

ORAL

HELPER 🧡 / anything that needs some general knowledge

How to make your examples interesting so examiners would laugh and give you higher scores (better mood)

→ Give realistic scenarios that depict your flaws. i.e. embarrassing moments.

→ Funny, juxtaposing moods and stories

→ Famous quotes / popular sayings

"You cannot escape the responsibility of tomorrow by evading it today" - Abraham Lincoln (former president)

"Children are educated by what grown-ups do and not by what they talk." - Carl Jung (psychologist)

"Education is an admirable thing, but it is well to remember that nothing worth knowing can be taught." - Oscar Wilde.

climate change & environmental conservation

Theme #1: environment

Think of
1. Age groups
2. How to
3. Is it important

1. recreation
2. protection & pollution

recreation

Examples: Leisure in public natural environments like parks, forests, beaches: Bird watching, strolling, meditation, hiking etc.

- Lowers cortisol
- Lowers heart rate
- Boosts mood.
- Boosts cognitive function
- Builds connection w/ family/friends

Stats

- Earth's temp has risen by roughly 1.3°C since industrial times
- Recycling saves an estimate. 1.9 million kilotons of greenhouse emissions daily
- AI: Grok 4, an AI model was trained with the equivalent of the energy used by under 3800 households in a year.
- AI: servers need constant cooling using centres that consume up to 5 million gallons of water daily, eq. to a city of 50k people
- Gross domestic waste generated daily in SG decreased from 1.06 kg to 0.83 kg from 2018 to 2021.
- Biodiversity Conservation

→ Learning has been upgraded.
Most people pick up a phone before they pick up an academic book (at least in 1st world countries). Knowledge is more accessible and less difficult to comprehend.

• Understand and promote world issues (rebuttal: what is the point of promoting world issues when we can't do much to stop them?)

• We can also learn how to safely consume media!

→ Concept of "negative bias", a natural human behaviour that makes people focus on one critic over ten compliments (a fixation) due to neurological perceptions as such opposing ideas being threats, elicit more negative feelings to ourselves.

→ Ideal, inauthentic portrayal formed thru bite-sized content fosters low self-esteem in people as they juxtapose their lives to others - causing resentment -
→ Psychologists perceive this also being engendered by an own unfulfilled potential in unfulfilled goals.

→ Causes projection of jealousy may reflect thru unconsciously transferring one's hatred and bitterness to others. Causing online hate / IRL contempt for others causing more loathing in communities. Mental health declines and shows through teens rampantly getting diagnosed for anxiety, depression or even extreme cases of self-annihilation.
→ Quote "chronically-online" and "touch grass" slang phenomena that deeply reflect the culture and stipulations affecting us now.

→ Misinformation and influence of politically extremist ideas.

1 → Advancements in technology progress algorithms to favour emotionally charged, polarising content to keep audiences hooked -
→ On platforms like TikTok, YT, Instagram, users are allowed to post massive amounts of content at a tiny, tantamount to billions being made everyday (as X, formerly Twitter, reports that 500 million posts go up daily) with minimal moderation as platforms are unable to keep up with the leverage capacity of media, information can spread like wildfire. Due to advanced algorithms that promote videos with more novel content, utilising user's feelings evoked to spread them to other people's pages via likes and shares; misinformation may spread. Such posts with disparaging perceptions about others from minimal scale like classmates to wider scales like politicians can cause minimal to great destruction.

→ Examples: Radicalisation and teens increasingly becoming extremist due to exposure of content. They often seek community and acceptance in lines that lack purpose, thrill, network or they may want to cope with personal struggle.

→ Addictions to bite-sized content that flows dopamine out like slot machines as every "like" triggers dopamine surge, reinforcing constant need to be occupied. Baseline dopamine increases and everyday tasks will feel less rewarding..

This factor intensifies our need for SM and exposes us to the dangers of the internet.

(+)

about
Interconnectedness
Social Media
Teenagers

→ concept of "confirmation bias".
Some people actively seek evidence that supports existing views whilst overlooking facts and alternate evidence. Due to desire for confirmation.

→ Finding community.

→ Business marketing

Structures + Quick Ideas

PEEL ... or many others

- Start with quote
- you can disagree with statements by using your rebuttal as the premise. Also explain and refute the statement told to you.

- lessons learnt from experiences

- For planned response, keep to a 1-1-1 ratio of point, explanation, experience, rebuttal (argue with yourself) ... spend more time on last two portions.

- Always ask yourself: How can I practice when you run out of ideas.
It builds the foundation of a narrative BS story.

- Please somehow relate the experiences/examples to you, i.e. you witnessed them firsthand.

- how to coach
- skills learnt from sch
- development of self
- academics vs life skills

education

* Academics / Scholastic education VERSUS Life skills

Academic education provided in school help students build foundational knowledge of sciences, languages and theoretical wisdom. Education also upgrades critical thinking like how to derive hypotheses or inferences from given sources, familiar to fields of literature, science, humanities etc. We can learn the workings of the world through history, geography, law and human behaviours through various learning.

Life skills, however, mold people and build skills like emotional intelligence like how to cope when the going gets tough. This is something school cannot teach us as life experiences like traumatic situations, positive encounters, out of the blue self-discovery and safe environments all lay as scaffolds to building a person's identity, ego and mental processes. Another skill that is accredited from life's guidance is financial awareness, a very practical skill that can be overlooked by many.

However, they share one common factor: learning your passion and blazing career path and life purpose. Without life experience, you may never be able to socialize and cope with tribulation, without academic expedition, you may never find out what is your calling when it comes to higher education.

* Effective coaching / teaching

(Talk about learning styles and people who are naturally inclined to be better at specific subjects)

* Which are you? Which is your friend's? (Compare for example)

To exemplify, one type of learning style is the "writing style" → rewriting notes can help you remember things best as memory retention is somehow better that way. Despite a lot of people advising against rewriting notes, it works best for you. So unorthodox methods of doing things are still very useful as long as you know how to do it best and receive the best output from it. However my friend is a visual learner and learns best from practical examples. She excels at science and loves flowchart diagrams. We both agree on handwriting and prefer studying in solitude like at public library study zones with headphones and hoodies despite our differences when it comes to compatible learning structure.

① physiological / mental affect of doing arts

1. Coping mechanism:

vital in today's society where a lot of mental health issues are prevalent, but little information is out there to help guide people on how to cope. Help teens to not be reliant on SM to cope with issues as SM can only provide emotional recreation tantamount to a "slot machine" and does not develop any beneficial skills. (More in MH section)

- lower cortisol
- boosts mood (dopamine & serotonin)
- lower pain management

→ Learn history, social issues, philosophy etc from art.

→ science vs art debate

Ethics, morality and psychology, human nature; like war, traumatic experiences can be learnt from art. Human civilisation, what desires, customs, perspectives did they have back then that can reveal how we hold back then?

- European royalty from centuries ago
 - Art from revolutions, wartime like wartime propaganda
 - Religious portraits from the renaissance/middle ages
- all of them depict beautiful imagery and deepens our empathy as we fathom complex emotions from art.



"loss aversion"
where losing some-
thing is psychologically
more painful than gaining
through something of equal
value of pleasure.
Explaining why some people
resist, are obstinate to change.

"Vicarious
evocation" literally
just stepping into
someone else's
shoes.

→ Commodification of culture

transforming heritage items into items that could be sold to tourists for money. Meaning of such items is depleted from ceremonial tokens to mere souvenirs. Rebuttal: can keep niche cultures alive in today's world where everything revolved around money. Age vs youth. Do we really need to be sticklers about what we did with items from decades to centuries ago? i.e. Governments & locals gaining incentives to continue funding / practising / recognising their cultures
ie: Kayan Lahwi tribe in Thailand whom are famously known for stacking a lot of brass coils around their neck to traditionally protect their vulnerable neck from tiger attacks as they hunt their rice. They were originally from Myanmar but fled to Thailand due to still existing political tensions. As more of the tribes refugees flee today, they must put on their cultural costumes and sort of serve tourists who are enamoured by such peculiar lifestyles. They also make traditional fabrics and pose for tourists to have income. It is actually one of their only source of income as they have refugee status in Thailand.

→ Preservation vs modernisation

Older generations and people who prefer to stick to traditional lifestyles / opinions can clash with the advancement of tech / modern ideas like LGBT+ and customs...
On one hand, older gen. want history, art or simply a familiar way of life where they won't feel like strangers in the world they've been living in for decades, want to preserve culture.
On the flipside, new, revolutionary ideas come with the time. Even economic prosperity is largely dependent on the changing of perceptions.

→ Arts being used as a tool for social justice and protest

VOCAL: evokes empathy, bring light to, marginalised communities w/o traditional / political or economic power, reclaim narratives, visual metaphor, rallies together, a brave advocacy, civil rights...

Rebuttal: art can be used as powerful propagators of false news.

+ of AI

→ efficient

→ 24/7 availability
Good for students... and makes improving your grades easier. Especially in SG where private tutors are becoming more popular, having AI on your desktop is like having a constant 1-1 tutoring session. Study mode on chatGPT also helps students.

→ Scientific breakthroughs

AI is like the modern day introduction of machinery from the industrial age. It limits human error to zero and it does labour done faster, more flawlessly and precisely.

→ machine vs handmade

craftsmanship
Usually handmade items are higher in quality and more favoured as they possess a unique human touch to them. However, machine made items should not be looked down upon as machines produce affordable and accessible products. Machines help decrease manual labour costs of commonly used items that need rigorous processes to be made.

→ protesting and youth movements

although it can get unconventional, i.e. the protests and discord elections in Nepal in 2019, protesting on social media is the most accessible option for people to change corruption in their country. social media also helps spread word and educate people on ongoing situations in their countries which sometimes can be hard to obtain via traditional news or informing media due to censorship and unruly governments.

AI.

→ drug to env

→ How to implement it into personal studying

→ How to implement it into experiencing.

- of AI

→ Causes "cognitive atrophy" (the deterioration of mental capabilities like memory, critical thinking due to underuse) as AI usage can skip the process of brainstorming, analysing, memorising and, to me, the most important effect: a loss in critical thinking. One's opinion can become diluted and morph to fit in with the general consensus. We will start to question, reason less and make poorer decisions due to overreliance on AI to educate, form opinions and do mundane mental activities for you.

• The affordability of AI comes with the cost of you training AI by sharing your human thoughts while you lose the ability to think for yourself.

→ Climate impact..

AI has integrated with a lot of sectors of our living. We cannot avoid it even if we wanted to. Which is the reality now.

→ AI art.

Is trained by taking the real artworks and skills of actual artists to be able to replicate their styles and generate art to more consumers, while giving no credit to original artists. This profoundly disrupts and cheats out artists of their lifelong work. AI also weakens the humanmade intricacies of art like symbolism, expression and history. AI art is also virtually soulless and ugly.

technology

is heavily tied with education

coping mechanisms (tied w/ art to kill 2 birds w/ 1 stone)

- There is research that stress + trauma can be stored in the body and can contribute to the manifestation of physical/mental health issues. Esp. pain/tension.
- Emotional release is key in life as it processes emotions by identifying them and letting go.
- Forms of such activities to emotional express feelings can be through art and sports. Working through inner emotions with journaling, meditation and introspection can help us learn and quell over what we fear, hate and avoid.
- Art therapy is also particularly effective as colours, lines, patterns can reflect a lot about the hidden subconscious and direct we bury/what we can easily identify.
- It is also important to note that watching tv/social media is not a form of emotional release.. it may even be damaging to the mind.

Mental
Health

→ causes for ↑ in teens battling with issues

- Can be due to social media as it triggers a "compare and despair" cycle. Young people hop onto trends and ideas like what originated on tiktok, Blackpill, to partake in intense exercise and commit acts of self-harming habits like "bone-smashing" and plastic surgery to alter their appearance. High screen times can also cause sleep deprivation and affect on dopamine and concentration processes neurologically.
- Academics and performance pressures. Intense grading and study schedules may take a toll on young people especially if they have no time to emotional express their suppressed melancholies over comparison and stress.
- Natural neurological changes = puberty can affect rationality.

* Despite having a myriad of explanations to use for your points, remember to shorten them as oral markers may find it too time-consuming, long-winded, irritating and complicated to understand.

thank you! Hope this helps... !!
thanks for supporting my holy grail uwu
contact <twinklebird40@gmail.com> for fiction/non-fic writing (charging money)

other topics:

- heritage
- patriotism
- values and morality

