

# THE Olive

DIVISION OF OLIVE MEDIA

“There are no shortcuts to quality.”

*Prof. Yan Xiaohong*

JSU PRESIDENT

Find out his 3 important tips for success!

(pg. 19)





## 12th Edition of The Olive Newsletter

The newsletter is an exclusive collection of work put together by the different branches of the Olive Media Team. It is meant to be an informative, info-graphic album showcasing OECian students' activities, achievements and abilities.

We hope you find our work both inspiring and educative.

We wish you a happy reading.

*Olive Media Team*

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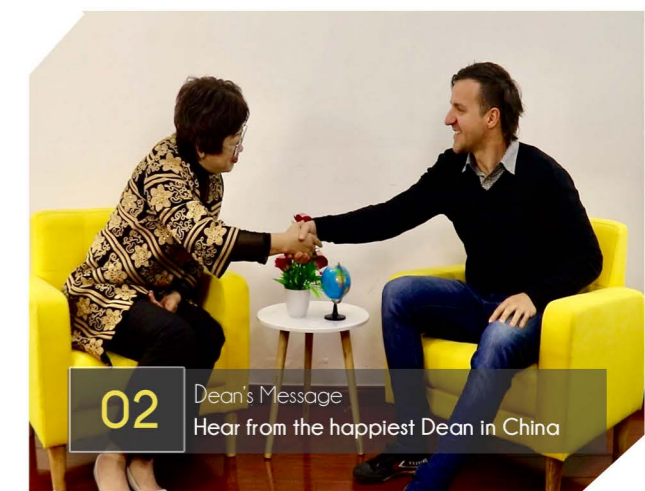
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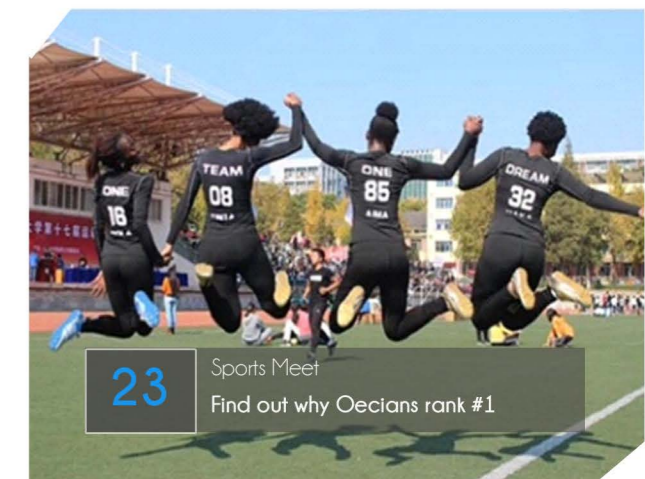
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Message from the Editor-In-Chief

**Tiisetso Padima**

It is with great pride but with a tinge of sadness that I conclude my run as Editor - in - Chief of Olive Media. I have thoroughly enjoyed designing and editing the newsletter in the past 4 years. When I took over the Editorship at the beginning of 2018, Olive Media was in the midst of a growth spurt as the WeChat Platform and Olive TV were still new.

My goal was to continue the newsletter's upward trajectory and consolidate many of the initiatives my predecessors had implemented, while maintaining Olive Media's focus on JSU foreign students' campus life.

2018 was a big year for the overseas students because in addition to the usual activities, we introduced a few new ones Coffee with Olive, Capturing Sports on Campus, Spoken Word and more. As a member of the team that captured these events, I feel privileged to have had the opportunity to play a part in the continued growth and success of the way these events were reported.

As Olive Media now moves forward under the guidance of the new editorial team we wish the new team the very best. They are an impressive group of talented editors, writers, photographers and designers that will bring new energy and new ideas to the newsletter. The outgoing editorial team congratulates them for agreeing to take on this dynamic and complex task.

With the rapidly changing landscape of how information is published and accessed, no newsletter can afford to stand still. The emerging electronic publishing environment offers tremendous opportunities for a publication such as our WeChat platform (Olive Daily). However, there are pitfalls to be avoided. It will therefore be important for the impressive new editorial team to be matched with a continued comparable commitment from our patron, the OEC, in order to successfully realise the teams' ambitions for the Olive Media network.

I have enjoyed working with a team of extremely knowledgeable and dedicated people that includes the Editorial Board, the writers, the photographers, designers and auxiliary members. I would particularly like to highlight the extraordinary professionalism and commitment of Pheona McKenzie.

With this final word, my editorship comes to an end. It is my sincere hope that those who come after me will, continue to strive to pursue useful initiatives geared at promoting and encouraging the development of learning during their time with Olive Media by being committed to and appreciative of the Olive Media. Indeed, I believe that there are many exciting times ahead for The Olive.



Message from the Dean

**Prof. Jing Gao**



It's my sincerest pleasure to be back with my warmest regards to all our students. This time we have hit the ground running with the theme "Dream to succeed, Together we can!" With regards to this theme, in order to be happy we need to succeed regardless of the obstacles that we might face. I urge all students this theme amidst all their endeavours, academic, social or work related.

This academic year we are all about cooperation with University Enterprises. This is a practice based skill that will enhance students capability to work in companies and blend in the society with ease. Students need to work with enterprises and in return enterprises require students' support in different areas such as enlightening the market and innovation to enhance their products. Amongst these will be entrepreneurship training programs that will provide workreadiness oriented education to the trainees. This will enable students to train with affiliated companies and cooperative organizations of Jiangsu university and thus greatly further their skills in their areas of study. I am enthusiastic to share that about 100 companies are already on board.

The Online test system, yet another new reform, is a platform where students will be able to test themselves on the knowledge they would have acquired, regardless of the academic level reached. This revolutionized path we are on comes with many exciting and greatly beneficial projects, however, for this to succeed, cooperation and commitment will be needed from all students. Students are required first, to be competent, ambitious and responsible citizens and only then will abundant opportunities be availed to them. Students should strive hard to build a reputation for themselves and enhancing themselves in different areas, for example in their extra curricular activities.

Excellent communication skills are mandatory for working together despite language barriers at times serving as an obstacle. Interaction between local and international students, is key. We need to have each other's back for our dreams and goals to be realized together. Besides the above, the university is constructing a credit system for students, where the efforts of the students will be recorded in this system and their accomplishments will be evaluated annually.

In closing, I'd like to encourage us to keep on, keeping on!

Dream to succeed, together we can!

# MATERIAL SCIENCE & ENGINEERING

## PROGRAM IN FOCUS

Materials, they are everywhere and they are the makeup of basically everything, so it is only natural that there be an entire discipline dedicated to their advancement and development.

Material science and engineering sounds self-explanatory, but you might be surprised to discover its depth and scope. Officially material science and engineering is described as “the study of all materials, from those we see and use everyday such as a glass or a piece of sport equipment to those used in aerospace and medicine.”

Right about now you might be wondering what does a materials scientist actually do? Well here’s the answer: Material Scientists or Engineers, through understanding how materials work, can create new materials for new applications as well as develop existing materials to improve performance. They can control the structure of a material, from an atomic level up, so that its properties, for example, strength, can be tailored to suit a particular application. In other words, Material Scientists are the first point of enquiry when someone in any and every field is developing a new product with specific material needs. In terms of scope, Material science has a huge impact on societal challenges including:

- The environment and climate change
- Advanced manufacturing
- Renewable and sustainable energy
- Materials efficiency
- Healthcare
- Biotechnology
- Aerospace and transport
- Communications and information technology, to name a few.

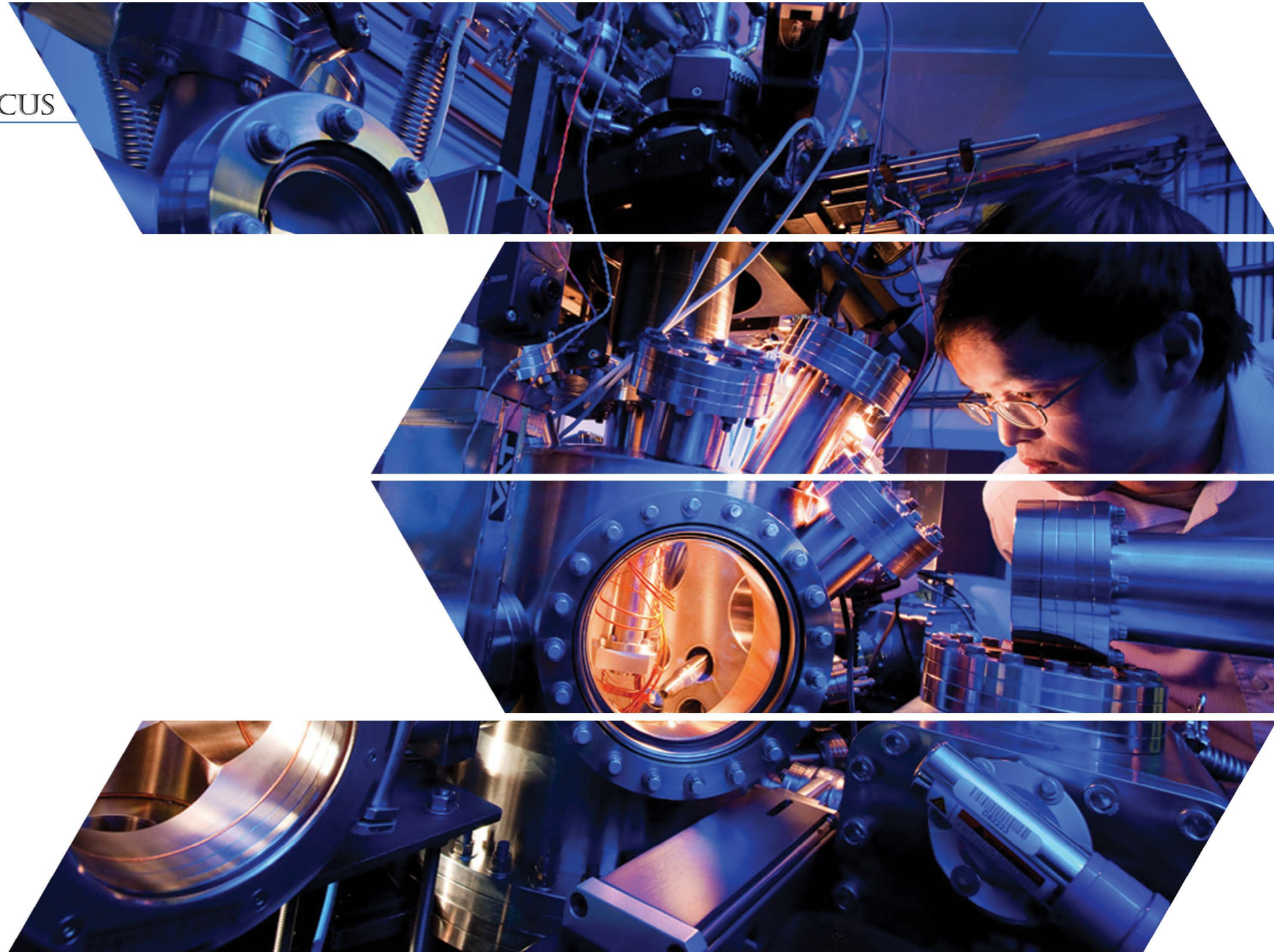
Many of those interested in becoming a material scientist or engineer may be wondering about their employment prospects once they obtain their degree. Well the most recent studies have found the following:

Employment of material engineers is projected to grow two percent (2%) over the next ten years. Material engineers will be needed to design new materials for use both in traditional industries, such as aerospace manufacturing, and in industries focused on new medical or scientific products.

However, most material engineers work in manufacturing industries, many of which are expected to have declines or little change in employment.

Demand for material engineers is expected to come from growing fields, such as biomedical engineering and three-dimensional printing. For example, material engineers' expertise is crucial in helping biomedical engineers develop new material for medical implants. Research and development firms will increasingly employ material engineers as they explore new uses for materials technology in consumer products, industrial processes, and medicine. In short there will be plenty demand and hence various job opportunities.

In my opinion, a profession that a vast majority of other professions depend on must be a great one. So, if your ambition is to be a problem solver and creator whose work’s influence is not limited to any major or field, Material science and Engineering might just be the thing for you.



Written and compiled by: Gugulethu Jemaine Nyathi & Naiya Gupta

JSU of course offers Material Science and Engineering as a degree program and this is all the info you need:

Degrees Available	Tuition (CNY)	Duration	Scholarships Available
Bachelor	20,000	4 years	First year 10,800 CNY
Master	24,000	3 years	20,000/year on tuition
PhD	28,000	3 years	Tuition and accommodation covered

# COLLEGE NEWS

## OECIAN OPK WON IN 2018 RESEARCH COMPETITION IN USA'S AMERICAN SOCIETY OF AGRICULTURAL & BIOLOGICAL ENGINEERS (ASABE)

Detroit Michigan, July 29, 2018 - Mr. OPPONG PAUL KWABENA – (OPK) presented research projects at ASABE conference. He took one of the top 3 positions along with Omid Abari from MIT and Calvin Loncaric from Harvard University Mr. OPK presented on the topic: 'New Type Arduino Plant Grower (GCKJ)' which is a small automatic Plant Growth Regulator that monitors and supply all the necessary conditions needed for plant growth.



WRITER: NANA AMA

## DIVERSITY CLUB FOR PERFORMING ARTS, 'DISCOVER – NURTURE – PRESENT' JSU TOP TEN PG SINGING COMPETITION

Encouraged and supported by renowned experts, experienced coaches and mentors JSU PG singers realized their dream of a vocal future when October 28 saw two overseas students from the Diversity Club - DJOMO KENZO and LAURENT MWILYE LUKAVU took part in the Top Ten PG Singers competition organized by PG school and UJS Communist Youth League. The final round then saw individual performances with DJOMO KENZO winning first position and LAURENT MWILYE LUKAVU placing 2nd.



WRITER: OPK

## IMSA MEDICAL SEMINAR PATHWAY TO PRATICING IN THE UK

The medical seminar kicked off in grand style on the 23rd of September with a presentation from one of JSU's alumni, Dr Chirag Kukadiya who is currently practicing medicine in the United Kingdom. Mr. Kukadiva delivered an informative session of requirements for medical practice abroad. Including the USMLE and PLAB. Kudos to IMSA for a well organized event.



WRITER: NONSO



## A BLIND RECLUSE, A HEIST GONE AWRY! "DON'T BREATHE"

Hand in Hand organized its first movie night on Saturday 10th November 2018. The movie selected was "Don't Breathe" and was successful with more than 60 students in attendance, Chinese students inclusive. The purpose of this small activity was to relax the tedious/intensive days of studies and refresh the mind .

WRITER: AMINA ABBA EL-GUJJA

## JEWELS VISIT ZHENJIANG RENAI SOCIAL WORK CENTER

It was a delightful Sunday on December 2, 2018 when the OEC JEWELS, School of Medicine Youth Association and Zhenjiang Benevolence Social Work Center jointly sponsored by the "Medical Heart Warm Winter Line Series of Activities Love Run Left Bud" set out to the Zhenjiang Renai Social Work Center in Shiyezhou and successfully carried out a series of engaging activities with these children in order to shed light on the children' s lives.



WRITERS : ANGEL AYEBARE JENNY TIBEIHAHO, AMINA ABBA EL-GUJJA, SELINA VIMBAI



## OEC HEART- NICE TO MEET YOU

On Sunday October 14, 2018 at the OEC building between the hours of 18:00 to 19:30, the HeART Association organized a "Nice to Meet You" event to welcome freshers and create an atmosphere where each and every participant can have the opportunity to socialize and adapt with campus life

WRITERS: MANSUUR HUSEIN & NANA YAA AGYAPOMAH

## MODEL UNITED NATIONS

Gender equality, equality between men and women, is the concept that all human beings are free to develop their personal abilities and make choices without the limitations set by stereotypes, rigid gender roles and prejudices. Currently 49 countries have no laws protecting women from domestic violence. Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world. On Saturday, October 20, 2018, IBSA held their Third Annual Model United Nations (MUN) to put forward their ideas about this issue. The crème de la crème of the presentations were , Mr. Christian Mulbah , Ms. Gugulethu Jemaine Nyathi and Ms. Lujain Farhat

WRITER: AISHA ALEXIS SUBRIA THOMPSON

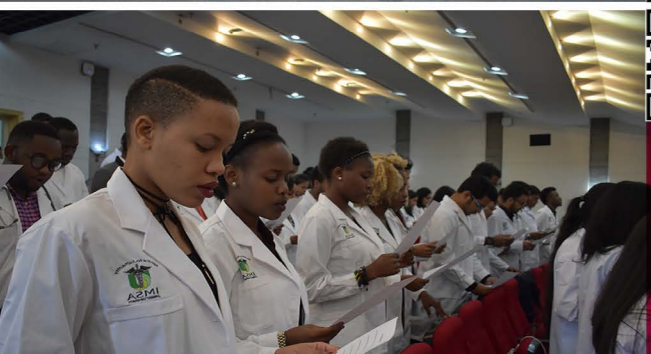


## SEMINAR ON INTERNATIONAL BUSINESS BY IBSA & MANAGEMENT SCHOOL

As one of its series of academic programs to improve the students understanding of how international businesses operate, and give participants the opportunity to interact with international business experts, IBSA and the Management School invited a renowned business professor to throw more light on the above topic. As scheduled, the program was hosted in Sanjiang building. The speaker, was Prof. Dr. Markus Prandini-Head of Center for Asia Business from Switzerland.



WRITER: MANSUUR HUSEIN



Freshmen Walk

White Coat Ceremony



Forum of China



IBSA Business Seminar



# PICTORIAL NEWS

Summer Camp



IMSA Career Forum



Freshmen City Tour



Accupuncture Training



New Year Gala



Visit to Xian



# COLLEGE NEWS

## MEDFORUM SEMINAR FOR MEDICAL STUDENTS

A medical seminar was held on Sunday the 30th of September and it was nothing short of excitement for the attendees. The seminar, a venture by the MedForum organization dubbed "Preparing for the Medicine of Tomorrow", had JSU's future doctors informed about the importance of their field and what lies ahead of them as future medical experts. The speakers at the event were Dr. Nicholas Comninellis, an associate professor of Community and Family Medicine at University of Missouri-Kansas City, School of Medicine, and also the founder and president of INMED (USA), Dr. Gloria Francisca Nuer-Allonuvor, a specialist obstetrician gynecologists and the CEO and president of MedForum China, Dr. Paul Adu-Domfeh.



WRITER: CHIMWEMWE MOYO

## HEART HELPS FRESHMEN OVERCOME CULTURAL SHOCK

The program was designed to create a platform where students meet to discuss challenging situations or unfamiliar cultures they came across. It involved students sharing their experiences about peculiar situations they faced in China and how they successfully coped. After, the resource persons, Miss Befu, and Dr. Mahmud Abdul-Nazif were invited to give technical advice from the field of Psychology about such situations. Miss. Berfu emphasised that we should focus on similarities rather than differences in cultural exchange. Dr.. Mahmud Abdul-Nazif advised the audience about the tolerance and respect for other beliefs and norms which can create a smooth environment for understanding each other's culture.

WRITERS: MNASUUR HUSEIN AND AMINA ABBA EL-GUJJA



## JEWELS ACADEMIC FORUM SUSTAINABLE DEVELOPMENT GOALS

The 2018 JEWELS Academic Forum themed 'Sparkles of Intellect: Are Sustainable Development Goals Achievable?' took place on Sunday, 21 October at a packed JTQ auditorium. The forum included the official launch of the JEWELS Financial Assistance Fund. Ms. Martha Coleman (Ph.D. in Finance & Economics) delivered an inspirational speech about the role of students in achieving the SDGs. In her own words, "Any knowledge gained here must be used back home. Any knowledge gained here that is kept in a box means we have failed our nations". This was followed by the head-lining session of the event; The Debate in which the opposition took home the prize.



WRITER : PHEONA



## GLIMMERS OF INSPIRATION - JEWELS FRESHERS WELCOME

Fun, thrilling, jovial, cheerful, blissful, to mention just a few, are some of the words to describe the wonderful time on Monday the 24th September as JEWELS arranged an interactive activity for the freshers. There were a series of interactive games coordinated by Miss Eleanor, The JEWELS Sports Organizer. These included games such as 'Human bingo', 'Piggies in the middle', 'Water balloon catch' among others.

WRITER: JEWELS PUBLICITY GROUP

## OECIANS PERFORM IN 2018 JOY IN JIANGSU COMPETITION

On December 9, the finals of 2018 Jiangsu's Got — Foreign Talent Singing Competition was held in Jiangsu TV Studio. PATRICK OMOLO DJOMO, a Cameroon student of our university, and 3 students from other universities in Jiangsu province together brought the opening song "Fortune Comes from The East", which successfully roused the audience expectations. TAPIWA MANDOZA, a student from Zimbabwe, with some foreign friends sang a classic Chinese poem "Invitation To Drink" in pop style, which was well appreciated by judges and audience. Jiangsu University won the excellent organization award in this year's "Shared Joy in Jiangsu" Foreigner Singing and Talent Competition.



WRITERS: TAPIWA



## 25TH TRI UNIVERSITY INTERNATIONAL JOINT SEMINAR AND SYMPOSIUM .

Studying at JSU does not only give one the opportunity to catapult his/her academic dreams, but it also opens a global chance for one to share his knowledge on the international arena. Following the footsteps of his PhD colleagues such as OPK and Gabo Tupac, OECian- Prince Asilevi Junior, School of the Environment and Safety Engineering from Ghana, joined the JSU academic delegates for the 25th Tri University International Joint Seminar and Symposium 2018 hosted in Chiang Mai University (CMU), Thailand.

## PG ACADEMIC CLUB GIVES SPSS TRAINING

October 13th 2018, saw PG Academic Club organize Training for OECians on Statistical Package for Social Sciences (SPSS). At a time when the amount and availability of data is exploding, PG Academic Club SPSS training was to harness OECian's unique data flow to uncover new insights with SPSS analytic solutions. Instructors prepared students for the volume and velocity of business critical information with a series of real-world scenarios and exercises. Thus helping students take full advantage of your SPSS big data and cognitive systems.

WRITER: MANSUUR HUSEIN



## ISSA COMBINED SPORTS WEEK

ISSA made the National Holidays energetic and sports-filled by organizing several events each day. The events were helpful in increasing the interaction of freshmen and seniors and also to find potential talents that have come to OEC this year. The events were as follows: OEC 2018 INTER-DEPARTMENTAL FOOTBALL, BEACH VOLLEYBALL & FOOTBALL, BADMINTON TOURNAMENT, CRICKET TOURNAMENT and TABLE TENNIS TOURNAMENT.

WRITERS: OPK & ISSA



# BUSINESS SEGMENT

## Impact of AI on Human Resource

After graduating we all need to get employed and get a good paying job, but with the rise of AI, are our degrees sufficient to maintain us within the developing economy of AI?

Some might not know what AI is, so let me break it down for you, Artificial intelligence is a term for simulated intelligence in machines. These machines are modified to "think" like a human and mirror the way an individual act.

Translators to help us break the language barriers and most importantly Alipay and WeChat pay #cashless society, there is no need to walk around with cash. Smartphones are apt and every day is an example of how we use artificial intelligence. In utilities, we find that they can predict what we are going to type and correct the human errors in spelling. That is machine intelligence at work. Another practical example, unlike the old days, when we used to go to Bank of China to pay tuition, we can now pay in the comfort of our homes online.

As OECians by the time we graduate, will we be supplanted by robots? the appropriation of mechanization, mechanical autonomy and AI is quickening within the working environment drastically, displaying a real opportunity to definitely reimagine our working models in a way that maximizes the esteem of both people and machines

When human resource think about "artificial intelligence", the first thing they think of is machines and robotics taking their roles in the workplace, but that's not always the case.

Here are some factors that can cheer you up for a while, before we flip the coin to the other side.

### Human Error Reduction:

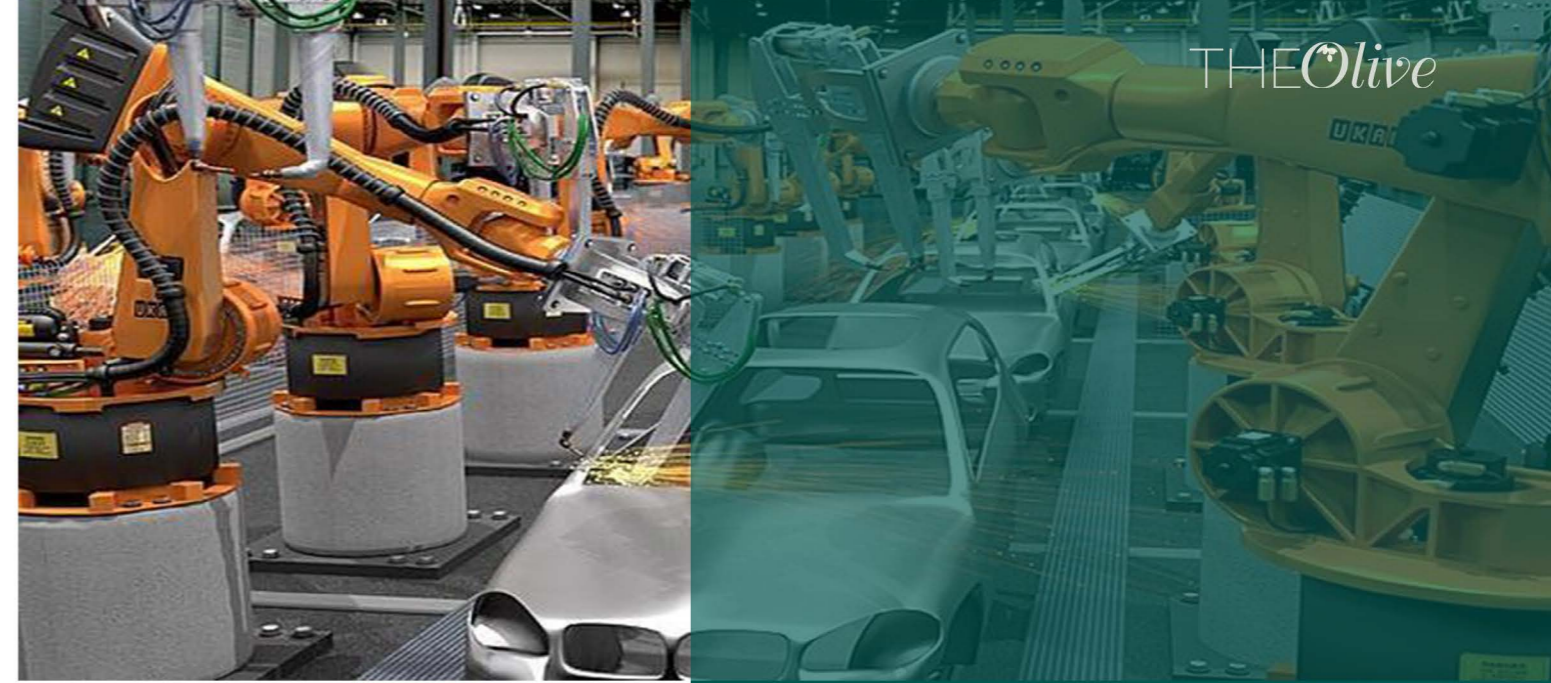
Artificial intelligence helps us in reducing human error and increase accuracy with greater precision is a possibility.

### Difficult Exploration:

Artificial intelligence and the science of robotics can be put to use in mining and other fuel exploration processes. Not only that, these complex machines can be used for exploring places where humans cannot.

### Daily Application:

Computed methods for automated reasoning, learning and perception have become a common phoneme in our everyday lives. As foreign students in China, it also helps us with location services on WeChat,



### Medical Applications:

MBBS students might think it doesn't benefit them as well, but hold that thought for a moment. In the medical field, we will also find a wide application of AI. Medical practitioners assess the patients and their health risks with the help of artificial machine intelligence. It educates them about the side effects of various medicines. Medical professionals are often trained with the artificial surgery simulators. It finds a huge application in detecting and monitoring neurological disorders as it can simulate the brain functions. Robotics is used often in helping mental health patients to come out of depression and remain active. A popular application of artificial intelligence is in radiosurgery. Radiosurgery is used in operating tumors and this can actually help in the operation without damaging the surrounding tissues.

Of course, a coin has two sides, here are the downside of AI

### High Cost:

Creation of artificial intelligence requires huge costs.

### No Replicating Humans:

Machines do not have any emotions and moral values. They perform what is programmed and cannot make the judgment of right or wrong. they cannot take decisions if they encounter a situation unfamiliar to them.

### No Original Creativity:

Do you want creativity or imagination? These are not the forte of artificial intelligence. While they can help you design and create, they are no match for the power of thinking that the human brain has or even the originality of a creative mind.

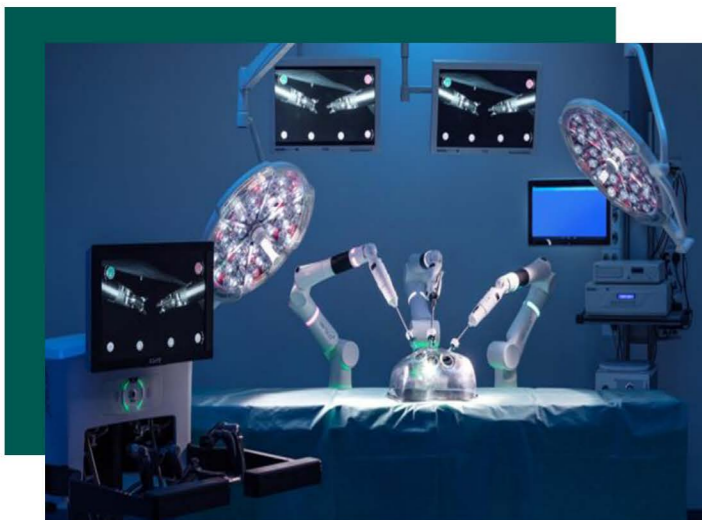
Human beings are highly sensitive and emotional intellectuals. They see, hear, think and feel. Their thoughts are guided by the feelings which are completely lacks in machines. The inherent intuitive abilities of the human brain cannot be replicated.

## 'HUMANICS'

As an accounting student , I fear for the after college life because of the rise of Artificial Intelligence , some might think I'm being paranoid but I might not be the only person walking down this road , as the inventor of wireless lines once said "I want communication that uses waves" and his friends made him to be admitted in a hospital because they thought he was paranoid , but here we are , talking about AI , so my main question poses like this , how should we prepare for AI as students?

Well in my opinion I think, we should plan and execute an educational module that engages people to carry out those responsibilities no one but people can do. Call it humanics. This educational module furnishes with three skill levels: specialized proficiency, information proficiency and human education, (for example, collaboration, enterprise, imagination, morals and social dexterity). At that point it incorporates them, enabling students to build up an imaginative attitude and the psychological versatility to develop, find and deliver unique thoughts in the A.I. age. Indeed, even as brilliant machines end up more astute, we will at present need people to dispatch new organizations, take part in worldwide tact, and oversee various groups of other individuals

Writer: Walter M Chanaka



# Medical Segment

## PAIN - AN UNLIKELY COMPANION



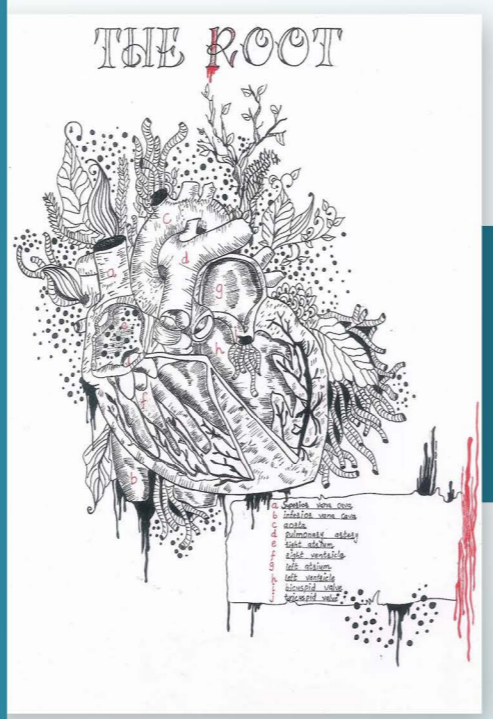
Imagine not being able to feel any kind of physical or emotional pain. Sounds pretty cool right? One can only imagine the kind of death defying stunts they would perform regardless of whatever happens, after all they wouldn't feel whatever happened if things where to go wrong. For many people pain is thought of in a negative way. It is seen as nothing more than a source of major distress, an emotion we shouldn't have to experience and even a nuisance. One has to ask though; is pain simply just a negative phenomenon? What is pain anyway?

### Concept of Pain

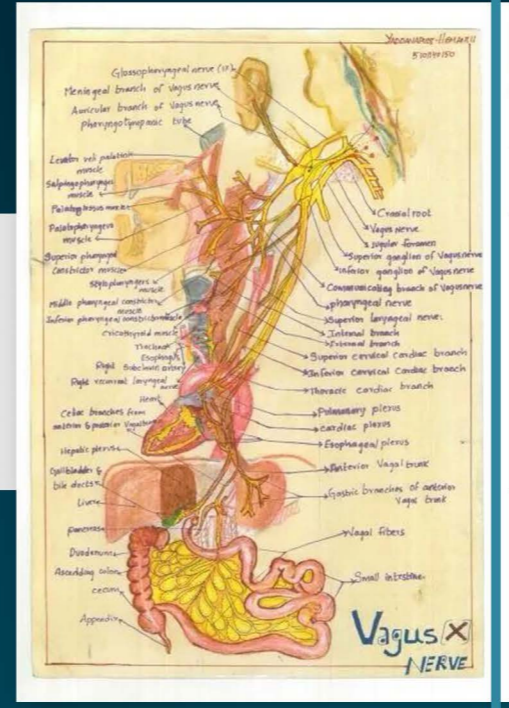
According to Merriam-Webster, pain is defined as 'localized physical suffering associated with bodily dysfunctions' or 'acute mental distress or disturbance. From these very definitions, we can see how pain is viewed in an almost entirely negative aspect. However, from the last part of the first definition, we can see that there must be more to pain than what we commonly believe it to be.

### How is the sensation of pain produced?

When one thinks about how we perceive the sensation of pain, the first thing that should come to mind is body's Nervous system. The Nervous system acts like a superfast highway that is responsible for receiving, conveying and interpreting various sensations or stimuli. It comprises of three main parts: Sensory receptors, Nerve fibers and the Central nervous system.



The Root  
by Bodar Deven Atulbhai



The Vagus Nerve  
by Yaddanapudi Hemanth

- Sensory receptors:**  
 The sensation of pain is first registered at points called receptors. These are points located throughout the body that are stimulated by any changes in temperature, pressure and pain. The distribution of receptors is not even, and this greatly influences organ sensitivity to pain. The skin is an example of an organ with a very high number of sensory receptors, the gut has relatively few. Interestingly enough, the brain itself has no receptors at all.
- Nerve fibers.**  
 These are a special group of specialized cells that are responsible for transmitting the perception of pain from the receptors to the central nervous system. They do this at an astounding rate of 30-50 meters per second. Nerves that transmit stimuli from the receptors to the central nervous system are known as *Sensory neurons* while those that transmit information from the Brain to the effector organs such as the muscles are known as *Motor neurons*
- The Central Nervous system:**  
 The Central Nervous System (CNS) is composed of the *Brain* and the *Spinal Cord*. The moment the impulse reaches the CNS, it is distinguished for what it really is a sensation of pain. The CNS then decides the next course of action and transmits this information to the motor neurons. These neurons with the help of different effector organs such as muscles react to the stimuli received. This whole process, mind you, is taking place within a fraction of a second. It's thanks to this incredibly fast reaction time, that we are able to flinch whenever into contact with a hot object without giving it a thought.

### Types of Pain

Pain can be felt in two different forms which are sharp and dull. Sharp pain can be described as a pricking sensation that is localized in one area. This type of pain is usually brief and is mostly felt on areas such as the skin and mouth. Sharp pain is not easily relieved by pain killers. Dull pain or slow pain primarily originates from internal organs. It is a diffuse type of pain that can radiate to other areas that are not within the immediate vicinity of the affected organ. A perfect example of this is the pain that radiates into the neck and left arm during a heart attack. This type of pain is easily relieved by Opioids which are a type of powerful pain killers. There some instances, however, when dull pain can be extremely painful such as the death of an entire segment of the bowels or the pain felt during child birth.

### 'They feel no pain'-Congenital analgesia

Congenital analgesia is an extremely rare condition which renders those afflicted insensitive to pain from birth. They are either able to feel it but cannot produce the necessary response or they cannot record any level of pain at all. At first glance it seems like a blessing, but as we take a deeper look at the phenomenon, problems begin to surface. The very fact that they cannot feel pain leaves people susceptible to injuries, which in most cases go unnoticed and become infected. Places in which injuries mostly occur include the oral cavity and the conjunctiva of the eye. Congenital analgesia is believed to be caused by a genetic mutation on the gene SCN9A that is responsible for generating and transmitting pain signals to the spinal cord and brain.

The lifespan of most people who suffer from this disorder is actually reduced because of the frequent number of injuries they experience and their inability to sense when something is seriously wrong within their bodies. This indeed highlights the importance of pain in diagnosing most of the illnesses we face. Pain is our body's way of speaking to us as it informs us of any changes within our systems. It can be used as a warning sign for minor disturbances (like the pain we feel in our bellies when we over eat that's the body telling us to stop) or an indicator of something fatal such as the terrifying feeling imminent doom felt during a heart attack or the massive headache of a subarachnoid Hematoma It can be safe to say that pain is indeed life saving.

So the next time you feel any kind of pain, as opposed to simply brushing it aside or drowning it with pain killers, take a moment to analyze what type of pain you are experiencing, how long you have been experiencing it and if possible notice any other unpleasant symptoms you might have felt recently. These few questions can help you understand why you feel the way you do. It is very important to note if you are consistently bothered by pain, seek the help of medical personnel as they will help guide asses your health condition. Always remember your pain is an unlikely companion, not your enemy.

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“ I am driven by diligence and commitment and this has impacted on my work as JSU President. I simply lead by example ,since all eyes are on me I explore different ways to influence the staff and students to greater productivity. This a big goal and consistently we are working towards its realization. ”

# UP CLOSE WITH JSU PRESIDENT

# PROF. YAN XIAOHONG

## 颜晓红

*"Develop a passion for learning. If you do, you will never cease to grow. Anthony J. D'Angelo"*

**Give us a brief introduction on your professional career before Jiangsu University.**

I started my professional career as a teacher in Xiangtan University, Hunan in 1986 and within one year was appointed as the Dean of the Physics Department. The Physics department made great success and innovations and this earned me another promotion in 2000 as the Director of Science and Technology Office .

In 2004, there was a need to join the scholars and experts in Nanjing University of Aeronautics (NUAA) and based on national interests, hard-work and dedication I was appointed as the Dean of the College of Science, Nanjing University of Aeronautics and Astronautics (NUAA). Within a span of 4 years, my scholarly, leadership and management experience as the Executive Vice Dean of the NUAA Graduate school(2007) and as the Director of Human Resource Department in 2008 exposed me greatly to University administration . Again in 2010, I was appointed as the Vice President of Nanjing University of Posts and Telecommunication and in 2017, I was appointed as the President of Jiangsu University.

**What qualities do you look for in the people around you?**

My experience and knowledge with working and relating with people at all cadres of the society has been educative and informative. We all belong to different families ,culture and the basic qualities which i look for in people are mutual respect, love attitude, tolerance, compassion and discipline.

**What is your typical day like?**

I am usually awake as early as 5:30am and study till 6:30 am, then do some physical exercises for approximately 30 minutes. Thereafter, i get ready for my daily task and am always in my office latest by 7.40am and sometimes work till 10 pm.

**What is your research field of interest?**

My interest in Physics and its importance to the science and engineering field enabled me to pursue my Doctorate degree in the prestigious Chinese Academy of Sciences Institute of Solid State Physics. My research interests includes ,the physical properties of nano structural materials and quasi periodic structures. My early discoveries and publication were on the theoretical method to study the physical properties of quasi periodic structures. In 1994, I was a Visiting Professor in the Center of National Research Science in France in the lab of Professor lochum Bruno and researched on Nano structural materials.

**Do you have a role model?**

My role model is the former Prime Minister, Zhu Rongji. I am inspired by his sterling qualities, diligence and unflinching care for the peoples interests and welfare.

**What's your work ethic?**

To exceed expectations and put all my efforts into everything I do.

**What is your opinion of overseas students?**

International Students bring diversity to the University and this enriches the internationalization, level of cross-cultural communication and exchange. I feel delighted with the scholarly achievements of our International Students and the various innovations they have showed in the University. I am so proud of their abilities to represent the University and their countries. I feel delighted every time i am told of their achievements at local level, provincial level and International level. Jiangsu University truly cherishes their contributions and would continue to create more opportunities for them.

**Who has influenced you the most in your life?**

My parents are my greatest influence and both played active roles in nurturing and instilling essential virtues in my Life. My father was an Engineer and taught me the value of responsibility, diligence, focus and perseverance. My mother is an excellent listener and caring woman from who I imbibed the art of listening ,respect and compassion for others.

**Have you had any particular experience that greatly changed your outlook on life and if so what was it?**

As you grow, it is possible to have many experiences that influences your outlook in life depending on the choices you make. The teamwork displayed by both Chinese and International Students in various competitions, activities and their achievements remains a memorable experience. I was delighted when the students won the 1st prize in the "challenge cup" national competition, the sports meet and other activities . The level of teamwork indicates that if work together we can achieve more. Our students are great!

**What advice would you give to a young professional about balancing their personal life and professional life?**

Work-life balance is essential for productivity and a healthy lifestyle. It is important to use effective time management to ensure that neither suffers at the expense of the other.

**What advice would you give to students who are in their first year and advice to students in their final year?**

I remember when I was a first year student, I had so many questions and expectations , however with the guidance of my parents, colleagues and teachers it was easy adjusting to University life. I advise 1st year students to fully immerse themselves in their new environment, develop a strong social network, remain focused on their education goals learn Chinese language, develop their talents and skills through participation in activities .

Every final year student ought to have gone through positive transformation in terms of skills development, competence, creativity and communication. Therefore, I advise final year students to be innovators in their chosen careers and make positive impact in their respective fields of study.



To exceed expectations and put all my efforts into everything I do.

## 3 IMPORTANT TIPS

- PUNCTUALITY : ALWAYS ARRIVE TEN MINUTES .
- THERE ARE NO SHORTCUTS TO QUALITY.
- BE PATIENT AND LISTEN.

# THE LIFE OF HEIGHT



## How Do They Do It?

Economists posit that all other being equal for the same age, sex and education, taller people earn more income than the shorter peers. However, consistently the Argentines have produced maestros in the world of sports (Maradona, Messi) who disproved this theory al-beit one of them needed neurohormonal stimulation to attain this.

How come Mother Nature dishes out more resources for same effort based on physique and if this evolutionary advantage of height is true then does it necessarily vindicate genetic enhancement for an economic reason. A cursory glance at visa application grant rate shows it to be higher for the African countries of enhanced physique.


What really is the economic and biological utility of height? Appearance can be deceptive because some manipulation requires lower centers of gravity to adapt to change and stability.

What coup de grace comes with height? Other than reach of higher foliage on the trees what other evolutionary advantage did it confer on the giraffe in addition to making it more visible to prey. The bigger and taller Dinosaurs succumbed to the evolutionary pressure whereas the more nimble and agile mammals with bigger minds conquered the terrain.

“ *Height affects how individuals regard themselves, which is self esteem, and how individuals are regarded by others, called social esteem* ”

The shorter Orientals tend to outlive the taller Occidentals, Saul was the obvious choice but David a truer King. We need them both the giants and dwarfs. How do we correct this primitive bias? Even when it comes to the watchmen, height seems to matter. One wonders what that has got to do with vigilance and circumspection.

Well maybe the taller neighbor does not need to stray to eavesdrop but perspicacity allows even the average man to read minds and lips as well. Height may even be pathological just as dwarfism may be an anomaly. Well with height medius titisimus est. the deification and glorification of height has led to too common a phrase as “we look up to God” this has led to its masculinization as well. Perhaps this is why the taller is known to be able to grasp and bring the sweeter fruits of the Heavens. Anyway some roots are equally sweet.

OPK Pencils 

## SPECIAL FEATURE RESEARCH: MATERIAL SCIENCE

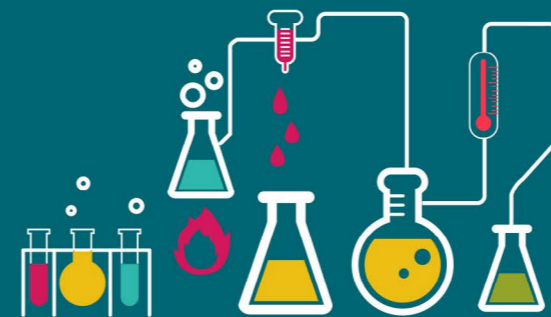
Chanez Maouche

### How has It been studying in Jiangsu University, especially in School of Material Science?

Jiangsu University has a peaceful and amazing environment which has allowed me to find comfort. I have been exposed to a positive and wonderful community of people who have been very helpful.

### What your research area?

I will be focusing on manufacturing a non-platinum catalyst for Oxygen Reduction Reaction. Whereby when present in a fuel cell or any other equipment can be used to catalyze the reaction.



### Why did you choose this area?

Dealing with chemicals in this field has been my specialty since I started with my Bachelors. Another factor is that over the past years fuel cells has received recognition for their potential to being the future of a green energy system.

### What is the aim of this research?

The aim is to find a non-noble metal to replace platinum as a catalyst for the oxygen reduction reaction in fuel cells. Whereby a fuel cell is a device that converts chemical energy of a fuel and oxidant to electricity.

### What are benefits of graphene?

Graphene is a non-noble metal that is thinner than hair and stronger than steel. Graphene also has an important role in providing electricity and is used in manufacturing materials needed for medical purposes as well as other engineering products.

### What kind of impact do you want your research to have in the science industry?

The use of platinum has created major expense problems that has reduced the use of fuel cells. Therefore providing a better way to improve oxygen reduction reaction in the cheapest and easiest way possible. Thus increasing the use of Oxygen Reduction Reaction with the non-noble metal graphene.



### So far what difficulties have you faced

A common mistake some people usually make myself included, is not writing down every single thing they observe or analyze thinking they will remember the following day or in three months' time. Making it very difficult to redo some experiments again. So every single detail is important no matter how small.

### What advice would you give to other students who face difficulties during their research?

Funny thing is I am going through the same thing but what I have realized about doing a research is that the difficulties only last for a moment. I normally read articles related to my research even though I may not understand, but once you start doing experiments and getting results the articles will make sense.

### A few tips on writing a good Scientific article

First I would like to advice people to give themselves a deadline in order to have enough time to read and write at a proper pace. Secondly it is good to play around with words in a way that would interest the reader.

Interviewed by: Maddy

# JSU 17<sup>TH</sup> SPORTS MEET



## OCECIANS RANK #1 FOR TRACK & FIELD & GROUP

Jiangsu University's flagship Sports Gala, the 17th annual sports meet held on the 2nd and 3rd of November came back with new springs of possibilities and mind blowing surprises. The Dongshan Playground was the battle ground and lift off was scheduled for 7:30am. Many guests of note were in attendance including the JSU's Party Secretary Yuan Shouqi, President Yan Xiaohong. The event opened with a beautiful ceremony including wonderful, coordinated parades and performances by various college departments.

HIGHEST MEDAL WINNER:  
CHISAMGA BVALYA

MOST EXCITING RACE:  
4\*400M RELAY

BIGGEST SURPRISE:  
TARIRO

NEW FACES:  
BOLA AND ATMA

TOTAL MEDALS:  
36

13

18

05

# JSU RANKS 3<sup>RD</sup> AT THE NATIONALS CHINA EXPLORATION

The finals of the third "China Exploration" initiated by the Ministry of Education and hosted by the China University Sports Association was held in Beijing from November 5th to 7th. After intense competition, the excellent performance of the JSU team made of 9 international students and 2 Chinese students from 8 countries finally stood out, ranking third among the 16 teams of national finals. JSU won second place in exhibition of sports arts.

This year's "China Exploration" finals, involved more than 200 overseas students. Three competition events were orienteering, 3X3 basketball and sports art exhibition. All these three competition events were extremely demanding for the athletes and each result of the events would affect the ranking. The JSU team prepped well for the competition and all the participants took full use of their spare time for the training. Their efforts were paid back with winning the first place in both Jiangsu and southeast regionals and got their ticket to the finals.



The "China Exploration" has become a classical cultural activity for the nearly 500,000 overseas students in China. Three levels for the whole competition are: provincial, regional and national level finals. The competition is being more helpful to promote the overseas students' understanding of Chinese traditional culture and customs, enhance the friendship between Chinese and overseas students, strengthen the communication among universities and promote the level of internationalization of the education in China.

# 2018 最中江大人 T★LENTED



## JSU's Most Talented Results

- Champions: The Even Odds
- People's Choice Award: The JSU Rockers
- Most Creative Performance: 玄唐界限
- Most Entertaining Performance: Classic Beauties
- Most Energetic Performance: 515 & Rhythmic Squad
- Most Popular Team: Laurent & the Beauties

The closing ceremony of 2018 Belt and Road Forum for International Cooperation and Development on Agricultural Modernization and Closing Ceremony of JSU 8th International Culture Festival was celebrated along with 2018 "JSU's Most Talented" Grand Finale. The event was graced with the presence of leaders who joined the Belt and Road Forum.

Now, to get the audience well relaxed and prepared for the various performances, there was a Guest Performance "Drum Dance" which won 2nd in Sports Arts Performance of 3rd China Exploration National Finals. It was indeed one of the best events on campus, as the whole auditorium was filled with excitement and joy.

After auditions and semi-finals, 104 Chinese and foreign students competed in the finals as 9 teams. A variety of performances amazed the audience as the show was broadcasted live.

All the contestants performed amazingly well to the amusement of the audience which at several intervals, attracted a lot of applause. Yes, they all did extremely well but only one person must take the ultimate prize.

## 8th ICF Awarding Ceremony Results

- Best Country: India
- Best Culture Exhibit: Pakistan
- Best Food Exhibit: Ghana
- Best Performance: Zambia
- Most Popular Country: D.R. Congo



FOOD PHOTOGRAPHY





motivated

## AISHA A. Thompson

**Your biggest epiphany in life: moments of life-defining change that shaped you into the person you are today:**

When I was 8 years old, I watched with pride as a young Jamaican girl, Jody-Anne Maxwell, won the Scripps Howard National Spelling Bee that was held in Washington D.C. She attended one of the most prestigious high schools in Jamaica, Ardenne High School, and I remember in that moment I informed my mother that I had decided that I would work hard to matriculate to the same high school, (which of course I did)

**What drives you in life?** I am deathly afraid of failure, and this fear, along with the notion that I may not be enough always motivates me to do my best.

**Who is your role model and why?** My Mother, she is an intelligent, strong, courageous, hard-working and determined individual who despite all obstacles and limitations always perseveres and gives her 110% best.

**What fictional character would you be the most excited to meet in real life?** The entire cast of Game of Thrones, minus the Lannisters, but Tyrion is the exception to that rule of course

**What is the best purchase you have ever made?** My best purchase hands down is the first piece of furniture I bought using my first pay check after I graduated.

## PAUL V. Haoken

inspire



**What keeps you going in Photography?**

Photography allows me to give people a pleasing image and hopefully to strike them with awe. Especially when you combine Photography and designing together, you can create a jaw dropping images and this is one of the things that keeps me going in Photography.

**Favourite holiday destination and why?** My favourite holiday destination is my trip to Singapore last 2018 because I went there with my mom and sister and had the opportunity to explore new places.

**What three things do you need to be successful in photography?** Passion. Experimentation. Aesthetic Eyes.

**Favourite sport and why?** Basketball changed my life and molded me to the person I am today. During the trainings, I met a lot of new people, I started to get better, and found myself loving the sport. It is also the sports that made me realized that dedication is one of the most important things in life.

**Describe yourself in one word.** Goal oriented.

## TAPIWA Mandoza

**Can you briefly introduce yourself?**

I'm Zimbabwean by nationality. My motto "Be Independent, creative and positive".

**How would your best friends describe you?**

Warm, responsible and understanding.

**Any advice to future doctors such as yourself?**

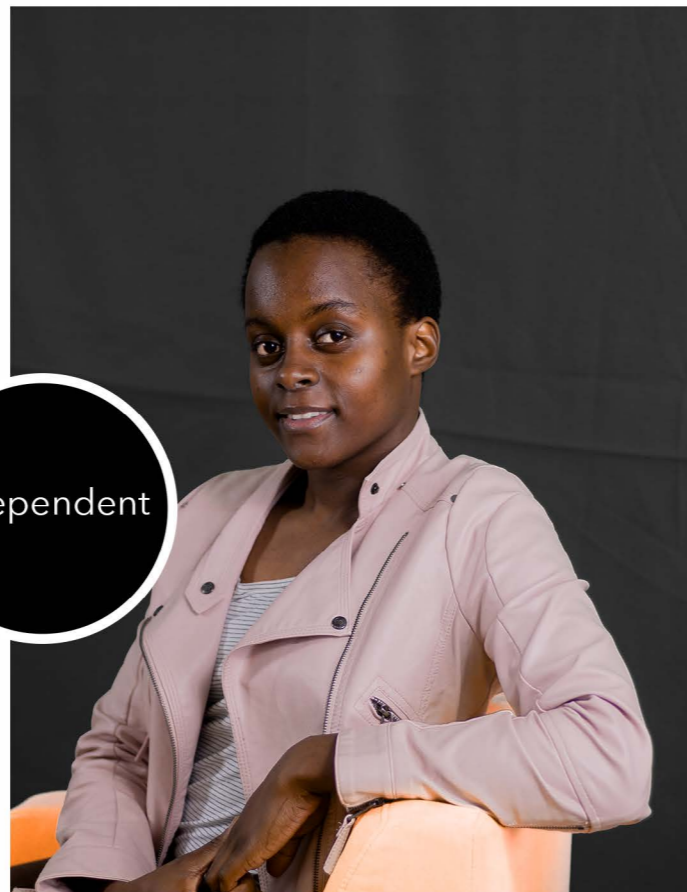
Medicine is from within, you don't have to be a nerd to become a good one, you have to be passionate about it.

**If you were to change one thing in the world, what will it be?** Time, if that was possible I would slow it down a little bit.

**How do you stay motivated?**

-As a medical student, it can get extremely stressful at times especially when you put more time in studying and powering through the assignments and lab reports. so to ease the pressure I engage myself in extra curriculum activities be it IMSA role or Olive Media, whilst I am doing these activities to release the pressure I will be figuring out a way to breakdown the workload, before I even know it I would have found a solution to my problems and this is how I get by.

independent



ambitious

## PHEONA Mc Kenzie

**Share with us something about yourself that you are improving especially as the new head of design.**

Currently, I'm trying to improve my communication skills or more widely, my social skills. Being an introvert does present some difficulty in interacting with others. By the time I enter the 'real world' I want to be a well-rounded individual.

**How did you handle criticism?**

I think everyone is somewhat sensitive to criticism. However, I believe that criticism is necessary for improvement. So I am always interested in feedback in everything that I do. Whether that feedback is positive or negative (criticism) is irrelevant to me. It's about using the information given for improvement.

**What is your greatest strength?**

I could be wrong but I do believe my greatest strength is my ability to always be rational and think logically.

**Who is your role model and why?**

I have no role model. But I admire the revolutionary spirit of Fidel Castro, Nelson Mandela, Forbes Burnham, Marcus Garvey, Martin Luther King and Toussaint Louverture because they all took the risk of attacking the 'status-quo'. Thereby bringing changes to the world that makes our lives today much easier.



MY TURN

# MATERIAL SCIENCE CHOKING THE OCEANS SINCE 1965

Humans are too smart and creative to ever experience inconvenience and take it lying down. For every inconvenience we've come across, we have designed a product to alleviate. Couple this with a culture of consumerism and you have a recipe for over production and over consumption. At the heart of this disturbing trend are the material scientists; Individuals whose job is to design new materials to make all the stuff we want.

Material scientists can slot into almost any industry that requires research and development, from electronics and heavy industry to fashion and food science. This is why when it comes to sustainability reform, the buck stops with them.

Material scientists have been irresponsible with their task, whether it has been in pursuit of economic gain or personal glory or whether it was simply a lack of foresight regarding the consequences; they have not always made eco-friendly design choices.

## PLASTIC BAGS

In early 1965, Celloplast, a Swedish packaging company, filed a worldwide patent for the modern plastic bag. The technology was quickly licensed by Hasminin, a well established producer of cellulose film and they set up manufacturing plants in the United States and Europe and along the way used their patent status to gain a virtual monopoly. That monopoly status did not last long because soon other corporations saw the attraction of the product and by 1977 had overturned Celloplast's patent in the United States. Chief among these companies was MOBIL, the petroleum giant. Consumer use of plastic bags was just the start however, because soon companies would start to use it for product packaging and that is where the real damage was done.

## MICRO PLASTICS (MICRO - BEADS)

Did you know that there are plastic beads in your body wash? No? Well thank the material scientist next door for that. Sarcastically, of course. Those pieces of plastic are so small you can't see or feel them and they are there to provide the necessary friction to scrub the dirt out of your skin. The problem is when these plastics are flushed down the drain they flow into the ocean and become a danger to marine life. They then make their way into the food chain until they end up on your plate of fish. Yes, screenshot this and send it to your mother on Whatsapp; you have been eating plastic in your fish. What makes this worse is that there are viable alternatives to micro beads that scrub dirt as well or even better. The only reason they are preferred is because the manufacturer of your body wash wants to make a few extra cents in profit per bottle.

### These two developments highlight an issue.

Imagine how many products across major industries were developed with only profitability in mind rather than sustainability. Now imagine how many material scientists were involved in the development of these products. If every single one of them decided to shift their focus towards developing materials that were more sustainable, then we might start to see a huge shift in the amount of pollution we put out.

As a material scientist, your job is simple, but your duty is complicated.

You owe it to your employer to recommend and design materials that will meet their design requirements (which usually involve heavy economical considerations). However you have a duty to protect our planet from the perils of waste and pollution. A few rushed lectures on sustainability by an uninterested professor are not going to give you the tools to deal with the real world scenarios you will find yourself in. You will have to learn by yourself. Consider it the price you pay to do what you love.

Do not pass that responsibility on to the entrepreneur, they don't care. Do not pass it on to the consumer, they do not care. Do not pass it on to the government, they don't care.

Do not pass it on to the next generation, it might be too late. Use your knowledge, talent and skills to advocate for sustainable materials and alternatives to be used in the industries that you work in. Be it fashion, pharmaceuticals, heavy industry, manufacturing or food.

# HUMOR

## JOKES



**Did you hear about the actor who fell through the floorboards?**  
He was just going through a stage.

**TEACHER: Can anybody give an example of COINCIDENCE?**  
TINO: Sir, my Mother and Father got married on the same day, same time."

**What do you call a fake noodle?**  
An impasta

**A man enters a store and says: "15 litres of wine please."**  
"Did you bring a container for this?" "You're speaking to it."

**When Susan's boyfriend proposed marriage to her she said:**  
"I love the simple things in life, but I don't want one of them for my husband".

**What do you call a bear with no teeth?**  
A gummy bear

**Doctor: I'm sorry but you suffer from a terminal illness and have only 10 to live.**  
Patient: What do you mean by 10? 10 what? Years? Months? Weeks?  
Doctor: Nine.. Patient: What? Doctor: Eight..

**I never wanted to believe that my Dad was stealing from his job as a road worker.**  
But when I got home, all the signs were there.

**What do you get when you cross a joke with a rhetorical question?**  
TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?  
HAROLD : A teacher.

**A man meets an accident with his new Ferrari. A policeman arrives.**  
Man: (Cried) Officer! My brand new car!  
Police: You're such a materialistic person. You haven't noticed that your left arm has been cut off.  
Man: (He looks at his left arm and yells)  
OMG! My Rolex watch!

**Teacher: Anyone who thinks he's stupid may stand up!**  
\*Nobody stands up\*  
Teacher: I'm sure there are some stupid students over here!  
\*Little Johnny stands up\*  
Teacher: Oh, Johnny you think you're stupid?  
Little Johnny: No... I just feel bad that you're standing alone.

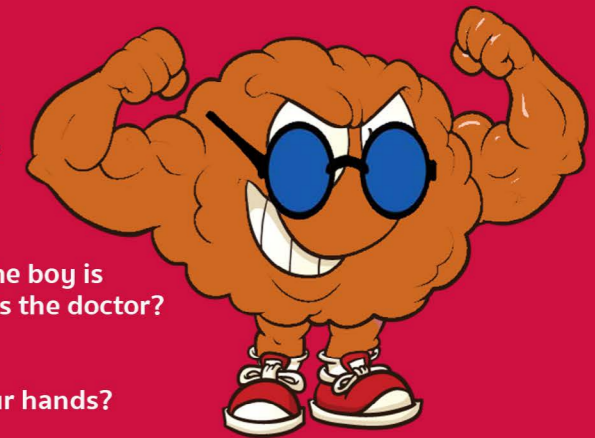
## GUESS THE CHARACTERS



Answers:  
Green - Ninja Turtle  
Yellow - Thor  
Red - Jason  
Blue - Spock



## BRAIN TEASERS



**Q: First I threw away the outside and cooked the inside, then I ate the outside and threw away the inside, what did I eat?**

A: Corn on the cob

**Q: A boy is walking down the road with a doctor. While the boy is the doctor's son, the doc-tor isn't the boy's father. Then who is the doctor?**

A: The doctor is the boy's mother.

**Q: What can you hold without ever touching, or using your hands?**

A: Your breath!

**Q: When you have me, you immediately feel like sharing me. But, if you do share me, you don't have me.**

A: A secret.

**Q: Somehow you end up in a room which has 3 doors. Behind the first door, there is deadly poisonous gas. Behind the second door, there are trained assassins with knives. Behind the third door, there are lions which have not eaten in years. Which door would you choose to open?**

A: You should open the door with the lions. If they have not eaten in years, they will be dead already.

**Q: What types of words are these: madam, civic, eye, level?**

A: They are palindromes; they read the same both ways.

**Q: Pinkie Pinkerton lived in a pink, one-story house on a pink street. The walls were pink, her stuff was pink, even her cat was pink. So what colour were the stairs?**

A: There are no stairs in a one-story house.

**Q: There are 5 sisters in the room: Anne is reading a book, Margaret is cooking, Kate is playing chess, Marie is doing laundry. What is the fifth sister doing?**

A: She's playing chess with Kate.

## OH, THE IRONY!

**What's ironic about the Beatles?**

In 2002, a tree was planted in a park in Los Angeles in memory of Beatles guitarist George Harrison. The tree later died after being infested by beetles.

**What's ironic about Alcoholics Anonymous?**

The founder of AA asked for whiskey on his deathbed. (The nurse refused)

**What's ironic about the man who invented basketball?**

The only losing basketball coach in University of Kansas history is James Naismith- the man who invented basketball in 1891. This hilarious example of irony proves that just because you thought of the idea doesn't mean you'll be the best at executing it.

**What's ironic about McDonald's?**

McDonald's employee health page, which is now shut down, once warned against eating McDonald's burgers and fries.

**What's ironic about the inventor of the stop sign?**

"Father of Traffic Safety" William Eno invented the stop sign, crosswalk, traffic circle, one-way street, and taxi stand- but never learned how to drive. He never got to benefit from his own invention.



**TUNA MELT**



**INGREDIENTS:**

Tuna, 2 x 5-oz cans, drained  
Onion, medium size, chopped  
Celery, 1/2 a stalk, chopped  
Garlic (1 clove), minced  
Parsley, 1 tablespoon, chopped  
Mayonnaise, 3-4 tablespoons  
Extra Virgin Olive Oil, 3 tablespoons, divided  
Mozzarella, 1/3 cup, shredded  
Bread, sliced  
Butter, softened  
Salt and Pepper to taste

**DIRECTIONS:**

Step 1: Drain water from tuna and put the tuna into a medium bowl.  
Step 2: Chop onion, celery, and parsley. Mince garlic and add ingredients to tuna.  
Step 3: Add mayonnaise, olive oil, and mozzarella cheese. Combine all ingredients until well incorporated. Salt and pepper to taste.  
Step 4: Place a non-stick skillet on the stove and add 1 tablespoon of extra virgin olive oil. When the skillet is hot, take a slice of bread and generously spread butter on one side.  
Step 5: Place the bread (buttered side down) in the hot skillet. Be sure to keep the temp at a consistent heat (I burned the last two of these! LOL)  
Step 6: Using a spoon, scoop about 2 tablespoons of tuna salad on bread while it is browning.  
Step 7: Butter another slice of bread and place non-buttered side on top of tuna.  
Step 8: Using a spatula, check to see if the bread is toasted brown. If so, turn the tuna melt over and grill the other side until it's golden brown.



**TUSCAN CHICKEN SKILLET**

**INGREDIENTS:**

- 1 tablespoon olive oil
- 1 red onion cut into chunks
- 200g cremini mushrooms sliced
- 1 tablespoon flour
- 1/4 teaspoon salt
- 2 large chicken breasts cut into cubes
- salt & pepper
- 1/8 teaspoon red pepper flakes
- 1/4 cup white wine
- 1 sprig of rosemary
- 1 cup chicken stock
- 1/2 cup sun dried tomatoes drained and rinsed thoroughly, and sliced thinly
- 2 cups loosely packed tuscan kale chopped

**DIRECTIONS:**

1. Heat oil in a large non-stick pan over medium heat.
2. Add the onion and cook for 2-3 minutes, until softened slightly.
3. Add the mushrooms and cook for 3 more minutes. Remove the onions and mushrooms from heat and place them in a large bowl. Add 1 tablespoon flour and 1/4 teaspoon salt, and toss to coat.
4. Add additional oil to the pan if necessary. Add the chicken breasts and season with salt & pepper and red pepper flakes. Cook for 5-7 minutes, until there is no pink when you cut into one.
5. Add the white wine and rosemary, and cook for 1 minute. Add the chicken stock, sun dried tomatoes, and return the mushrooms and onions to the pan.
6. Cook, stirring for 3-4 more minutes, until sauce is slightly thickened.
7. Stir in the kale and stir until wilted.

**MUG CAKE**



**INGREDIENTS:**

- 1/4 cup flour
- 2 tbsp. brown sugar
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1 tbsp. butter melted
- 2 tbsps. carrots shredded
- 1/4 tsp baking powder
- 1/4 cup milk
- Toppings
- Whipped cream
- Chopped pecans
- Shredded carrots

**DIRECTIONS:**

1. In a small bowl (or straight inside the mug), combine all ingredients in and stir until there are no lumps.
2. Microwave for 1-1.5 minutes or until baked through.
3. Top with whipped cream, chopped pecans, and shredded carrots. (optional)

3

Pop Culture  
**GOOD BOOKS**

**Half of a Yellow Sun**  
by Chimamanda Ngozi Adichie

If you're like me and love a good romantic story set against a historical backdrop then you would really enjoy this book. It's about dysfunctional twin sisters and their spouses dealing with relationship issues amidst the daily fight for survival during the Biafran War of 1968 in Nigeria.

The story sheds an interesting light on progressive minded, working class Nigerians as they grappled with post-colonial problems.

**The Adventures of Huckleberry Finn**  
by Mark Twain

This fun, nostalgic story will take you back to your childhood. Remember when all you had to do was wake up, play and repeat? Well Huckleberry Finn's adventures give a new meaning to the term "ideal childhood". Colorfully set along the Mississippi River, it begins with young Huck and his friend Tom Sawyer having a lump sum of money. Tom rescues Huck from his guardian who he thinks is trying to "civilise" him. They join Tom's gang but Huck is suddenly and unwillingly kidnapped by his money-hungry alcoholic father. However Huck ingeniously fakes his own death and so begins the adventures of Huckleberry Finn...

**The Twilight Saga Series**  
by Stephenie Meyer

Yeah sure we're past the whole 'vampire vs. werewolf' wave or you may have seen the movie(s). But have you read the books? Or maybe you live under a rock and have no clue what I'm rambling about? \*eyes\* Regardless I think everyone should have a read and see what really created the die-hard fan base. So the books chronicle the story of human teen Bella who falls in love with 100 year old vampire Edward then her best friend, teen werewolf Jacob proceeds to fall in love with her. This all takes place in a small Washington town amongst unknowing humans.

**The Da Vinci Code**  
by Dan Brown

A sensational and exciting book. The term "reading experience" is a better description than the simple word "book". Yes there is a movie about it but don't cheat yourself, the movie does the book no justice.

The story begins when a Harvard symbologist receives a call at midnight saying the curator of France's Louvre Museum has been murdered and mysterious symbols were carved into his skin. The symbologist must join with a French cryptologist to make sense of the bizarre puzzle. The hunt for the solution takes the reader on a fascinating journey involving clues hidden in Leonardo Da Vinci's work, secret societies with surprising members and an ancient secret a mysterious figure is determined to hide.

**The Kite Runner**  
by Khalid Hosseini

The Kite Runner is not a book for the faint of heart. It covers some very disturbing but all too real issues in modern day times. So if you would like to test your emotional stability then have a read. The book tells the story of a young, Afghan boy from Kabul and his best friend (or so he thinks) Hassan whose favorite past time is kite flying. It also covers the fall of the Afghan Monarchy, the rise of the Taliban regime and the disturbing inhumane treatment of people.

**Outlander**  
by Diana Gabaldon

Do you find time travel intriguing? Into powerful romance stories? Or are you just a good ol' 'bodice ripper' fan? In that case, Outlander delivers all that and more. It follows the story of a WWII army nurse who suddenly goes back in time after an eery palm reading session in Scotland. Leaving her husband in England behind she must marry a Scottish warrior to survive.



**6 MUST READ BOOKS THAT WILL CHANGE YOUR LIFE**

Writer: P. Mc Kenzie

# TRAPPED

## THE PAINFUL ESCAPE

With his head buried in his hands, he sat next to me on a bench overseeing the beautiful greenery around us, as he relentlessly tried to make me understand how helpless he is. He kept asking me what he could do as if he was ready to do whatever I was advising. His dilemma stems from the fact that he finds himself among a group engaged in activities not in consonance with his internal moral compass.

However, the leader of the group provides his everyday needs. His commitment to the course of the group is a surety of constant provision. What will he do now knowing very well that his whole world will come crumbling down should he disassociate himself from him without any support from elsewhere?

I had actually grown weary after hours of listening to him. Nothing apart from the same monotonous words, "I have to move on" were intermittently been churned out. Caught in the center of this quest for liberation, a scenario played at the back of my mind. There are a couple of powerful scenes in the Season 5 of USA Network's popular series – Suits, in the events leading to the imprisonment of Mike Ross. Word got out that Mike Ross, a faux lawyer, never studied law at Harvard and had no license to practice. Harvey Specter knew about this and covered and fuelled the perpetuity of this fraud. Anita Gibbs an assistant US Attorney, who had bad blood with Harvey, sees this as an opportunity to nail him. Gibbs was hell-bent on getting Harvey disbarred not only for Mike's cover up but also for concealing facts concerning some murder cases they worked on. Mike decided to own up to his crime and entered into a plea deal with the Assistant US Attorney to serve a jail time of 2 years despite the ramification. In exchange, the Attorney will not go after anyone from his law firm-Pearson Specter Litt.



Life never seems to offer us uncomplicated and lucid options whenever we are confronted with a complex situation. Most often than not what we envisage to be the easiest way out is just a façade. No matter the complication staying idle and just complaining is just suicidal. Sometimes we get trapped in an undesirable situation where it appears that you lose if you stay and lose if you go. This paradox of life can be disempowering and psychologically paralyzing.

The desire of any victim of the scenario above is to be liberated and unlimited. Nonetheless, it is very important to note that anybody trapped somewhat in an unpleasant circumstance or predicament is actually a culprit in his or her own victimization. No individual trapped in an unpleasant situation can entirely absolve himself or herself from the contributing factors that have led to the complicated situation that is yet to be simplified.

Take a step back from all the despondency and begin to question yourself; How did I contribute to having this sour relationship with my supervisor? What did I do to get this relationship or marriage where it is today? What was my role in getting into this unfortunate situation I find myself? At the heart of all issues is your ability to realize that you played a major part in the creation of this emotional albatross that seems to have locked you up. Answers to these questions will not only help you move on but create a reservoir of knowledge you can always draw from.

The incongruousness of the whole situation is while we are to focus our attention on how to get out our trapped state, we sometimes spend so much energy embroidering the idea of being trapped while accentuating the associated misery. We will want everybody to know how bad our situation is so they join in the pity party.

Shallow minded people will always want to shun the company of individuals who are willing to help bring them out of the dungeon. Embellishing the feeling of our helplessness and inadequacies seems to be that which gives us comfort through all this. We commit unparalleled levels of energy in making this feeling thrive.

In dealing with situations, we sometimes tend to forget this inherent feeling that has staged a war within our internal members. Most people overlook the dying impact of this element. Guns are jumped and attempts are made to move on. Thus, an outward disposition masqueraded as change is seen sometime then there is a relapse and retrogression. Walking away from the situation that has trapped you in itself will not be a panacea to all your emotional torture.

Remember, you can only win the battle outside only when the war within you is won. You will never be able to find your peace simply by walking away from all the issues and circumstances but by realizing that underneath all the contributing factors is one person who has the master key – and that person is you.

By Ernest Bonnah

“  
... realizing that underneath all the contributing factors is one person who has the master key – and that person is you.  
”



# Yellow

Freshmen Feature

Jiangsu university overseas education college information guide

# Pages

- Services on Campus
- Associations
- Useful places
- Contact Details

by Aisha Thompson

## "One-Stop Service Center"



This facility provides comprehensive services to students at one center to avoid students to visit various departments for various services. OEC Services at One-Stop Service Center are offered on Counters 21 or 22

- Location: Beside International Canteen
- Residence Permit: Tuesdays & Thursdays
- Accommodation: (on & off-campus): Mornings of Mondays, Wednesdays & Fridays
- Tuition Fee Inquiries : Tuesdays
- Transcripts: Mornings of Wednesdays (PG Transcripts & Pre-Graduation Certificates)  
Afternoons of Mondays & Fridays (UG Transcripts & Pre-Graduation Certificates)
- Inquiries on Teaching Affairs: Mornings of Wednesdays (PG Inquiries)  
Afternoons of Mondays & Fridays (UG Inquiries)
- JW202 Application: Tuesdays & Thursdays (if lost)

## Common Study Locations



Studying differs among various individuals, especially due to the fact that some people are early birds, some are night owls; some prefer to study in groups, while others need complete and total silence to be able to focus. Studying requires developing an organizational system that will work for YOU.

Not all organizational systems will work for everyone. Each of us are therefore obligated to find out what is the most effective method for us, one that will work best with our schedule and needs, and to then stick with it. The only thing that is the same across the board is that ALL of us need to study in order to ace our exams. There's no need for you to search for these places by yourself, we've got the inside scoop on the best areas in and around campus for you to study!

**School of Pharmacy**  
Close to the C7, C8, and C9 dorms  
WIFI  
Air Conditioning

**JingJiang Building**  
Close to G6 dorms  
Close to Canteen  
WIFI  
Air Conditioning

**School Library**  
Cafeteria Area  
WIFI  
Air Conditioning

**School of Medicine &/or School of Pharmacy**  
Close to the C7, C8, and C9 dorms  
WIFI  
Air Conditioning

**SMSLM**  
WIFI  
Air Conditioning

**School of Foreign Languages (Z building):**  
Close to the C7, C8, and C9 dorms  
WIFI  
Air Conditioning

**Cafes (LEYAN CAFE)**  
WIFI  
Air Conditioning

## JSU Campus - Gate Names



Recently, names of gates of JSU main campus have been changed

**XUEFU ROAD GATE 1**  
学府路1号门  
Previously known to us as "Library Gate"



**XUEFU ROAD GATE 2**  
学府路2号门  
Previously known to us as "Main Gate"



**XUEFU ROAD GATE 3**  
学府路13号门  
Previously known to us as "Back Gate"



**XUEFU ROAD GATE 4**  
学府路4号门  
Previously known as "Teachers Apt Gate"



**YUSHAN ROAD GATE 1**  
禹山路1号门  
Previously known to us as "North Gate"



**YUSHAN ROAD GATE 2**  
禹山路2号门  
Previously known to us as "Campus Clinic Gate"



**GUYANG ROAD GATE 1**  
谷阳路1号门  
Previously known to us as "Jing Gate"



OEC Offices Contact Details

Room 210  
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oecdean@ujs.edu.cn

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**Vice Dean**  
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Room 213-2  
**Admission Office**  
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+86-511-88792366  
admission@ujs.edu.cn

Room 215-1  
**Teaching Affairs Office**  
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+86-511-88792216  
oecteaching@ujs.edu.cn

Room103 Overseas Apartment(G6)  
**Psychological Counseling Room**  
+86-15751779723  
15751779723@163.com



trendsettersXolivedaily



The Olive Daily in the collaboration with the TRENDSETTERS organized and formed a community of students who have a great sense of fashion to inspire and give ideas on how to rock the runway!



60 posts

635 followers

621 following

Follow

Media

OliveMediaProduction in cooperation with Trendsetters\_China

Director & Visuals: Cladette & Lesley

Photography: PAUL V. PHOTOGRAPHY & GAXXPHOTOGRAPHY

call

Email

Share



oliveDAILY X trendsetters



Scan QR CODE to follow write up and photoshoot



# OLIVE VISUALS

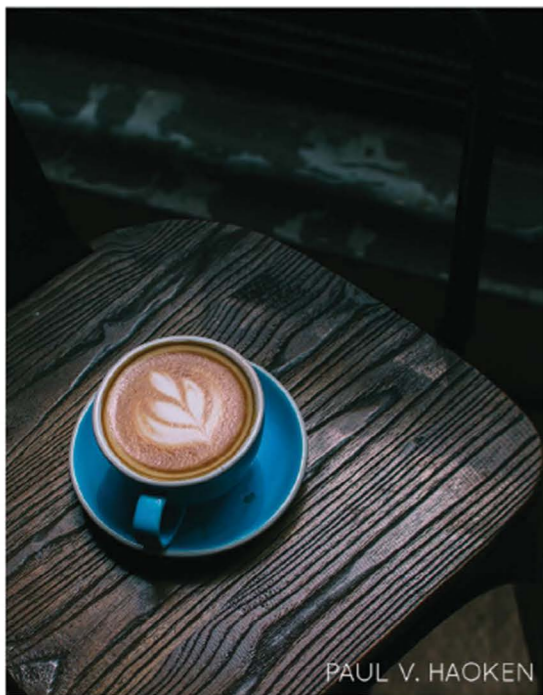
INSPIRE

Oive Photography Head: Paul Victory Haoken

Olive Team

## OLIVE MEDIA PHOTOGRAPHY

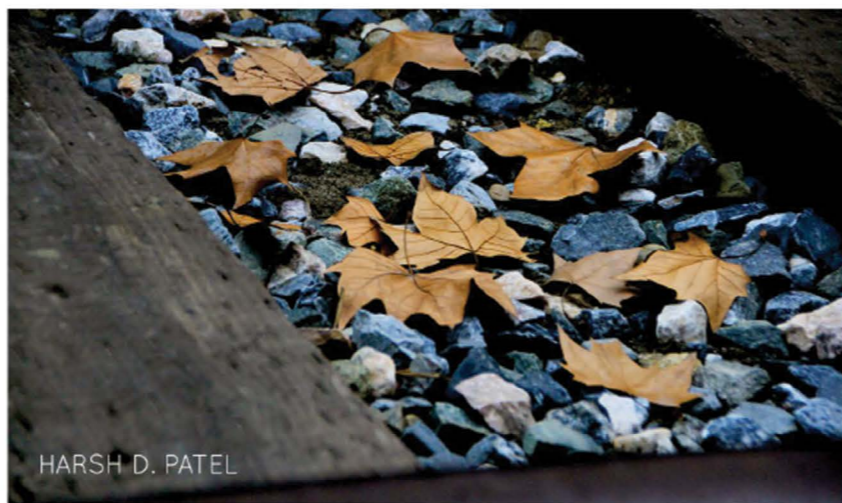
Join the team of talented photographers and get the chance to explore your passion with us. Join our photography and/or send us your photogragraphy to be featured



PAUL V. HAOKEN



MD IMRAN KHAN



HARSH D. PATEL



PAUL V. HAOKEN



OLUWATOBI ADELEKE



# HAPPY CHINESE

## NEW YEAR

THE Olive



Spring festival is known as the biggest and most important festival in the whole of China. It is the time of the year where people meet with their families and celebrate this event.

As a family that stands as one team with one dream, we as OECians celebrated a brilliant Spring Festival Party which was held on the 20th of January. The festival was filled with life, fun and joy as more than 400 overseas students filled the venue with expectancy of the outcome of the party.

In the presence of honourable dignitaries: JSU president Yan Xiaohong; Secretary of the Propaganda Department Jin Lifu, Vice Captain of Zhenjiang Entry-Exit Administration Detachment Mr. Luo Jing, Director of JSU Student Affairs Yang Daojian, Secretary of the League Committee of the University Wang Limin; OEC Dean Mrs. Gao Jing.

The spring festival party commenced with a wonderful address by the Vice Dean of OEC, Ms. Cai Zhaohui, who gave us a brief introduction about the Spring Festival and encouraged us to enjoy ourselves.

The whole party was full of excitement and joy. The dance of Bangladesh and India is full of exotic customs, the teacher's Qipao show is beautiful, and the Chinese classic song Nanniwan is warm and melodious. In addition, the party interspersed with games and red envelopes, bringing the atmosphere of the whole party to its climax. Later, foreign students also learned the Chinese traditional paper-cut.

In the other side, dumpling making competition were carried out where near 80 students and staff applied to compete in groups. Students enjoyed making the dumplings and also used their own ideas and styles to make creative shapes. The competition lasted for over 30 mins and awards were given to "Best dumpling makers", "Most dumpling makers", "Most creative dumplings". Spring Festival is all about being generous and giving red envelopes filled with money (hongbao) thus OEC decided to share the same spirit of culture and give out hongbao to the overseas students. But here comes the interesting part of it. It was given out in a Lucky Draw which made all very excited.

2019年1月20日，江苏大学400余名海外留学生齐聚留学生餐厅，共同欢度猪年春节联欢会。

颜晓红校长、校党委书记、宣传部部长金丽霞、镇江市出入境管理支队罗静副队长、学工处杨道建处长、校团委王丽敏书记、海外教育学院高静院长及其他师生共同参与。

整场联欢会气氛热烈，喜气洋洋。节目表演精彩连连，孟加拉、印度的舞蹈充满异域风情，教师旗袍秀婉丽柔美，中国经典歌曲南泥湾热情悠扬。此外，晚会穿插游戏和抽红包环节，将整个联欢会的气氛带到了高潮。随后，留学生还学起了中国传统剪纸，剪出造型各异、生动形象的各色剪纸作品。

在联欢会进行的同时，还开展了包饺子大赛，几十组留学生用备好的饺子馅儿、面粉、擀面杖等尽情地进行了“创作”，通过数量、美观等综合评分，决出“饺饺者”。随后，留学生与颜校长共同品尝饺子，享受自己的劳动成果，感受中国年味。

此次春节联欢会丰富了留校留学生的寒假生活，更让他们亲身感知了中国传统节日文化。



# ME & CHINA

*Moment shared and cherished by international students of Jiangsu University and Chinese locals*



**OECians Cook for Elders**  
(Chongyang Festival)  
留学生客串社区重阳宴

On October 16th, 2018, OECians from Russia, Pakistan, Ghana, Guinea and other countries went into a community of Jinshan Street in Zhenjiang City to on occasion of "Double Ninth Festival" and cooked for more than 30 empty-nested, widowed and elderly people and shared love as strong tradition of respecting the elderly in China and welcome the arrival of the Double Ninth Festival.



**OECians Join Community Health Camp**

On August 25, 2018, some OECians from the Medical Association of Jiangsu University went to Jinshan Shuicheng Community at Heping Road, Zhenjiang City, to launch the public welfare event themed "Voluntar's Health Camp". These Medico OECians took advantage of their medical expertise to provide residents with cardiopulmonary auscultation, blood pressure measurement and shared some useful information on health management.



**OECians & Traditional Chinese Medicine (TCM)**

On July 31st, Some foreign students from Jiangsu University visited a community at Jinshan street in Zhenjiang to get hands-on experience with Traditional Chinese Medicine. The local residents have some introduction about 10 Chinese medicinal herbs. They used some of these medicinal herbs to make mosquito repellent bags and sweet sachets for relaxation. Through this event, OECians appreciated the functions and customs of Chinese traditional Chinese medicine.



**OECians Experience Laba Festival Customs**  
留学生感受腊八民俗

On January 11, 2019, JSU's OECians from Russia, Germany, Pakistan, Rwanda and other countries visited a community in Runzhou District, Zhenjiang City. They made and tasted Laba porridge together with locals to understand Laba Festival customs and feel Chinese traditional culture.



**OECians Welcomed Autumn with Locals**

On August 4, 2018, the "beginning of autumn" one of the 24 solar terms according to the Chinese Lunar Calendar was celebrated by OECians. Chinese people have the custom of eating watermelon during this day. OECians from Ghana, Bangladesh, Nigeria, Malawi and other countries went into Yangjiamen Community in Jinshan Street of Zhenjiang City to eat watermelon with the residents & share the happiness to say goodbye to the summer heat. The desire to welcome autumn is the common experience of our traditional folk customs.



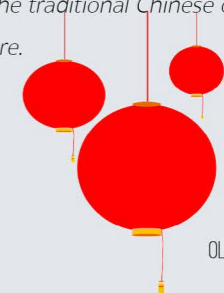
**OECians Celebrated New Year at Oldage Home**  
中外敬老情 欢乐迎新年

On Dec. 31st, 2018, OECians from Cameroon, Pakistan and other countries visited a community oldage home in Jinshan Area of Zhenjiang City. They volunteered to make dumplings and had a chat with the elderly. OECians shared a great time remembering 2018 and had a great start for the new year in a caring way and making the elders happy.



**OECians Experience Folk Customs & Prepare for New Year**

On January 20, 2019, Jiangsu University OECians from Pakistan, India, Nigeria and other countries visited a community of Jinshan Street in Zhenjiang City to carry out the activity on the theme "Experiencing folk customs to welcome the New Year". Through learning the skills of knitting Chinese knots and paper-cutting, foreign students made dumplings with the locals and felt the traditional Chinese customs and culture.



# JIANGSU UNIVERSITY SPRING COMMENCEMENT



## GRADUATES

OSEI-ADJEI GEORGE  
SEIDU ABRAHAMANI RICHARD  
BENUWA BEN-BRIGHT  
BENJAMIN CHRIS AMPIMAH  
ENOCH ASUAKO LARSON  
OLOFIN IFEOLORUN MONYOMI  
PRINCE KOOMSON  
SYED HAMEED ALI SHAH  
FARMAN ALI  
FRED YAW NYARKO ANKOMAH  
AHMAD JAWID WEESAA  
ZHU LIN  
KHAIRIA KHAMIS ALI AL HARRASY  
SALEH KHALFAN SAID ALKHAROUS  
AMA ASORH AGYEMANG  
ARTHUR BELLA  
BODDUPALLI VENKATA VIJAYA BABU  
LORRAINE ZANDILE NCUBE  
ANSARI IRAN AHAMAD  
ACHEAMPONG AZCKARIAH APPIAH  
MWESO REBECCA NYALAPU  
MIYOBA BUUMBA MUKONKA  
SEKE JOSHUA  
BURANGA FELIX FEDELIS  
MOHAMED AHMED KHALIL ELZEIN  
PRINCE MASHAVAVE  
APANA GLADYS  
EDWARD KOFI KRUPAH  
CARLOS ASIEDU OCRAN  
AL-DOORI MOHAMMED ISMAEL NOORI  
MUKUKA MUSONDA  
NAWITI SARAFINA

## DEGREE

DOCTORATE IN CLINICAL LABORATORY DIAGNOSTICS  
DOCTORATE IN CLINICAL LABORATORY DIAGNOSTICS  
DOCTORATE IN COMPUTER APPLICATION TECHNOLOGY  
DOCTORATE IN CONTROL SCIENCE AND ENGINEERING  
DOCTORATE IN MECHANICAL ENGINEERING  
DOCTORATE IN SOLID MECHANICS  
MASTERS IN APPLIED ECONOMICS  
MASTERS IN CLINICAL MEDICINE  
MASTERS IN CLINICAL MEDICINE  
MASTERS IN MASTER OF BUSINESS ADMINISTRATION  
MASTERS IN MASTER OF BUSINESS ADMINISTRATION  
MASTERS IN MASTER OF BUSINESS ADMINISTRATION  
MASTERS IN MASTER OF BUSINESS ADMINISTRATION  
MASTERS IN MASTER OF BUSINESS ADMINISTRATION  
BACHELOR OF MEDICINE AND BACHELOR OF SURGERY  
BACHELOR OF MEDICINE AND BACHELOR OF SURGERY  
BACHELOR OF MEDICINE AND BACHELOR OF SURGERY  
BACHELOR OF MEDICINE AND BACHELOR OF SURGERY  
BACHELOR OF MEDICINE AND BACHELOR OF SURGERY  
BACHELORS IN CHEMICAL ENGINEERING AND PROCESS  
BACHELORS IN INTERNATIONAL ECONOMICS AND TRADE  
BACHELORS IN INTERNATIONAL ECONOMICS AND TRADE  
BACHELORS IN CIVIL ENGINEERING  
BACHELORS IN CIVIL ENGINEERING  
BACHELORS IN CIVIL ENGINEERING  
BACHELORS IN BUSINESS ADMINISTRATION  
BACHELORS IN BUSINESS ADMINISTRATION  
BACHELORS IN PHARMACY  
BACHELORS IN PHARMACUETICAL SCIENCE  
BACHELORS IN PHARMACUETICAL SCIENCE  
BACHELORS IN COMPUTER SCIENCE AND TECHNOLOGY

## CONGRATULATIONS CLASS OF 2018/19



# DREAM TO SUCCEED, TOGETHER WE CAN!

*A motivational speech is most effective when it's tailored to fit the audience. If you want to achieve your goals and dreams in life, you need to wake up and go beyond your comfort zone. We all have a zone of comfort, which is comprised of a consistent set of beliefs and behaviour that we've grown accustomed to.*

DAY 2 - 14TH DECEMBER

The 6th Life Builder Conference which was held on the 13th -14th of December 2018, brought to light that, when we live in a comfort zone, we feel safe, but the problem with this place is that nothing ever grows here. Life becomes predictable. If you don't go beyond your comfort zone you will never be able to become the person that you aspire to be. 'Sometimes growth and comfort do not co-exist'

The theme for this year's program "Dream to Succeed together we can" commenced at the Post graduate Auditorium at 6:00pm. The occasion was graced with internal and external dignitaries including the president of Jiangsu University Professor Yan Xiaohang, Mr.Jia Rong from Yueda Agric Equipment Ltd, Professor Wang Changda the vice dean of Post Graduate School and the chairperson for this year who was Mrs. Cai Zhaohui vice dean of OEC. She gave the opening remarks and the ceremony continued with Yueda Market Research Competition Awards Presentation.

The two day life builder conference ended on the friday,14th of December,2018.

Between 5:30pm to 6:00pm,students took their seats in the hall as the program opened with a few questions from the MCs on the previous day's presentations.

At 6:20,the first speaker Mr. Ernest Bonnah mounted the podium as he shared his thoughts on the topic; Confederacy, the framework for working together. In his speech he stated the three essentials for cooperating with others and these were definite direction which is not based on individual interest ,emotions or culture, secondly a strong structure and thirdly a good support system. "We always think there is a war between us and them, forgetting that we all (you and I) make the them", he said and with these words he sensitized the audience that humanity is working towards a common goal and hence should not work against each other but rather work together.

DAY 1 - 13TH DECEMBER

At 6:30pm, Mr. Abdul Nazif, the first speaker presented on the topic the "Power of Imagination." Elaborating on the use of the mind's eye as the grounds for imagination and the use of it to stimulate success creation, he went on to state the use of what he called the "4Cs", critical thinking, communication, collaboration and creation to materialize our imaginative thoughts.

The second presentation for the day was by Professor Wang Changda, the Vice Dean of the Post Graduate School who presented on the topic "A remarkable blueprint for your future." In order to have a remarkable blueprint, we should be knowledgeable, work hard for ourselves not expecting to be spoon-fed always and also seek the truth in both our failure and success. "Who you are is more important than who knows you." He said, emphasizing the point who we are could deem us fit for anything because we can prove ourselves eventually.



Next was a presentation by Miss Ingrid who elaborated on the agricultural value chain, our individual roles in it irrespective of our fields and the opportunities available for students.

Mr. Li Peng, a representative of manpower Ltd further went on to tell the audience about the opportunities provided by his company that is available to students. The audience was then allowed to interact with Mr .Li Peng and Mr. Cui, vice dean of OEC in charge of internship and entrepreneurship.

The conference came to a successful end with the closing remarks by the chairperson Mrs. Cai and the vote of thanks by Max Sali.

The day's program came to a close with the interactive session where students interacted with the speakers.

# Own North Star



"Great men are not born great. They grow great." This might be a godfather quote but it's probably the best thing to tell oneself every minute of everyday. Starting a new year or semester most times comes with the burden of starting afresh, making changes, resolutions and setting goals. We are all students so no one really knows how to go about it, we're all learning; but here are a few things we can all try...

## Questioning and Reevaluating

Let's start by asking ourselves difficult questions about our lives, how we got here, who we are, where we are, are we happy or struggling?

## Career path

If you are starting a new career, are you excited to start your new path, if you are already on yours, do you like it? Are you struggling or flourishing? Find people doing the same thing or have already done it, make new networks, ask for help, remember what's hard for you is easy for another and vice versa

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..." -Dr. Seuss

## Drive

Get clarity on what drives you; set achievable goals, finish already started projects; know your values, give yourself time and no matter how slow it feels, start working one them one step at a time.

"For artists, scientists, inventors, schoolchildren, and the rest of us, intrinsic motivation --the drive to do something because it is interesting, challenging, and absorbing--is essential for high levels of creativity." -Daniel Pink

## Change

There's always that thing we say we'll change about ourselves, well, no time like the present. Whether it's a cycle of bad habits or something holding you back. Let's start by trying not to repeat the bad situations but by studying and learning from past experiences

"If I really want to improve my situation, I can work on the one thing over which I have control -- myself." -Stephen R. Covey

## Planning

Be prepared for anything. Learn new skills and step out of our comfort zones. Have a schedule; manage your workload; keep track of deadlines. Apply for scholarships. Apply for insurance if you don't have it. Live within your means; nothing wrong with learning how to budget.

"To... not prepare is the greatest of crimes; to be prepared beforehand for any contingency is the greatest of virtues." -San Tzu

## Positive Thinking

Be a glass full kind of person. There's always going to be a hurdle but you got this, you can do it, tell it to yourself as much as you need to.

"It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it. - Dale Carnegie

Article by Daphine N.

# Discovery

EINSTEIN'S BETTER QUESTIONS

OBSERVATORY

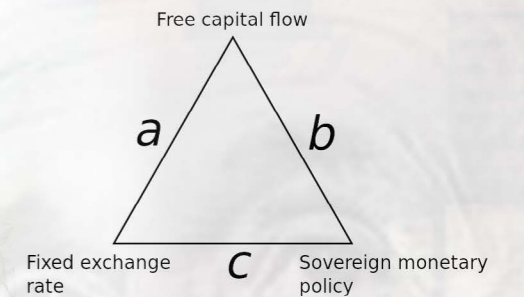
The Solomonic epiphanic sapiential symphony in the arrow of time and truth "when I was a child I thought like one, as an adult I reason as such". Maturity, time and tide has taught that sometimes students whose guardians do not put premium on teachers endure needless punishment and labour on wrong questions whether in academies or charters.

Data drags whereas information accelerates and of necessity in order to spread success as a priority in education. Insistence on wrong wavelengths of thought and wrong geodesics of inspirations have been erroneously invoked as axioms to grade and classify future Kings and Queens. For example expecting deterministic answers for stochastic problems as well as taking a frequentist's approach to hold in contempt an honest Bayesian analysis of situations.

It has been an indoctrination plains that fundamentalists remind young people of death and therefore the need to deal death to that which is visualized as enmity or foreign. Group thinking founded on brainstorming principles perhaps surpass singular ability but populist pandering have left society's leaders in quandaries. That which may be meaningful when demanded from subjects when one possesses power over people. What questions applies the power of thought and of imagination to the realm of meaning and plains of value.

What is pushing humanity and nature towards the melioristic horizon instead of Malthusian cataclysm? What purges cognitive and social biases that frees thought to cling on to policies and procedures that enforce singular efficiency and pluralistic productivity? Where does one allow conservationists to find the art form of science and rigorism in a chosen field of endeavor? What is that meaningful life of the mind, soul and body? How does one wade through chaos in order to enforce order? What is truth in epistemology to quest and long for? In the flux of life and fluidity of imagination, private morality and public power all are necessary ingredients for setting us on good horizons.

Churchill demonstration of the yes and yes principle says "we have fought the world to posit that democracy is the best substitute for monarchy, hence if I have lost an election I will step aside". That is a meaningful answer to a crass suggestion of: you could overturn the electoral choice with mafia management. Silence to wrong questions only drown reasons. Games are ways of bringing art to the thinking process. Questions of animus extraction and of creation summoning. The economists say that the correct answer to every question begins with "it depends". For scientists it is as it is. Nip it in the bud of course not the Roses and Lilies.



"10 YEARS, I WOULD PROBABLY BE IN THE THE CAFE I JUST OPENED IN THE MOUNTAINS AND I WILL GET TO DO WHAT I LOVE EVERY DAY FOR THE BEST OF MY LIFE. - KRITIKA SAINI (MASTERS OF FOOD SCIENCE)



Join  
The  
Fight  
Against  
HIV & AIDS

51%

OF YOUTH 13 to 24

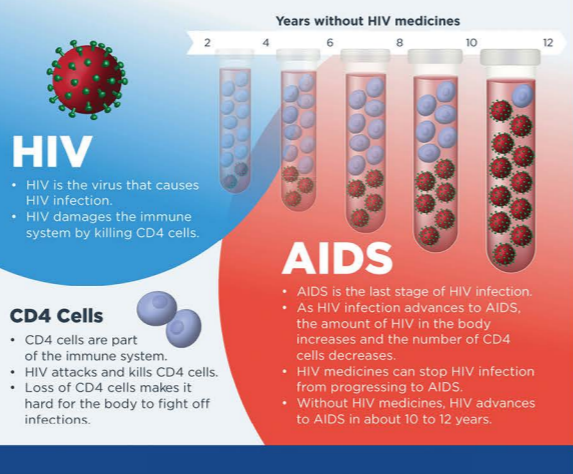
LIVING WITH HIV

DON'T KNOW IT.

Get the Facts. Get Tested. Get Involved.

Issued in students interested by  
International Medical Students Association  
JEWELS Association for International Ladies

## HIV and AIDS: What's the difference?



GET TESTED,  
BEFORE ITS TOO LATE..

The Jiangsu University International Medical Students Association (IMSA) and JEWELS Association for Ladies in association with OEC of JSU have contacted the Center of Disease Control and negotiated a discount package for testing Sexually Transmitted Diseases (STDs) such as HIV, Syphilis, Hepatitis A and Hepatitis B.

Price: 100 RMB only

PRIVACY OF RESULTS ASSURED!

You can get tested and receive results personally.

Where to get tested: 镇江市出入境检验检疫局, 地址: 东吴路84号

# My Sanctuary

Have you ever been heart broken, stressed, lost a loved one, failed an important exam or just felt down? What did you do? Where did you run to? We all have that one place we run to when things are not going right in our lives. We have unconsciously developed a natural therapy, a first aid, a safe place we go to or like, what I like to call a Sanctuary or hiding place. I see people as being like houses full of rooms. But there is one room that is close to their heart, the place where they feel safe. People create their hiding place when they are young and in most cases the hiding place changes as they grow up.

Everyone has a different Sanctuary; it can be music, reading, eating, drawing, doing sports or even cleaning. We all get injured, emotionally and psychologically and more often than not people tend to overlook these wounds. They don't consider themselves emotionally or psychologically injured when they fail an exam or when nothing seems to be going right in their lives. Our sanctuary usually provides the first line of treatment. And this is the treatment we give ourselves, without even realizing it. Your Sanctuary is what your inner self tends to do when you have been psychologically or emotionally injured and it's referred to as a sanctuary only during the time when you are feeling down. Most people have more than one sanctuary and use them in different situations

### Some students on campus shared their sanctuaries

#### Writing (female)

I found it easy to just write everything down than to tell someone or overlap that feeling at the moment with something. Basically, it helps me to rephrase the meaning of the scenario. So writing things down helps to look at things differently and understand more, without putting emotions upfront. And other important thing is to learn from past. If I'm able to write it down then those are my notes for the future.

#### Cleaning and looking at flowers (female)

Cleaning helps me feel like I'm releasing and getting rid of all the negative things. Looking at a flower grow makes me feel that even during the hardest times you keep moving forward because what's coming ahead is more beautiful.

#### Music (female)

Usually music works for me and I don't just listen to any random songs but the songs that speak to me. I feel a lot better about myself and encourage myself to keep pushing or just forget about whatever it is that caused me to feel down.

#### New Age Music and Movies from Lifetime Movie Productions (male)

I try to put my phone off, listen to New Age Music and Harps and String Music which put me to a peaceful sleep. I also watch Movies from LIFETIME MOVIE PRODUCTIONS - mostly true life stories of others facing similar challenges in this crazy world, such as the movie 'the Pursuit of Happiness' starring Will Smith.

#### Talking to friends or family (female)

Talk to friends or family, spend more time around other people. Last semester when I had so many classes and I was really stressed I spent a day with my friends and just talked to them about it and it felt really good to have people listen to me and encourage me so from then on I felt more supported and less stressed. Helps me feel more calm and supported.

#### Music and the gym (male)

Music and the gym take my mind off the issue because of the lifting. I remember I was upset about something and then after

I went to the gym I felt relaxed in a way. There's always some sort of confidence and energy after doing sports

#### Nature (female)

When I am stressed I would either go sit near the river and watch the sunset. And I will start to think that the problem I am going through is not something special and that everyone of us have a problem in a different way. Or I will go for a walk to release the stress and think of nature.

#### Music and sport (female)

I turn to music and sport. Sport because getting active and sweating helps me release the emotions I'm feeling and I feel somewhat relieved afterwards. And jovial music because I'll end up dancing and forgetting I was feeling down to begin with.

#### What is your sanctuary?

Article by  
FRANCOISE BONVE PAUNI

江苏大学禁毒宣传  
JIANGSU UNIVERSITY ANTI-DRUG CAMPAIGN

勿贪一时满足  
毁一生前途  
灭一家幸福



DRUGS GAVE ME WINGS TO FLY,  
BUT IT TOOK AWAY MY BLUE SKY

江苏大学留学生医学生协会制作  
Prepared by Jiangsu University International Medical Students Association (IMSA)

江苏大学禁毒宣传  
JIANGSU UNIVERSITY ANTI-DRUG CAMPAIGN



珍爱生命 远离毒品

LIFE IS SHORT,  
STAY AWAY FROM DRUGS

江苏大学留学生医学生协会制作  
Prepared by Jiangsu University International Medical Students Association (IMSA)

# Olive Media Digital

Coffee With Olive

SCAN QR CODE



S02E01  
Dean of OEC  
with Prof. Jing Gao



S02E02  
Vice Dean of OEC  
with Mrs. Cai Zhaohui



S02E03  
creativity in art TALK  
with Clive Mujuru & Tinashe Gakaka



S02E04  
fashion, design & Food TALK  
with Rosemond Atampokah



S02E05  
internationalize JSU TALK  
with Dr. Adeleke Banwo



S02E06  
depression & anxiety TALK  
with Kelly Rushambwa & Promise Kapua



S02E07  
touch o Feminism TALK  
with Priyala Patel



Spoken Word  
You don't know my story  
with Zai



Spoken Word  
If I could write in my dreams  
with Kurt



## ACADEMIC CALENDAR FOR 2018-19 SEMESTER 2

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MONTH
1	25	26	27	28	01	02	03	
2	04	05	06	07	08	09	10	
3	11	12	13	14	15	16	17	MAR
4	18	19	20	21	22	23	24	
5	25	26	27	28	29	30	31	
6	01	02	03	04	05	06	07	
7	08	09	10	11	12	13	14	APR
8	15	16	17	18	19	20	21	
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11	06	07	08	09	10	11	12	
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22	22	23	24	25	26	27	28	
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ADMISSIONS INFO



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The Olive



@theoliveju



OFFICIAL MEDIA OF JIANGSU UNIVERSITY  
OVERSEAS EDUCATION COLLEGE



OFFICIAL NEWSLETTER OF THE OVERSEAS EDUCATION COLLEGE



### QUESTIONS? COMMENTS

Like the newsletter or not?

Either way let us know on Olive Media

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If you dream of achieving something, get up and **give it 100%**. If you don't then it's on you because this often determines whether or not **dreams become reality.**

*Padima Tisetso*  
(EIC)



PAUL V. PHOTOGRAPHY



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