down the dance lane, which means we're jumping down the dance lane in dance language! Dance might not be a sport, but man do we have talent on St.Maarten!**

Let us introduce our star for this issue:

**1: Tell us about yourself.**

My name is Sahara Acuna-Lopez Sankies. I'm 14 years old and I was born on St. Maarten. I am currently living in the Netherlands for about two and a half years

now. I am a dancer at Lucia Martha's Institute in Rotterdam at Thorbecke Talent School and at Divergent Movements in Rotterdam. I used to dance at Indisu, which will forever be my home-base and family. I miss home a lot! But also at the same time, I'm enjoying the new adventures in life. In my free time, I enjoy going to new places and hanging out with friends and family. I also have done some modelling since I moved here. Not much yet, but I do like it. I love to travel and would love to see more of the world.

**2: At what age did you start dancing?**

I started dancing at age three by NIA. I stayed with NIA for a short period, and then I started dancing at Indisu dance company and continued my dance journey there until the age of 11.

**3: How old were you when you decided to take dancing seriously?**

I think I have always taken it seriously, even at a very young age. I just knew this was what I wanted to do. I am always dancing, everywhere. My mom always laughs, because I am even dancing in the supermarket, for example. I can't stand still.

**4: How different is the technique training in the Netherlands to that**

At my school, I dance with my peers, but at dsivergent, it is mixed, and I also dance with adults , and have to keep up the pace.

By Divergent Movements, I'm also in a training program every Sunday, which focuses on getting better on the harder and more difficult moves. At both dance schools,

we have different types of dance styles and classes with various amazing teachers. In St. Maarten, I feel like we did a lot of big moves, without perfecting the basics. If the basic moves are not perfected, it is harder to do the other moves.

However in St. Maarten, I feel like we learned so much as well. It's very different from here, but both have positives. In St. Maarten, we also helped each other a lot, as we were like a family. I love that we performed a lot there; training for shows was my favorite thing to do. In St. Maarten, there was a lot more focus on ballet, as that's your basis and is very important.

**5: How often do you train?**

I train every day except for Saturdays as Saturday is my day off. I train about 20 hours of dance in a week, but it can vary with my dance classes outside of school. We also have a performance at the end of each school year.

**6: Walk us through a day in your life!**

Every morning dance class starts at 8:30 at school; then, after dance, I have regular school (this is all at the same location, which is at my school) and I usually finish school late. For example, on Mondays, I finish around 6:15pm and end the day with singing classes. So weekdays are filled with school and

# Grand Jete with Sahara

**of Sint Maarten?**

At my high school, we start from the beginning you could say, and we focus on perfecting that over and over. By the Divergents, we focus on technique a lot, as well as difficult moves.

dance, and at Divergents Movements, I dance in the night.

Some classes end at 10:15pm, so sometimes I have very long days. On Saturdays, I use my day off for homework and studying or doing something fun. I also must study in-between. On Sundays, I have a three-hour dance training program. It sounds like a lot, but it is not when you enjoy it. I really love doing what I do.

**7: Who is your inspiration?**

My first inspiration is my cousin, Nicole de Weever. That's how I

her dreams.

One of my other inspirations is Chris Brown as an artist and all of his backup dancers. Chris Brown is a singer, but also a talented dancer. I went to his concert, and I was in awe at the way he and his dancers carried the stage. They are so incredibly talented, and you can see that they love what they do. I love that his background dancers all have different backgrounds, even from the Caribbean.

**8 : Where do you see yourself in 10 years?**

I see myself perhaps teaching classes, maybe background dancing. I would love to travel and perform on big stages. A lead would also be wonderful, of course. However, I'm still young and I have a lot of dreams and goals I would like to accomplish.

**9: Who is your favorite dancer?**

My favorite dancers are Misty Copeland, Kristin Dodger, and Lance Savali. I also look at different dancers online and different styles they have as it gives me inspiration.

**10: Do you have any advice for upcoming Sint Maarten dancers?**

I'm only 14 and still learning, but just follow your dreams, do what you love and set your own goals. Don't worry about what others have to say because this is your life, and in the end it's your path to walk. Work hard, but don't be too hard on yourself. There is a big world out there and there is enough space for all of us to shine. Stay humble, and wish the best for others as well. It can be a very competitive world and you need to have tough skin.

**11: What advice do you have for the new Minister of Education, Culture, Youth and Sports (ECYS)?**

Invest in the youth of St. Maarten. We have a lot of talent on the island. Set up more programs and sponsorships for our youth to travel and attend trainings abroad. Investing in the youth on the island is investing in the future of the island. Also, we need a better theatre to perform. A stage where those who are talented can proudly show off their talents. Give them a platform so we can show the world that small island kids are very talented.

\*Photo Credits to: Divergent photography





# CXC GUIDELINES: How to Answer CXC Questions

BY ALISAH KIRTON

*CXC examinations are heading toward us. One of the main challenges that students face during the preparation for these exams is regarding how to answer a CXC question. Below are some key words you must look for when answering CXC questions and a guide to answering these questions:*

• **Explain**

Explain a topic or concept clearly and thoroughly when asked. First, define the crucial terminology and concepts, then provide instances or evidence. To clarify, simplify complicated ideas and utilize clear language. Avoid confusing readers with jargon or technical language.

• **Describe**

Descriptive inquiries require a full account of a topic, event, or concept. Start by listing the subject's primary traits. Make your description alive by using sensory aspects like sight, sound, and touch. To be coherent and clear, organize your response chronologically or by im-

portance.

• **Analyse**

Analytical questions demand you to analyse facts, find patterns, and develop conclusions. Break the topic or issue into its parts and examine their relationships. Compare diverse perspectives and their pros and cons. Use relevant examples and formulate logical conclusions from your analysis.

• **Discuss**

Discussion questions demand you to present arguments, analyse their strengths and shortcomings, and draw a conclusion. For a balanced and complete analysis, provide multiple perspectives on the problem. Critically evaluate each viewpoint, emphasizing essential points and evidence. Connect multiple views and synthesize your study to get a solid conclusion.

• **Compare and contrast**

These inquiries examine similarities and differences between two or more subjects, concepts, or occur-

rences. Start by listing the subjects' main similarities and differences in a clear, orderly manner. Use examples to support your comparisons and contrasts and guarantee a balanced and complete analysis.

• **Assess**

Evaluative questions challenge you to evaluate an argument, idea, or approach's strengths and flaws. Set explicit criteria for assessing the topic. Analyse the topic's strengths and shortcomings against the requirements. Support your opinion with examples and examine other perspectives.

• **Interpret**

Explain the meaning or significance of a text, image, or event. Start by examining the text or artefact's context, themes, and symbolism. Understanding the author's objective, audience, and historical or cultural background helps. Support your un-

derstanding of the text or artefact with textual or external evidence.

• **Synthesize**

Synthesis questions challenge you to use knowledge from numerous sources to develop a clear and original argument or analysis. First, determine the sources' primary themes or topics and how they relate. Synthesize the facts to produce a coherent argument or perspective, connecting sources and adding your thoughts. Cite your sources when synthesizing to maintain academic integrity.

*With these guidelines, you can answer CXC questions efficiently and get total points. Be sure to read the instructions properly and answer in a formal manner. If you do not understand a question, leave it and move on to the next question then you may come back to it at a later time.*



BY LEHAR MARATA

*As soon as teenagers turn 18, one of the first things on their minds is to get their driver's license. It is as if they cannot survive one more day without getting their license and being able to drive themselves around. However, to get your license, you must cross two big hurdles – the theory exam and the practical exam.*

**The theory exam**

The theory exam is designed to test your knowledge of the traffic ordinance of St. Maarten. To schedule a date for this exam, you must make an appointment at the Census office. At this appointment, you must bring with you a medical declaration form, NAF. 400 and your ID card.

This exam consists of 30 questions: 10 questions about signs, 10 questions about the right of way in road situations, and 10 general traffic questions. To pass the exam, you must get a total of 25 questions correct. And although

it may seem easy to get 25 correct, this exam can be tricky!

Here are some tips to pass the theory exam:

- 1: Do as many practice questions as you can.
- 2: Set your test date on a day when you do not have any other commitments to stress about.
- 3: Read each question correctly.
- 4: Ensure you understand the rules in the traffic ordinance thoroughly.
- 5: Select the 45-minute exam time rather than the 30-minute.

**The practical exam**

The practical exam tends to be easier than the theoretical exam (for most people) because all that you must do to prepare is practice driving and apply those skills during the exam. Although, it may seem easier said than done, as sometimes your nerves can get in your way. Therefore, the biggest tip for this exam is to go in confidently with a calm and relaxed mind.

For this exam, you can decide whether you want to complete it in an automatic car or manual car. There is, however, one difference between taking the test in an automatic vehicle and taking it in a manual vehicle. If you take the test in an automatic vehicle, you may only drive automatic vehicles; while if you take it in a manual vehicle, you may drive both automatic and manual vehicles.

After passing these exams, it is now time to finally get that golden ticket to driving and ultimate freedom

– your license! Once again, you must make an appointment at the Census Office, and it is recommended to take this appointment in advance, since it does take a lot of time to get a date. For this appointment, make sure you walk with NAF. 200, your ID card, and the original examination results issued by the Examination Bureau. By the end of this appointment, you will finally receive your license! Make sure to drive safely – and good luck to everyone who is taking the exam soon.





# The importance of a cultivating a healthy lifestyle from a young age

***It is important to stay physically healthy for a number of reasons, no matter how old you are; however, implementing healthy habits and keeping yourself healthy can get harder as you age. The best opportunity to cultivate a healthy lifestyle is while you are young. Here are some reasons why you should be mindful of the impact of the decisions that you make now regarding your physical health, and why you should always try your best to stay healthy starting as soon as possible.***

When you exercise and eat a healthy diet, your energy levels gradually increase overtime. There is automatically more energy to then do the different things scheduled for the day. Getting into the flow of making healthy choices and actions can be very tiring and demanding, especially in the beginning stages; however, the energy that will be obtained from eating good food and moving your body on a consistent basis will be very much worth all of the struggle.

The next thing to consider would be the impact on your self-image. When you take care of yourself, you start to gradually develop a different type of self-respect which will last for a long time. Eating healthy and exercising will make you feel good about yourself, as it is not necessarily the physical feeling, but the thought that you are taking good care of your health that is comforting. Therefore, you start to do things with pride and honor of

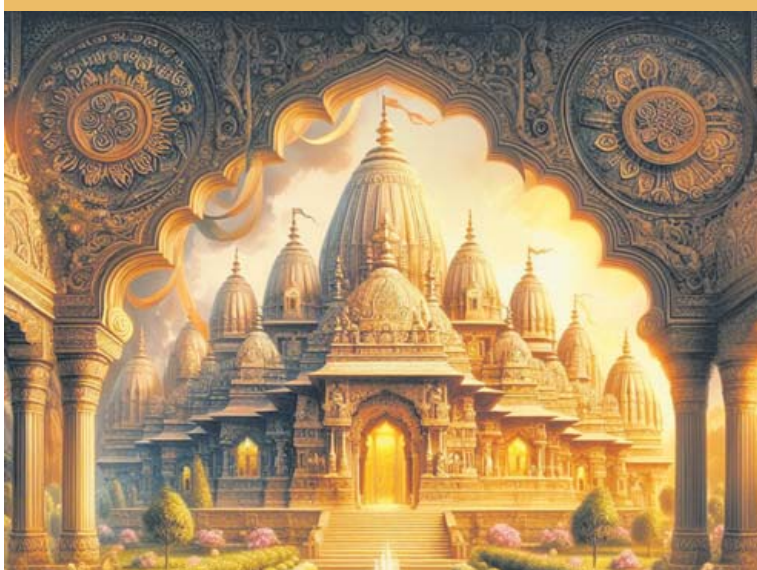
all your efforts thus far.

Maintaining a regular exercise schedule and eating well require a lot of mental strength and self-control, especially in the beginning. However, the more you practice these things, the more effortless they will become and the more benefits they will have down the road. You will be able to apply this mental strength to other aspects of your life as well, including your school and work life. It makes a big difference to your daily routine and way of thinking, both now and in the future, if you can maintain a positive mindset.

When you start to exercise and lead a healthier life, naturally you will attract situations in which you meet other people with similar lifestyles and positive mindsets. This is a great way to make lifelong, positive friends. Healthy living is the best kind of living. It is very important to remember that if you do not take care of your health, you may find it hard to be happy later down the line, due to health related issues caused by the poor decisions you make now.



## THE INAUGURATION OF THE NEW RAM TEMPLE IN AYODHYA, INDIA



***There are many temples in the world, but the Ram Temple is so beautiful you can never get tired of seeing it. First a temple, it later became a mosque and then when they destroyed the mosque during the process of building this new Ram Temple, they found pieces of the old Hindu Temple buried at the bottom of the mosque.***

The Ram Temple is made out of stone. It is such a beautiful place to see, and when you go inside, there is pure silence as if you can hear your own thoughts. Additionally, there is a library, where one can read more about the temple's history and about Ram. You can also learn different things about how

the temple was built and what its purpose is.

The reason why the temple was built is primarily because Lord Ram was born in Ayodhya. That was the reason why they built the temple in Ayodhya, his birthplace. When the temple was inaugurated, there was a large crowd wanting to see the temple and pray there. The President of India, the Prime Minister of India, Mr. Modi, as well as many news reporters were amongst those present for the inauguration of this special temple.

You should definitely visit the temple in the future because it truly is a wonderful experience.



# Beginner Guide to Stock Markets

BY LAVINA RAMCHANDANI

**Before getting into the complexities of coping with a stock market meltdown, you must first understand the foundations of stock investment. This introductory part will provide a beginner's guide to stocks, covering the fundamentals of investing and how to deal with stock market disasters. Understanding these fundamental ideas is critical for anybody who wishes to navigate the world of investing with both confidence and caution.**

## Introduction to stocks

**1: Set investing goals and select the appropriate investment vehicle.**

-Before investing, you should identify your investment objectives and select the appropriate investment vehicle to achieve them. For example, if you want to make long-term investments, you may look at stocks or mutual funds.

**2: Calculate your risk tolerance and select an investing strategy.**

-Calculate your risk tolerance and select an investment plan that matches it. For example, if you have a low risk tolerance, you may consider investing in bonds or other fixed income instruments.

**3: Create a diverse portfolio consisting of stocks, bonds, and other assets.**

-A diverse portfolio serves to reduce risk while increasing rewards. Monitor and adjust your portfolio over time. You should check and rebalance your portfolio on a regular basis to ensure that it stays diverse and in line with your investing objectives.

**4: Consider what type of investor you want to be (short-term or long-term).**

-Short-term investors focus on assets that can be kept for a few days, weeks, or years and are

suited for immediate or near-term goals, such as vacation savings.

-Long-term investors prioritize assets that can be kept for years and used to fund long-term goals, such as retirement or education funds.

-Short-term investments often entail less risk but give lower returns; whereas long-term investments carry greater risk but offer larger returns.

**5: Select an investment account, for example a brokerage account or robo-advisor.**

-When choosing an investing account, you have various alternatives, including a brokerage account or a robo-advisor. A brokerage account enables you to purchase and sell securities such as stocks and bonds, providing you greater influence over your financial decisions. A robo-advisor, on the other hand, offers automatic portfolio management, making it an ideal choice for people who want a hands-off approach to investing. When selecting an account, consider your financial objectives, the degree of control you desire over your assets, and the costs associated with each choice.

## Building a portfolio

**1: Begin with index funds, which provide wide market exposure at modest expenses.**

**2: Consider using dollar-cost averaging to even out your purchase price over time.**

**3: Diversify your portfolio by combining stocks, bonds, and other assets.**

## What to do after you have invested?

-After you have invested, you should monitor and manage your portfolio over time.

-This involves assessing your assets on a regular basis, rebalancing your portfolio, and making modifications as needed to ensure that they are in line with your objectives and risk tolerance.

-You should also continue to learn about investing and remain current on market developments and news that may affect your portfolio. -Furthermore, it is crucial to avoid the impulse to make rash judgments based on short-term market changes and instead focus on your long-term investing strategy.

## Stock market crashes

-Recognize that stock market collapses are common and can create opportunities for long-term investors.

-Avoid panic selling during a crash, as it may result in long-term losses.

-Continue investing through systematic investment plans (SIPs) to capitalize on market recoveries.

-Diversify your portfolio to reduce risk, while maximizing rewards.

-Focus on behavior by avoiding the impulse to panic-sell or acquire.

-Maintain a balanced portfolio and secure your cash flows.

After a stock market crash, it is critical to remain cool and avoid making hurried judgments. Long-term investors are frequently better off doing nothing and riding out the slump, since the market tends to rebound over time.

-This might be an opportunity to purchase additional stocks at reduced costs. As previously mentioned, it is also crucial to avoid the temptation to make rash purchases or sales.

-For those nearing retirement, it is essential to tread carefully and consider receiving guidance from a financial counselor to ensure that your investing selections fit with your retirement goals.

## Key Features of Index Funds



Offers great diversification of your money



Designed to track the performance of an underlying stock index



Very low-cost (sometimes even free!) way to invest

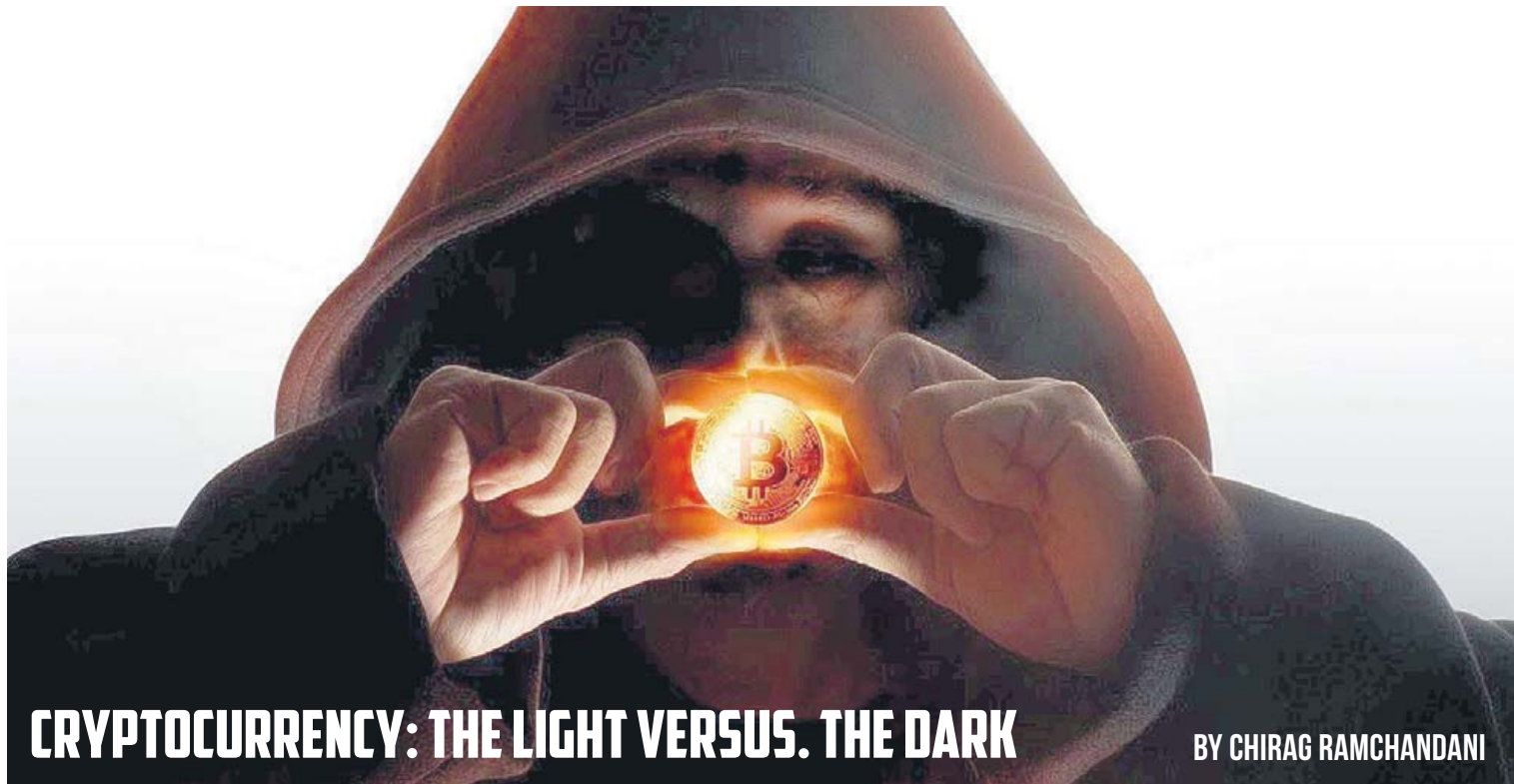


Lets you own tiny pieces of hundreds or thousands of companies in one investment



A staple of so-called "passive investing" because they don't involve stock picking





## CRYPTOCURRENCY: THE LIGHT VERSUS. THE DARK

BY CHIRAG RAMCHANDANI

*Envision a world in which financial autonomy is a keystroke away, currencies transcend borders, and fortunes are made and lost within the blink of an eye. Welcome to the realm of cryptocurrency, where curiosity meets opportunity, and the traditional rules of finance are rewritten. It is an on-line region that encourages an opportunity for success, safety, and innovation. Nevertheless, we face a maze of obstacles and questions as we journey through this digital fortress. How did we get to this point? What drives the explosive growth of virtual currencies, and what dark forces lie behind their lustrous exterior?*



Following the 2008 financial crisis and market crash, a mysterious individual by the name of Satoshi Nakamoto revealed Bitcoin, a peer-to-peer electronic currency system that disrupted the core concepts of traditional transactions. Since then, thousands of cryptocurrencies have emerged in the cryptocurrency space, competing for investor interest and attention. However, what is causing this exponential growth? Is it the promise of a decentralized future unrestricted by centralized control, or is it the lure of easy money?

What do we mean by centralized and decentralized? To understand this, it is important to understand the mere basics of cryptocurrency. According to Investopedia, Cryptocurrency, or crypto, is a digital payment platform that eliminates the need to carry physical money. It exists only in digital form, and although people mainly use it for online transactions, you can make some physical purchases. Unlike traditional money printed only by the government, several companies sell cryptocurrency. Cryptocurrencies are fungible, meaning the value remains the same when bought, sold, or traded.

Cryptocurrency isn't the same as non-fun-

gible tokens (NFTs) with variable values. For example, one dollar in crypto will always be one dollar, whereas the value of one NFT dollar depends on the digital asset it's attached to. The government produces traditional currency in the form of paper bills and coins that can be carried with you or deposited in a bank (centralized). You can use it to make purchases and perform other cash transactions. Traditional currency is backed by the government, whereas cryptocurrency is decentralized and not controlled by the government, banks, or financial institutions. Traditional currency can be held in a bank or financial institution, but cryptocurrencies must be stored in a digital wallet. Banks insure funds held in bank accounts against loss, whereas cryptocurrency has no recourse in the event of a loss.

The process of obtaining cryptocurrency is complex and involves the creation as well as the use of digital assets. Mining is the core of this process; it is an essential activity in blockchain networks. To validate transactions and produce new coins in Proof-of-Work (PoW) cryptocurrencies like Bitcoin, mining uses computationally solving challenging puzzles or even using intense amounts of energy and

equipment to do such for you. In addition to mining, using cryptocurrencies requires storing and transferring digital assets.

Generally speaking, digital wallets, which can be hardware, software, or paper wallets, are used to store cryptocurrencies. With the help of these wallets, users can safely store and retrieve their digital assets as needed. Wallet addresses are used to send and receive money when using cryptocurrencies. After being broadcast to the network, transactions are added to the blockchain and verified by miners. A transaction's irreversibility upon confirmation guarantees the reliability of the cryptocurrency network called the blockchain.

As always, the façade of the appeal of success underlies the true identity and dark side of anything. This dark side is attributed to the environmental impact of lust for wealth in the field of crypto. According to Nathan Reif in an article published with Investopedia, for cryptocurrency to be useful, it needs energy, hardware, the internet, and a worldwide networking infrastructure. Because of this, it has a significant negative influence on the environment. Some use as much energy to maintain a blockchain as small nations. Even the water footprint of cryptocurrency is a source of concern.

There is no direct way to calculate the amount of energy used for Bitcoin and cryptocurrency mining, but it can be estimated based on the network's hash rate and

the consumption of commercially available mining rigs. For example, the Cambridge Bitcoin Electricity Consumption Index predicts that Bitcoin, the most widely-mined cryptocurrency network, uses roughly 140 Terawatt-hours (TWh) of electricity annually (0.63% of global electricity use) and approximately 352 TWh of energy (0.22% of the world's energy production) at the point of production – more than Pakistan and Ukraine, according to the most recent country energy projections from 2019.

The reason why Bitcoin and other cryptocurrencies consume so much energy is because of greed and the fear of missing the next gold rush. These block-chains automatically modify the mining difficulty based on the strength of the networks. In simpler terms, the lower the network's processing power, the lower the mining difficulty and the lower the energy consumption per transaction.

To conclude, those who could afford to do so flooded the network with energy-hungry machinery connected in a way that gives them the advantage in receiving rewards, as the aforementioned. This draws more members, increasing the group's size and energy consumption because the financial gains may outweigh the outlay of initial expenses. The environmental impacts are always an afterthought when profits and return on investment are involved.

