

Journal Assignments

Week 2

What does Hawke focus on within his presentation? What is his main topic?

Hawke focus on the forms of creativity and how it helps humans express themselves and connect with others. He also talks about how we have to let that creativity flow and don't limit ourselves because the world will always judge regardless of what we are doing so you gotta make sure that you are doing something that you enjoy and that it gives back to you in many ways. He states: "I believe we are here to try to help one another.", by surviving and thriving, or expressing ourselves, but the key is that we have to know ourselves to be able to express it.

Who do you think the intended audience is for this presentation? Pick one audience. Young people? Students? Aspiring actors? It can be any group you think would feel engaged by his presentation. Why do you think this specific audience would enjoy this presentation?

I believe that the intended audience for this presentation is people that constantly struggle with perfectionism and trying to please others instead of their own selves. It could be young adults or students that are experiencing a certain fear of being judged or even those that are at a stage where they have this urge to explore more of each other and what they love. And I think this specific audience would enjoy this presentation because to highlight what he is trying to say Hawke uses personal stories and examples that people could easily relate to, like when he mentions about his plays and his stepbrother story.

What is the purpose of this presentation? To educate? To inspire? Both? Or do you think it has another purpose? What is that purpose?

The purpose of this presentation in my opinion is to inspire people but also has a hint of education. While he encourages people to express themselves and be creative he also says that it isn't just about producing great art but to also connect with others and embrace yourself.

Week 3

The short film "Lost & Found" demonstrates that love is not selfish, that if you deeply love someone you should be willing to give all of yourself to them, even if that requires sacrifice. Also, I believe that in the end it gives us the message that love is resilient, that even if something happens, relationships can be repaired if given enough effort and dedication. The appeal of the short film is definitely emotional because it shows a relationship between a knitted fox and a dinosaur and the sacrifices and efforts they are willing to make in order to save each other. When the dinosaur is "dying" trying to save the fox, the love of his life, we can be assured that the message's intention is to be emotional because a lot of scenes of them together are going through the dinosaur's mind as his last thoughts. Personally, I found it really sad, so I would like to believe that in the end, when the fox is making the sacrifice of knitting her love back, she actually was able to. In my opinion, the film is effective and needs to "be sad" in order for the audience to empathize with the characters and relate to it. I am pretty sure the majority of the viewers recalled a

situation from their own lives while watching it or at least thought about the ones they love and the sacrifices they would be willing to make, like I did.

Week 5

I believe the creator's target audience is basically everyone. Of course, there might be some focus on specific groups like students, young adults, and scientists, but in my opinion, the message is meant to serve all. This is because it aims to create impact and raise awareness about ecological issues. Everyone is responsible and should take action in a way that works for them. These actions don't need to be major changes, simply being more careful about the exploitation of natural resources can make a difference. If everybody changes a little bit of their behavior, collectively it can create a bigger and more positive impact. The creator highlights humanity's impact on nature and the environment, especially the exploitation of natural resources, and emphasizes the potential collapse of the planet if this pattern continues. In my opinion, the creator does not offer a concrete solution, aside from the man in the video receiving a not-so-welcoming visit from aliens. However, after researching the video and the creator, I discovered another piece entitled "MAN 2020", it is meant to be an updated version, showing that the world is capable of recovering in the absence of humans, more specifically during quarantine. I found this really intriguing because it demonstrates the power of our natural resources and how they would thrive if we were not exploiting them so often and so harshly.

Week 6

English is not my first language so I tend to have some difficulty in grammar, as expected. After watching the video, I realized that I commit some of the mistakes that she mentioned like saying “Me and my friends” instead of “My friends and I,” or mixing up when to use “have” or “has.” I think this happens because I usually translate phrases literally in my head from one language to another. And knowing that the grammar rules are different, that can cause mistakes.

<https://www.youtube.com/watch?v=wuBE2I6Dn-Y> This video I found specifically talks about the difference between has/have and when to use it, it features two drawings that help the viewers understand better when to use each word. Overall it helped me to view where I am being mistaken and I will be more careful with this grammar error moving forward.

Week 7

The short film features a mother and her son. The mother is a middle aged woman with brown hair tied back loosely, she wears green clothes and a waist apron, besides the scene where she is cooking she moves with quite noticeable frustration. She takes heavy steps and her gestures are exaggerated, making it clear that she is impatient, she gesticulates and move things quickly, while she also gives her son annoyed looks. Her appearance is tense and worn down, showing that she is clearly dealing with the same problem for quite a while. Her eyes are open wide in irritation and her mouth is pressed thin whenever she looks to her son. She sighs loudly and appears to be drained from the situation. Her son looks different from her, he is smaller and skinnier, with a pale skin that only glows when there is light on the television screen or video game that he plays. His eyes are focused, or

glued, on the screen and he does not blink much, he appears to hold the controller tightly and by the way he moves his fingers quickly it shows that is an automatic action from him. It seems that the game has almost taken over his body as he does not express reactions to anything that his mother is trying to show him. It is clear that he is lost in his own virtual world. Their house is quite simple, with old furniture and faded wallpaper, the space feels unorganized sometimes as we see dust floating in the air. Some streaks of sunlight are visible when the mother opens the windows when it seems to be late afternoon or sometime in the morning, since the sun is shining through the curtains, besides this the atmosphere seems tense and heavy. The sounds come from the video game and the mother's anger, with deep sighs and loud movements.

Week 8

Why do you think the "holy man" gave the paw to the British soldier? What was he trying to teach the British Empire?

I think that the "holy man" gave the paw to the British soldier because he was trying to teach a lesson. I believe he wanted to show to the soldier that humans should not try to control destiny because it can lead to suffering. And regarding the British Empire he was trying to give them a message that trying to control everything brings disaster, because at the time, they were invading other countries, so it was a reminder that power always comes with consequences.

Why do you think the family's acquaintance, Sergeant-Major, gave them the monkey paw?

I think that Sergeant-Major gave the family the paw as a warning or out of guilt, because he already had experienced it before and saw the effects of it, so he probably did not want it anymore, as he also tried to destroy it but failed. So in a way we can say that Sergeant-Major was passing on the object because he wanted to get rid of it and maybe let others learn what he learned, that messing up with fate brings consequences.

Why was Mr. White trying to stop Mrs. White in the story?

In the story he was trying to stop his wife because he was afraid of what their wish would bring back, it shows that he had already understood the consequences of trying to mess around with fate so he knew that if their son came back he would not be the same. It was not about not wanting his son, it was about fearing what the paw would turn him into.

How do you think the story ends after you read the last sentence?

I think that after reading the last sentence I believe that Mr. White made his final wish for their son to go back to the grave due to the fact that there was no one at the door and the knocking stopped.

What do you think the moral of the story is?

I believe that the moral of the story tries to teach about being careful with what you wish for and also about not trying to mess with fate because you are the one that will suffer with consequences.

Week 12

Although many people overlook the connection between food and mental health, maintaining a nutrient-dense diet can improve brain function and reduce symptoms of anxiety and depression.

A balanced diet should be viewed as an essential part of mental health treatment, because the brain needs a certain supply of vitamins, minerals and healthy fats to regulate mood and cognitive performance.

Medication and therapy are crucial for managing mental health problems, but research shows that making some dietary changes can enhance these treatments and reduce symptoms.

Unless people begin to prioritize nutrition as a factor in mental health care, others will continue to struggle with preventable challenges that are linked to poor dietary habits.

Week 13

On my essay I mention that food is great form of primary treatment that could be aligned with other things to combat mental health symptoms, so when researching about it I came across this video of a licensed therapist that is specialized in eating disorders that brought my attention to the other side of the picture, food can also be the reason why many people develop mental health disorders and also can be seen as an enemy for some, that tries to hide what the real feeling is. Ashley McHan, the therapist featured on this video interview, also says that this eating-related conditions could not be primarily about food, body image or nutritional choices, which is the topic of my essay, but instead she present a different point of view and mentions that disorders like bulimia, anorexia, binge eating disorders and

also Avoidant/Restrictive Food Intake Disorder (ARFID), has their roots in anxiety, trauma and complicated emotional needs. According to McHan, these people that suffer from eating disorders generally are looking for connection, safety and belonging, sometimes sense of control in terms of diet optimization. During the interview she explains how trauma can help in the development of unhealthy coping strategies, where food restriction and binge eating becomes. a strategy to stay away from emotions and managing overwhelming conditions regarding mental health symptoms. Because of that, and counter-arguing with my solution, Ashley McHan states that during treatment, people should focus not simply in dietary correction but also work their traumas, reduce anxiety, and seek emotional support. For me, her argument serves as a good counterpoint to what my claim is that diet has a significant impact in shaping brain function and mental health. My essay emphasizes that nutrient quality and good choices of food affects mood, cognition, and psychological well-being, but McHan's perspective also highlights that in some clinical contexts, mental health disorders can produce disordered eating, not the other way around. I agree with parts of her argument that eating disorders are rooted in the suffering of a person rather than nutritional purpose but I still maintain my point that diet and brain function are deeply connected, and that having poor nutrition can make anxiety worse and cause mood issues even when the primary cause is a psychological issue.

In terms of credibility, the source seems reliable for me. Ashley McHan is a licensed therapist working in an eating disorder treatment center, and her explanations align with psychological research. The platform seems educational rather than sensational or commercial, which makes me believe it is trustworthy.

<https://www.youtube.com/watch?v=7VZNGgDjsMo>

Week 14

The video I chose is a Ted Talk that showcases how our bellies control our brain. During the presentation, Ruairi Robertson explains his concept of viewing the gut as a second brain in the human body. He explains how the gut influences our emotions, mood, behavior, immunity and overall health. Robertson uses a research made by Ilya Mechnikov about gut bacteria and the connection with modern findings that shows that diet shapes our intestinal microbiota. The speaker argues that these microbes that live inside us in our gut system play an impactful role in the production of certain neurotransmitters like serotonin, which can affect mental health and brain function, as my main essay argument explores. I agree with the video and what Robertson says because it aligns with my arguments and research. One of my sources, Gomez-Pinilla, explains how dietary factors impact and influence brain function and mood due to biochemical pathways, which reinforce the idea that nutrition and mental health are directly related. By the same token, on my essay, Hoffmann argues that microbial balance affect our stress responses and the development of the brain. Both these sources fall into an agreement with the Ted Talk's claims. I personally find this video credible because the source usually features researchers that present peer reviewed based findings and is still simplified for a general audience so it is easy to comprehend some complex topics.

<https://www.youtube.com/watch?v=awtmTJW9ic8>