北京顺义国际学校
INTERNATIONAL SCHOOL OF BEIJING

FINDING THEIR PLACE IN THE WORLD

2022 Average IB Diploma Score

World 32 / ISB 37.4

2022 Bilingual Diplomas Awarded

28

ISB students enjoy a vibrant school experience in which they can pursue their passions and achieve impressive outcomes. From esteemed universities to productive bridge years, our graduates have identified their best options. **The future is theirs!**

Beijingkids

Beijing's essential international family resource

BEIJING'S ESSENTIAL INTERNATIONAL FAMILY RESOURCE

菁 jingkids

ENGLISH EDITION

What Legacy Are You Leaving Behind?

Plus:
How to Make Healthy Choices in College

Graduation

Hey World, Are You Ready for Us?

ISBN 978-7-5587-3465-6

DEVELOPING LEARNERS INTO PASSIONATE LEADERS

As an IB continuum school, the Canadian International School of Beijing (CISB) offers a world-class education based on the International Baccalaureate programmes, welcoming students from over 55 nationalities. Our innovative approach to learning, combined with exceptional facilities and dedicated faculty, helps students develop the skills and knowledge they need to become successful global citizens.

CIS

CANADIAN INTERNATIONAL SCHOOL OF BEIJING

北京加拿大国际学校

(86-10) 6465-7788

admissions@cisbeijing.com

38 Liangmaqiao Road, Chaoyang District, Beijing

Apply Now

Follow Us

IB CONTINUUM
CONTINUUM DE L'IB
CONTINUO DEL IB

图书在版编目（CIP）数据

菁Kids：理想专业 = Jingkids- Ideal Major：英文 / 《Jingkids》编委会编. -- 昆明：云南科技出版社, 2023.6
ISBN 978-7-5587-3465-6

Ⅰ. ①菁… Ⅱ. ①J… Ⅲ. ①职业选择—英文 Ⅳ. ①C913.2

中国国家版本馆CIP数据核字(2023)第111884号

菁Kids——理想专业
JINGKids——LIXIANG ZHUANYE
Jingkids—Ideal Major
《Jingkids》编委会 编

责任编辑：曾 芫 张 朝
助理编辑：龚萌萌
封面设计：Susu Luo
责任校对：秦永红
责任印制：蒋丽芬

书 号：ISBN 978-7-5587-3465-6
印 刷：广州培基印刷镭射分色有限公司
开 本：889mm×1194mm 1/16
印 张：6.5
字 数：337千字
版 次：2023年6月第1版
印 次：2023年6月第1次印刷
定 价：30.00元

出版发行：云南出版集团 云南科技出版社
地 址：昆明市环城西路609号
电 话：0871-64114090

版权所有 侵权必究

True Run Media
Helping the international community get the most out of life in Beijing

Advertising Agency
Beijing Agenda Advertising Co., Limited
广告代理
北京爱见达广告有限公司
Telephone/电话: 5941 5499
Advertising Hotlines/广告热线:5941 0368

Editor-in-Chief	Mina Yan
Managing Editor	Vivienne Tseng-Rush
Contributors	Ethan Hu, Vanessa Marescialli, Hannah Northcott, Julie Wolf, Rachel George, Su-Cheng Harris-Simpson, Helena Zhao
CEO and Founder	Michael Wester
Owner and Co-Founder	Toni Ma
Marketing Director	Victoria Yang
Marketing Team	Echo Wang, Zhang Fan, Chelsie Xiang
Art Director	Susu Luo
Production Manager	Joey Guo
Graphic Designer	Michelle Zhang
Photographer	Uni You
Sales Director	Irene Yan
Sales Team	Dora Wang, Liu Shuang, Gladys Tang
Content Marketing	Mina Yan
IT Team	Alexandre Froger, Yan Wen
Finance	Judy Zhao, Vicky Cui, Susan Zhou
HR & Admin	He Siyu, Cao Zheng
DM Logistic	Cao Zheng
General Inquiries	5941 5499

Contact:

General Information: info@beijing-kids.com
Magazine: magazine@beijing-kids.com
Sales: sales@truerun.com
Marketing: marketing@truerun.com
Digital & Magazine Marketing: DCmarketing@truerun.com
DM Logistic: distribution@truerun.com
Directories: listings@beijing-kids.com

True Run Media
Helping the international community get the most out of life in Beijing

Since 2001 | 2001年创始
thebeijinger.com

Since 2006 | 2006年创始
Beijing-kids.com

Since 2012 | 2012年创始
Jingkids.com

Since 2014 | 2014年创始
Jingkids.com

Follow us on Wechat

www.beijing-kids.com
beijingkids
beijing-kids
@beijingkids or #jingkids

A NOTE TO OUR READERS

Congratulations, you've graduated! Now, on to the next chapter!

Over the years I've heard so many parents ask their kids, other parents, and teachers whether they think their kids are ready for the future, whether you're ready to go off into the world. I know, it's hard for parents to see their babies leave the nest, but Beijing's international school kids are more ready than ever to go off on their own. These kids are incredible! The drive, ambition, and creativity that we've seen from the international schools is second to none. It's not a question of whether they're ready for the future. It should be a question of whether the future is ready for them.

In this issue you'll hear firsthand from a Dulwich College of Beijing alumni who took a different path after graduation. Opting to take a gap year instead of launching straight into college, Helena Zhao shares what she's accomplished in the past year in part 2 of her gap year story (p 48).

We also spoke with a Beijing City International School alumni who followed his dream and has recently opened his first restaurant (p 45). Whether you're a foodie or not, his drive and determination are stories that we can all learn form.

We look at some creative artworks from students at Beijing City International School as they use art as a way to express their thoughts and ideas (p 12) and we learn how to make adorable penguins from the British School of Beijing Sanlitun students (p 22) because hands on creativity start at a young age with arts and crafts.

As this year's graduates go off into the world, we wish them the best of luck and look forward to seeing what changes they bring to the world.

Mina Yan
Editor-in-Chief

CONTENTS

LIVING

8 How to Find Your Identity and Style in College
Discover who you are and say it with your closet choices

10 What to Gift Your Fresh Graduate
What do graduating kids really want and what are parents willing to give?

LEARNING

12 How Do You See the World
Students at Beijing City International School express themselves through art

16 Remember When…
Graduating seniors share their fondest high school memories

18 Dear Future Women of the World
Founder and President of the Women Empowerment Council addresses fresh-faced females graduates

20 The High School Bucket List
What to check off your list before you head off to college

PLAYING

22 Waddle I Do With This
BSB Sanlitun's Pre-Nursery class makes adorable penguins that waddle their way into your hearts

DINING

24 How to Make Better Food Choices
Useful research on diet and nutrition for staying healthy in the first year of university and beyond

28 Bake the World's Most Sought After Cookies
Make Do-si-Dos with Girl Scout troop 05707

30 Let's Eat
Beijing's top restaurant recommendations for graduation dinners of all sizes

PARENTING

32 They're Off to Uni
What comes after the empty nest

34 What Was High School Like
Two students at International School of Beijing share their memories of high school

36 Let Them Go, Already
Why your child needs space to fail and succeed on their own terms

38 Welcome to Beijing
What you need to take your life in Beijing to the next level

FEATURES

42 What's My Legacy
One student shares his views on the legacy his generation will leave behind

45 Choosing Your Own Path
BCIS alumni Michael Sun returns from cooking school in Paris to open a restaurant in Beijing

48 One Year Later
Former DCB alumni looks back on her gap year, one year later…

50 Before You Graduate You Should…
Your college bucket list and the essential skills you need in life

52 The Numbers Speak for Themselves
Jingkids readers weigh in their opinions

54 What AI Means for the Future of Education
How is new tech changing things for our kids

ESSENTIALS

5 Say Hello to Beijing's Smallest

6 What's New

57 Circuit

62 Favorites

64 I've Got a Present For You
What should you give a high schooler for graduation

ON THE COVER

Canadian International School of Beijing students Keomie Kayanna Blessein Francis, Kee Xin Yun, Nelson Tsui Hing Bon.

Photos: Uni You

SAY HELLO TO BEIJING'S SMALLEST

Share your new arrival and scan this QR code!

Note that we will only publish photos of babies born in the last 12 months

Enzo Rosenthal
German/Mexican
Born Feb 8
to Evelyn Figueroa and Oliver Rosenthal
at Beijing United Family Hospital

William Francis Kerins III
American
Born Aug 31
to Danielle Yang and William Francis Kerins Jr.
at Beijing United Family Hospital

Jaina Ann Foister
American/Chinese
Born Jun 30
to Wang Sai and Caleb Aaron Foister
at Beijing Hamonicare Women and Children Hospital

Marley Amira Defoe 'MAD"
Indonesian/Dominican
Born May 1
to Ully Hutagalung-Defoe and Shagi Defoe
at Oasis International Hospital

Matthias Emil Simandan
Romanian
Born Jan 3
to Upashna Simandan and Voicu Mihnea Simandan
at Beijing Hamonicare Women and Children Hospital

What's New

Beijing's First-Ever Taco Fest

Wish every day were Taco Tuesday so you could eat all the tacos you want? TheBeijinger heard your wishes and put together Beijing's first ever Taco Fest! Held outdoors at Tiantongyuan Culture and Art Center in Changping District on May 20 - 21, it was a two-day fiesta of muchos Mexican food vendors, heart-thumping live music, salsa dancing and also family games and fun for all. Since the event coincided with China's local 520 celebration of romance, there was even a bachelor / bachelorette-style dating game onstage where contestants asked potential suitors questions in order to pick one to go on a date with. The twist? They couldn't see their suitors until after they were chosen!

The Return of Hot & Spicy Fest

TheBeijinger's legendary Hot & Spicy Festival returned this year for a full three days (Apr 14 - 16), this time at local grocery megastore Fudi's rooftop. As always, the Hot Chili Pepper Eating Contest saw numerous chili fans from all over the world brave the heat, sweat and tears, to earn bragging rights as Chili Champions. For the first time, a Couples Edition of the contest was introduced, which Patrick and Jennifer from the USA won. As for the winner of the Men's Edition, it was Wolf also from the USA who beat out the competition, while Daniela from Brazil clinched the Women's Edition title.

Launch of Jingkids Shanghai

Since 2006, when True Run Media launched Beijing's first English family-focused publication, Jingkids International made it our goal to connect the city's international families with family-friendly resources. From international schools, community profiles, to the coolest family-friendly events happening in town, over the years we have become the go-to source for all your family needs. We then expanded to our Mandarin language edition in Beijing, and then all the way to Shanghai with the Mandarin language edition of Jingkids Shanghai. In May 2023, we announced the launch of our English language Jingkids International brand in Shanghai. Our purpose remains the same as always - to help our international readers maximise their family time in these cities and have the best possible time here.

Jingkids International Goes on DaZhongDianPing

In March this year, Jingkids International launched its own account on China's DaZhongDianPing（大众点评）app - essentially a local version of Yelp and TripAdvisor rolled into one - and began offering English language reviews of restaurants, play centers, parks and cafes for expat audiences. Scan the QR code below to follow the account to read reviews of family-friendly destinations and dining places in and around China, from Beijing to Shanghai.

TheBeijinger Burger Fest Journeys To The West

The annual festival that gathers Beijing's best burger slingers makes its biggest, juiciest return to the stage from 7 - 9 July 2023 after a one year hiatus due to the pandemic. Staying closer to home, this year's Burger Fest theme is "Journey to the West" - the beloved Chinese legend and folk tale of a monk who goes on a pilgrimage to India accompanied by a pack of mythical creatures including the titular Sun Wukong, whose face has launched a thousand cartoons and books. Along with all our readers' favorite burger joints, the festival will also offer plenty of drinks, entertainment, games, live music, and much more for Beijing's burger lovers. The Burger Cup - where Beijingers vote for the capital's best burger - is one of the main events at Burger Fest and former champions proudly display their winning plagues at their restaurants.

IMAGES: TRUE RUN MEDIA, TRB, PEXELS

How To Find Your *Identity and Style* in College

Discover who you are and say it with your closet choices

By Hannah Northcott

Hannah Northcott is a multi-passionate creative who empowers others through fun and dynamic mind-body-heart workshops. She is a chronically curious learner, drama educator, theater maker, speaker, certified yoga instructor, and official family pancake flipper. She believes in the power of thoughts, the necessity of movement, and how style contributes to wellness. Hannah taught drama at the International School of Beijing, co-founded Well Women (a WeChat platform that connects women in China to live well, love well, and be well), has facilitated "Find Your Voice" and "Shine" workshops, and has participated in global drama festivals as an ISTA theater artist. After living in Beijing for 11 years, her family of four will move to Phuket, Thailand, in July. Hannah likes to synthesize her background in communication, media, theater, education, and yoga to create spaces for empowerment and belonging.

The following is distilled from a phone interview with Northcott:

I come from a spiritual and academic family where both of my parents are doctors – my mother a pediatrician, and my father a doctor of divinity, as well as a pastor and speaker. I was choosing a course for what to take in university, and while my dad was open to discussion, my mother wanted me to go down the Bachelor of Science (B.S.) path because that gave me the option of going to med school in the future.

But I knew, even from young, that I always wanted to do something creative – I just didn't know what shape or form it would take. So I went to the top three universities in the Philippines, and discovered a B.S. in Tourism. Since it met both my mother's requirements and my own love of travel, I settled on it, even though I sort of knew that I would change it eventually.

Imagine how coincidental it was that in my first year, I met some creative-minded people who were in the same boat! We made this connection, and within the first year of uni three of us decided we wanted to switch to broadcast communication. It was there that I found where I belonged. That was where I felt I got to express myself, while I also did theater on the side.

So my advice to young people is to follow your gut, because you know deep down inside what you are curious and passionate about. But also, give yourself permission to fail, like changing courses in the first year of college. You might have a sense about who you are, but give yourself the space to evolve and change. Be affected. Be open.

One practical piece of advice I want to give is to choose your location wisely. Tony Robbins says, and I agree, that "proximity is power." So do your research and find the place that is the heart of what you want to study and explore. It's not just about the education that you'll receive, but it's also where you'll connect with the most like-minded people who share your passion.

Another reason would be the way environment shapes your choices and lifestyle. Case in point: When I studied in New York, I lived on McDonald's, pretzels and pizza, which were readily available. But later, when I studied in Vancouver, everyone where I lived was

vegetarian! That made the choice to become healthier that much easier.

On the topic of health and wellness, celebrity stylist Rachel Zoe said that style is speaking without having to say a word. When you're new in college, I think one of the things that people look for is "Who do I hang out with?" This is where your sense of style helps to express a bit of your personality, and something you're wearing can spark a conversation or connection.

I align very much with New York stylist Allison Bornstein, who says, "Style is Wellness." When we look good, we feel good. Bornstein recommends identifying three words to describe your style, and then creating looks that go with them. My three words now are "creative" (as a drama teacher), "comfortable" (to be able to move around), and "chic" (as part of my personal image for my peers).

When you go to university, chances are you're not going to have a lot of closet space or money. So you have to be intentional about what you bring and what you keep. My advice is to invest in basics – classic pieces that never go out of style. Have items that mix and match well, then jazz it up with accessories, which don't take up a lot of space!

When you come across an outfit that you like on Instagram, instead of buying the very items in the look, try "shopping your own closet" to recreate it! Get inspired and get creative.

I also want to stress seeking money-saving and sustainable solutions to grow your closet, such as shopping secondhand, at flea markets, or organizing clothes swaps. Most university towns have many consignment shops and flea markets because they know that students don't have much disposable income. You could also try organizing your very own Clothing Auction Network (CAN), where a small group of people bring items they don't want in their closet anymore to auction off to the highest bidder. The money raised can go to a charity of the host's choice. It's also a great way to meet new and interesting people!

WHAT TO GIFT YOUR **Fresh Graduate**

What do the kids really want
and what parents are willing to give

By Vivienne Tseng-Rush

They made it – after 12 years of formal schooling; or 2,160 days at the modest approximation of 180 school days per annum – they graduated high school. The end of high school is a major milestone for kids. For one thing, they're legally recognized as young adults now. And for most, it's the first time that they will leave the protective nest of their parents' home and venture out into the world on their own.

So what can we gift to our children to celebrate this achievement and maybe also prepare them for what lies ahead? Before I set off to interview Beijing's international student community and get answers, my guess would have been a car or a new tech device, but after speaking with graduating students and parents of former graduates, I discovered I was wrong.

In addition to a poll conducted across our online readers, we distilled the following top five gifts that graduates these days would appreciate.

Money

This comes as no surprise. Money is freedom. Money allows the user to spend it however they see fit. But how much money would be considered appropriate to gift to a newly independent fresh graduate out of high school? Most respondents indicated "Between RMB 3,000-RMB 5,000" if it was just a cash gift and nothing else. But 20 percent of respondents said that money was best as a supplement to another gift, and in that case, the appropriate amount would be "Between RMB 1,000-RMB 2,000" depending on the value of the other gift.

A fully paid-for vacation

What better way to get away from school, exams and all that, than to escape into a different world? Be it the tropical beach paradises of Thailand, or the ski slopes of Japan, a fully paid-for vacation is a great way to celebrate our children's accomplishments and let them take a break before they have to hit the books again in college. However, hold off on buying your own ticket because the graduates we interviewed said they wanted this gift contingent on their parents not joining them, but having their friends instead. Whether this makes you sad or happy depends on you, but if that's the vacation you're paying for, be sure to remind them that additional charges on the hotel room mini bar are their own to bear!

Personalized gifts

This covers a broad range of gifts. One parent gave her son a white platinum necklace so that "he would always have something of me close to his heart," while another consented to spending RMB 10,000 on a name brand folding scooter that her son had requested. The idea is that it is something special only you and your child might know that they need/want. A great gift idea for travel would be monogrammed suitcases that would also signify to your child your eagerness for them to see the world and make their mark upon it.

A big, celebratory meal

It's just part of the human experience to celebrate important occasions with food, and this is no exception. As part of honoring their growth, let the fresh graduate decide on the restaurant and just go with it! Some popular recommendations we received were Iberico by TRB, Pebbles, and Jumbo Seafood Restaurant. For more Beijing recommendations, check out our interview with soon to be restaurateur and BCIS alumnus Michael Sun (p 45).

No gifts necessary

Can not gifting be considered a gift? Apparently so! Some fresh graduates we spoke to said that they didn't need anything from their parents because "they've already given me so much and I couldn't have done it without them." Ah, it looks like they're finally growing up…

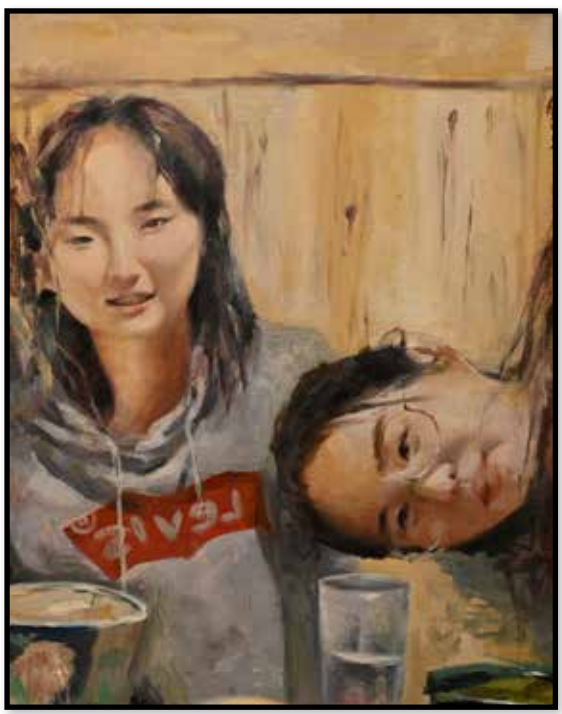
Other gift ideas that didn't make the cut to the top five included new tech devices like the latest mobile phones, tablets, or laptops and also a car. The reason these didn't rank high enough is that the former items were too pragmatic and not special enough, while the latter was not feasible for most kids who were moving to another country to go to college.

IMAGES: PIXELS

How Do You See the World

Students at Beijing City International School express themselves through art

By Mina Yan



Jenny Jin and Bella Li G10
Untitled
oil on canvas

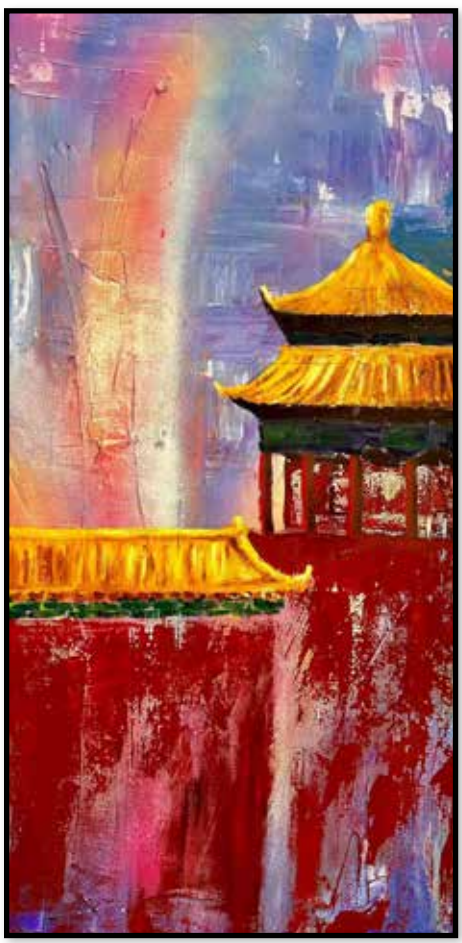
This artwork depicts our friend group sitting in a restaurant, which aims to express our love and appreciation towards our friendship and the years that we have spent together. Through this artwork, we used both realism and impressionism through the contrast of level of details between the subject, the people, and the background. This allows us to make the faces of our friends more outstanding, thus attracting the audience attention to the main topic of this artwork. This will also add layers on the artwork as the abundant use of colors and lower level of realism on the background compares to the realistically depicted faces, providing the viewer with a more lingering charm. When the audience views this artwork, we want them to feel a sense of warmth and friendliness.

Yuqiao Chen G12
Unconscious Boundaries
Acrylic on Canvas
23 x 39 inches

Everything is in constant movement and this rings true in the boundaries between dream and reality. Slashed upon the canvas, the chaotic bright streaks of yellow and red break out of the confines of recognizable shapes and outlines to represent the simultaneously existent and invisible line that defines dream and reality.

Patience Ma G12
Fading Palace
oil painting, acrylic, watercolor, spray lacquer
*40cm*80cm*

Due to the development of modern society and the globalization of different cultures from different countries. The Forbidden City is a very symbolic feature of Chinese culture. I drew it using a contemporary style - abstract expressionism. Splashy strokes created by spray lacquer create a bursting feeling for the erupting sense of national confidence. This painting expresses my passion for conveying Chinese culture and increasing the cultural confidence of the Chinese. There are abstract and expressive expressions in this painting, but also some very detailed strokes which created the shiny golden roof of the Forbidden City.



Luofan (Felisa) Gan G10
Monster
Clay, wire, wood
50cmx35cmx25cm

This work is an inventive narrative piece depicting an original character. The sculpture's bust and size, position, and stature reflect the stoicism of the character while there are also whimsical circles, dots and flowers incorporated throughout. This work employs both additive and subtractive methods and the movement in the hair along with the decorative elements creates interest through the entire form.

David Fu G12
Serenade of a Nightingale
Oil paint on canvas and digital editing
*50cm*40cm*

Music has a way of bringing back memories and imagery. The violin has a significant effect on me, sounding like a singing bird. The nocturnal and mystical nightingale in this work is placed to the ear of a tree to symbolize melody and beauty. "To dream of these birds is often symbolic of joy and hope" the ear on a tree is shown to represent the awakening of nature. Bright colors are used to emphasize the wild vitality of Spring and the nightingale's song awakening something inside of me.

PHOTOS: BEIJING CITY INTERNATIONAL SCHOOL

THE BRITISH SCHOOL OF BEIJING, SANLITUN
A NORD ANGLIA EDUCATION SCHOOL
THE BRITISH SCHOOL OF BEIJING, SANLITUN
CREATE YOUR FUTURE
CREATE YOUR FUTURE
Join our International Community in the Heart of Beijing.
With over 60 nationalities in our school, your child will join a truly international community located right in the heart of downtown Beijing. This will allow them to develop a global mindset and make friends with students from all over the world.
bsbsanlitun.com
Now enrolling for August.

Toni问校长

带您一起对话国际化学校的校长们

Featuring the heads of China's internationally minded schools

扫码关注视频号

Remember When...

Graduating seniors share their fondest high school memories

By Mina Yan

Beijing's international school kids grow up in a unique melting pot. Many are third culture kids while others are expats who've made Beijing their home, and yet everyone fits together in Beijing like a puzzle.

One school that's the epitome of the city's melting pot culture is Canadian International School of Beijing (CISB). Located in the center of Beijing, it gives its students that big city experience in a safe and protected environment. CISB cultivates young minds from as young as 18 months old to high school. CISB is a three-program IB World School: Primary Years Programme, Middle Years Programme, and Diploma Programme. Graduates obtain a Canadian (New Brunswick) High School Diploma and the opportunity to complete the full IB Diploma. The current 900+ student body represents over 50 nationalities.

As the class of 2023 leave high school behind and go off into the world, let's take a look at some of their fondest memories.

One of my meaningful memories in CISB would be the recent experience of performing in front of the entire school with my friend Sam and two great teachers: Mr. Hambrook and Mr. O'Hare. Through several rehearsals and quite successful collaboration, we have managed to carry out a good show for the audience. This performance will always be kept as a good memory that I have for my high school life.

Leo Xiu

My favorite memory from high school will be sitting in the lounge at lunch with my classmates and friends, lots of memories were made in that space including debates competition and support.

Nelson Tsui

My favorite memory over the course of my grade 12 and previous years at CISB has been joining our sports teams. Over my two DP years, I joined the volleyball, basketball, and soccer teams. Joining these activities helped me maintain a healthy balance between hobbies and schoolwork, and allowed me to lead a healthier lifestyle. It also provided me with stronger friendships with other students that I otherwise would not have formed.

Emily Woodburn

My favorite memory from school was playing and learning volleyball, basketball, and soccer. Not only was I challenged physically, but I also learned how to overcome failure and become more resilient. I was also able to build new friendships and go on trips with my team.

Rita Gao

My favorite memory was the entire 2019 Week Without Walls trip. We went zip-lining, rock-climbing, and biking, but I enjoyed caving the most. It was pitch dark, my flashlight kept dying out, and we were wading in water up to our knees. Someone spread a rumor that they saw a snake. Some areas were claustrophobically tight, others were like wide caverns. It was the most fun I had on that trip. I wish I could go back.

Maira Malikova

My favorite memory is when I hosted the CANMUN 2023 conference at CISB. It was the perfect send-off for me because this is my seventh year of participating in MUN. Since joining CISB in grade 7, I have grown from a delegate to a student officer, then a director and finally the secretary general of CANMUN. This conference represents my journey, and I hope CANMUN can continue for years.

Henry Han

My favorite memory in school is from me and my friends always talking and learning out of school stuff since I believe that the more you learn and know there more you can experience and enjoy.

Millan Sanchez Valer

One of my fondest memories at CISB was joining sports teams such as the ski club, the soccer team, the volleyball team, etc. Joining these teams strengthened my friendships, as we were able to share a common interest and play together. Furthermore, it was meaningful to me to be able to provide guidance and support for younger students that were new to playing the sport or required help in school subjects. Thus, these experiences allowed me to meet new people I may not have otherwise due to age differences and these teams and environments will definitely be something I will miss in the future.

Kayla Woodburn

PHOTOS: CANADIAN INTERNATIONAL SCHOOL OF BEIJING

DEAR FUTURE WOMEN OF THE WORLD

Founder and President of the Women Empowerment Council addresses fresh-faced females graduates as they step out into the world

By Su-Cheng Harris-Simpson

Dear Future Women of the World,

When the bell rings and you are dismissed from your last class, your life as a high school student will come to a close, opening the doors to a new chapter ahead. More bells will ring, more chapters will end, and some more will start. A door closes and another one opens. Life, my dear graduates, is a continuous journey full of surprises, sorrows, and joys that will go on. As you go through these exciting journeys, I hope you will allow yourself to be soaked in such surprises, sorrows, and joys, and to live in the moment. But more importantly, as you go through life, I hope you will not just "go with the flow," a motto that seems ever prevalent among the young generation; I believe that you have the power to be in charge of your own destiny, to lead a life with purpose, and to take on challenges and learn from mistakes with intentionality. I hope you don't let the currents of life and society take you wherever they might. I urge you to be in charge of your life and be the captain of your ship even when the harshest winds blow. You must know yourself well enough to not lose yourself in the process. But how?

When I was your age, I was busy thinking about how to, first, be a good high school student, and then after that, how to be a good college student. Outside the walls of school, I was preoccupied with honing my virtues as a daughter, a friend, and maybe a community member. Then, after college, it was how to be a good employee. Before I knew it, I was trying to be the perfect 太太 who was adored by her parents-in-law, and then after that, the do-it-all mother. As you can tell, as women we are expected to wear many hats, embrace many identities, and live for many more people other than ourselves throughout our lives. In the process of trying to balance all these hats and negotiate between all these identities, it is very easy for us to lose ourselves and forget what WE want. Yes, what YOU want, for yourself and as yourself, not for your parents as a daughter, for your husband as a wife, for your children as a mother, for your company as an employee. So, the question that I want you to always remember to ask yourself, from time to time is ***What do I want?*** If you allow yourself the time and space to ask and reflect on that question regularly enough, you will be much more in touch with who you are and what you want, which will

then unleash many insights from within you. In the busy hustles and bustles of adult life, finding security from within yourself by strengthening your self-awareness will ground you and help you stand strong even in the harshest of circumstances.

Self-awareness will also help you find your passions, without which life would be rather tamed and repressed. I can tell you that when I was 18, coming out of high school, I did not know I wanted advocacy for girls and women to be my full-time job. I started with things most immediate to me, asking myself what I wanted to do, which happened to be sales at the time. So I decided to join Boeing to sell airplanes after I graduated from college. But it turned out that to enter the sales department then, I either needed to be an amazing engineer, a possibility that I knew for sure has escaped my fate, at least in this life, or I needed to have an MBA. But I needed to have an executive sponsor to pursue my MBA. So, I went to seek support from an executive in my company. When I was able to get an MBA, I knew that some international experiences would allow me to do what I wanted (still, then, selling airplanes) much better, so I asked my MBA program to let me study abroad in China for a year. That was over 27 years ago. I have now worked and lived in China for most of my adult life, and was able to pursue my passion for advocating for girls and women by starting my own company at the Women Empowerment Council (WEC). Throughout all these different experiences, I always allow myself to stop just for a minute to ask myself the question ***What do I, Su Cheng, want?*** By answering that question and understanding that the answers will change over time, I have been able to make hard choices and adapt, without losing the essence of who I am and what I love to do, which is to be the connector for people and advocate for girls and women through business, education, and entrepreneurship.

By knowing what I want, I have also empowered myself to ask two other important questions, namely ***Who can help me?*** and ***Who can I help?*** You will learn, if not already, that women are also expected to be superhumans, bearing the burdens almost always on our own. But make no mistake: We are stronger and better TOGETHER. So, as you nurture others, also let others support you through your journey by asking others for help and accepting it when you need it. Always have at least one mentor and sponsor, if not more, that can help advocate for you throughout your academic and professional lives. In addition to being self-aware, learning to be resourceful will be of immense value to you as you embark on the ups and downs of life as an adult in this big, big world. Empowered by self-awareness and passion, two of the six traits that pioneering research by the ***Women Empowerment Council*** in our ***2022 DEI Report*** has found to be essential to cultivating inclusive leadership in the workplace, you will go on to pursue your brave dreams and become inclusive leaders that can positively impact the world around you.

Dearest graduates, congratulations on finishing this chapter of your life, and my best wishes as you embark on a new one!

Yours Sincerely,
Su Cheng Harris-Simpson

Su Cheng Harris-Simpson *is the founder and president of the Women Empowerment Council (WEC) and is currently serving her third term on the Beijing AmCham Board of Governors. Prior to founding WEC, Su Cheng also ran her own consultancy company, SCHSAsia, and worked closely with various chambers of commerce and embassies in China on their philanthropy initiatives. Before becoming an entrepreneur, Su Cheng had gained a wide range of experiences in the corporate arena, and she previously held management positions at Boeing, United Technologies Corporation, and The Capital Club in Beijing.*

The Women Empowerment Council (WEC) *is an engaged network of leaders and decision-makers that aims to advance gender equality in businesses in China and beyond. Members are multinational companies who understand that gender equality, sustainable development, and business success are inextricably linked. With WEC's goal to be the collective thought leader on women empowerment, our team executes meetings, events, and projects that enable us to share best practices, close gender gaps, and move the needle.*

PHOTOS: SU CHENG HARRIS-SIMPSON

THE HIGH SCHOOL BUCKET LIST

What to check off your list before you head off to college

By Rachel George

Spring is in the air…and that means one thing- graduation is just around the corner! Now, I know some of you may only have exams on the brain, but let's give that a rest for a minute and focus on what really matters- making memories that your heart will remember for a lifetime. Because let's face it, you're one step away from entering the "real" world- let's savor the moments you have left, while preparing for the amazingness that is to come!

THE FUN LIST

First up, let's get our photo game on point. We're talking Beijing photobomb style. Grab your squad and hit up your favorite spots in the city. Walk around campus and snap pics of all the places that hold a special memory. Don't forget to get some shots with your tribe, your family, your pets, and your favorite teachers. But why stop there? Take a stroll down memory lane and recreate old photos in a new way. Scroll back to Freshman year. Find your favorites and recreate them now as a Senior. Don't forget to download and print them- pics aren't any use if you can't see them on the daily. Plus, they double as art for your dorm room- win, win!

THE FOODIE LIST

Let's be real, traditional college dining hall food can get old really quick. That's why it's important to indulge in all your favorite local eats before you head off to school. Maybe there's a place you've always wanted to try and haven't- now's the time. Make sure to stock up on your "have to" snacks that you can only get here in the Jing.

THE SELF-CARE LIST

It's a harsh reality, but college (and life itself) can be stressful. Before you know it, you will be away from your normal creature comforts- friends, family, pets, your room, your city and in a new space and place. Start tapping in now by turning inward and taking your emotional temperature. How do you respond when you are stressed? Sad? Lonely? Anxious? What healthy coping strategies help bring you back to a place of calm, or centered? Is it music? Podcasts? Going for a run? Knowing and implementing your coping skills now means you will be better prepped once you leave. Take it a step further and make playlists- so you can have them on the ready. Also, if you're into meditation- check out Headspace, which is free if you are under the age of 20.

THE ADVENTURE LIST

Say yes more often!
College is all about stepping outside of your comfort zone and trying different experiences and opportunities. Why wait until college to do so? Maybe it's heading out early to watch the sunrise at the Great Wall or experiencing Beijing like a tourist and heading out on tour. Have you always wanted to hike? Go rock climbing? Learn to salsa dance? Dress like a Mario Bros character and go cart racing with your friends? Whatever the -it is- go find and do it!

Participate in it all- even if you don't feel like it.
Let's face it, by this time of the year you may be over school (and sometimes people) in general- but push through the current feelings and participate in every Senior activity-even the silly ones- making memories is what it's all about.

THE CLOSURE LIST

Say goodbye:
It's never easy, but it's important. Make a list of people you would like to bid farewell. If the phrase goodbye seems too severe, maybe it's see you later. Whichever phrase you choose, determine how you will say it. Is it through a text, voice mail, email, card- you get the point! Having this type of closure gives you the chance to reflect on your time in high school and acknowledge the impact people have had on your life.

Say I'm sorry:
If there's someone you need to apologize to, do it now. Talk to that friend you may have drifted away from and make things right. That petty argument that ended up lasting two years- forgive and make amends. The last thing you want to do is leave with regret- not a good way to start a new beginning.

Be grateful:
That one teacher that always gave you a hard time? Or the one that was secretly your favorite? How about the security guard that always greeted you with a smile? Or the nice lady at lunch that gave you extra fries? If someone inspired you, or made an impact on you in anyway- tell them. Be sure to say thank you and tell them how much it meant to you- a little gratitude goes along way. Plus, showing gratitude increases your sense of wellbeing and gives you a healthy dose of happiness!

THE "ADULTING" LIST

Yep, entering college means the beginning of adulthood and there's a few things you can do now to prepare.

Master the basics:
Learn to cook and wash your clothes. Go beyond the instant noodles and learn how to cook your favorite meal. It may even be helpful to learn how to cook quick, healthy meals. (Editor's note: Read p.25!) Not only will your belly thank you, but you may even impress someone new with your cooking savvy. Washing. Sounds simple, right? But trust me, unless you want to start a fashion trend by turning all your whites to pinks- you may want to know how to sort your laundry. Learn now, you'll thank yourself later!

Practice time management:
College is all about balancing your classes, social life, and extracurricular activities. That's why it's important to practice time management now. Start by creating a schedule for yourself and sticking to it. Make sure to include time for studying, hanging out with friends, and getting enough sleep. Pulling all-nighters and sleeping through morning classes is not a good look.

Get organized:
Start using a planner- now. I know it sounds cringy, but trust me, there are no reminders in college. Find an app, a great notebook, a sticky note - whatever your vibe is. Make a commitment to staying organized so balancing your academic and social demands is not such a challenge.

Reinvent your social media:
As you start your college journey, you'll want to remember that you're also starting your professional career. The people you meet in college or on the job could be your future employer as a college grad one day! This is the time to revamp and redo your social media accounts. Delete those old photos that don't highlight your current mature self. Makeover your profiles and pictures to look more professional or even just nicer than what they were before. Join LinkedIn, it's basically the professional Facebook to network with future employers. Don't forget to create a professional email as well!

Start finding your squad:
Research clubs/organizations that you want to join. Most colleges have pages and pages of all the different clubs and organizations that you can join! Set aside some time and look through them all. When it comes to joining clubs in college, you want to choose the ones that have your vibe and make you feel like you belong. Don't get too excited though and sign up for everything! It's not a competition to see who can join the most clubs. I would suggest only picking two or three that genuinely spark your interest that way you are making meaningful connections!

Get money savvy:
Take a few steps to get a better understanding of personal finance. Start budgeting, get a part-time job, or invest in something small. The earlier you start, the better off you'll be in the long run

Leaving high school is truly the beginning of the next chapter- remember to make the most of the time you have left. Create lasting memories. Embrace new experiences and be open to all the opportunities that await you.

PHOTOS: PEXELS

WADDLE I DO WITH THIS

BSB, Sanlitun's Pre-Nursery class make adorable penguins that waddle their way into your hearts

By Mina Yan

"Bleat, bleat, bleat!" Here comes the adorable penguins made by Carmel Watson's Pre-Nursery, Seahorses Class. All you need are some basic craft supplies and, voila, the kids are in for an afternoon of crafting that lets them explore their own creativity. British School of Beijing, Sanlitun students **Evelin Hlusickova, Gemma Zhu, Nihit Singh, Austin Su, and Mia Marangone show you how it's done.**

MATERIALS:

- Craft paper (white and colored)
- Black felt
- Scissors
- Cotton wool
- Glue
- Googly eyes

1. Cut 1 large oval shape (black). This step can be done with craft paper or felt.
2. Cut 5 pink medium size hearts of the color of your choosing.
3. Cut 1 large size heart.
4. Cut 2 small white circles and 2 small black circles.

5. Cut 1 small triangle of the color of your choosing.
6. Glue the large heart at the bottom of the oval to make a penguin's tummy, glue the cotton wool onto the white heart to add texture and to make the penguin's tummy cute and fluffy.

7. Add the triangle for the beak.
8. Glue the two white circles for the eyes and the small black circles on top of the white circles to complete the eyes.
9. Glue 2 hearts on the sides of the penguin's body to make the wines and 2 hearts on the bottom to make the feet.

PHOTOS: UNI YOU

HOW TO MAKE *Better Food Choices*

Useful research on diet and nutrition for staying healthy in the first year of university and beyond

By Vanessa Marescialli

Students notoriously have a bad reputation when it comes to making healthy eating choices. In the US it's commonly referred to as the "Freshman 15," meaning it's expected that you'll gain weight in the first year of university.[1] Here I want to break down why that might happen and what you can lean on to ensure that you're making the healthiest choices possible, without having to miss out on the fun and social times. Let's take a closer look into the challenges that drive eating habits and how they can be improved.

While most university students would agree that eating well is an important part of a healthy lifestyle, like so many of us they often struggle to do so. First time away from home, fending for yourself and managing a budget in the face of student deals, discounts and specials makes fast food, irregular meal patterns, and a low intake of vegetables and fruit a real challenge for students.[2]

Learning to make nourishing meals and having a balanced diet can feel impossible, but if you keep it simple and plan ahead, it is totally achievable. A quick Google search and so many recipes are available for you, but knowing what to choose can still be a challenge. I'm all for simplicity, but with lots of flavor, so I've got a couple of banging recipes here for you to add to your repertoire, and more on my website.
www.VanessaMarescialli.com

PERFORMANCE AND BRAIN HEALTH

Protein forward

Entering university life can be quite daunting. The academic expectations level up and so it's critical that you are taking in sufficient protein and healthy fats to support your brain's continuing development and performance needs. Eggs are the only protein replete with all the essential amino acids and so easy to prepare. Boil them half a dozen at a time for the week ahead and you can slice them up for salads, mix in with tuna for a sandwich filling, or shove in your bag and peel for a handy on-the-go snack. Aim to have at least

two portions of oily fish a week (e.g., salmon and mackerel or sardines) as this is such a good source of brain-boosting nutrients and omega-3 fatty acids. If you're vegan, aim to include these plant-based alternatives daily: walnuts, flaxseeds, chia seeds, hemp seeds, edamame, seaweed, and algae.

Blood sugar balance

Whether you are busy with essays or exams, to improve your attention and focus don't overlook this foundational principal to balance your blood sugar. Have a go at blunting the glucose spike by adding on protein and fats to your meals. For example, a breakfast of blueberry muffins would lead to a pretty significant spike in blood sugar. But having that muffin with a protein source like a serving of yogurt and nuts can prevent those dramatic blood sugar drops that leave you hangry and craving sugary foods. Eat regularly and don't skip breakfast, so your energy remains balanced throughout the day. It can be tempting to power through on coffee and energy bars, but doing that on the regular will surely lead to overeating later in the day, as well as decreased energy levels.

Five a day keeps the doctor away

The hardest thing for people, but particularly students, is getting in enough vegetables. How you feel, your mood, anxiety and stress levels can all be connected to specific nutrient deficiencies, and ensuring that you have a broad intake of vegetables, fruits and whole grains will provide those building blocks. I encourage you to bring awareness to how you are feeling – your body will give you hints when you've been hitting the study (or partying) too hard and not fuelling in the most nourishing ways. Maybe you had three (or five, not uncommon in my uni days) coffees today and feel anxious. Or you have been consuming high-carb foods all day and still feel tired. Aiming to get in 30 different plants foods each week is an excellent way to keep your gut microbes working in your favor and stave off any imbalances that have been associated with poor mental health conditions such as anxiety and depression.

If 30 seems like a lot, it's actually just five portions a day. Having at least five portions a day provides a wide range of nutrients that support every part of the body, including a healthy heart and immune system. An apple or a banana counts, as does seven strawberries, a couple of kiwi fruit and a generous slice of melon. For vegetables, half a stalk of leeks or four heaped tablespoons of spinach or kale will do, as will three of cauliflower, chickpeas or baked beans. Remember that spices and herbs also count, so it's actually just looking at changing up what you're eating each day or adding a couple of spoonfuls of seeds like sesame or pumpkin to your dish, whether that's porridge or a salad.

TIME AND PLANNING AHEAD

Many students find managing their time and commitments the most challenging. The cost of fresh ingredients unfortunately is likely to be higher than the ultra-processed convenience foods that promise delicious and quick meals ready to go. These convenient solutions are great when you're in a tight spot, but if you are heavily relying on these for sustenance, it won't take long before the lack of nutrients starts to show. With the higher price point for healthy living, it can be really economical to get your like-minded house mates or dorm mates together, commit to doing a shared shop, and eating, say, two to three (pre-agreed number as nobody likes food waste) of meals together as a group. Like at home, you take it in turn with the washing up and cooking. With the added bonus of probably trying your friends' home country style of cooking. Another major tip is to cook double and save the leftovers in the freezer for those late nights or when you're shattered from a taxing day.

GOING OUT

Hanging out and going for pizza and burgers or late-night kebabs can feature quite heavily in some students' lives. There's no denying that social norms with regard to alcohol consumption have started to shift, with increasing numbers of students no longer excessively consuming.[3] The main thing to remember is simply not to overdo it, and to be aware that alcohol is associated with increased appetite, overeating and increased likelihood of choosing unhealthy foods.[4] Having a few beverages whilst you connect with friends and unwind from a busy week is great. But be mindful that alcohol burns through your magnesium and B vitamins pretty quickly. Hangovers tend to make people crave fats and carbs, so go for the greasy burger or fry up but add on a green veggie smoothie to ramp up your vitamin and mineral intake. It's all about balance.

REFERENCES

1. Crombie AP, Ilich JZ, Dutton GR, Panton LB, Abood DA. The freshman weight gain phenomenon revisited. Nutr Rev. 2009 Feb;67(2):83–94.
2. Deliens T, Clarys P, De Bourdeaudhuij I, Deforche B. Determinants of eating behaviour in university students: A qualitative study using focus group discussions. BMC Public Health [Internet]. 2014 Jan 18 [cited 2023 May 1];14(1):1–12. Available from: https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-14-53
3. Alcohol Consumption UK | Drinkaware [Internet]. [cited 2023 May 2]. Available from: https://www.drinkaware.co.uk/research/alcohol-facts-and-data/alcohol-consumption-uk#howmanypeopledonotdrinkalcohol
4. Lloyd-Richardson EE, Lucero ML, DiBello JR, Jacobson AE, Wing RR. The Relationship Between Alcohol Use, Eating Habits and Weight Change in College Freshmen. Eat Behav [Internet]. 2008 Dec [cited 2023 May 2];9(4):504. Available from: /pmc/articles/PMC2588136/

IMAGES: PEXELS

College-Friendly Recipes

BASIC EGGS

Poached, scrambled, baked or fried – eggs are a great source of protein.

Why not try:

• Omelet: Mix two to three eggs with a splash of milk, grated cheese, and salt and pepper. Fry on low heat in a buttered pan until the mixture starts to solidify. Add toppings of your choice (ham, sausage, chopped veggies, etc.), fold and plate. Serve with salad for a perfect balanced meal at any time of the day.

• Muffins: Mix eggs with salt and pepper, pour into a muffin tin, add your favorite toppings (peppers, ham, cheese, spinach, etc.), and bake in the oven for 20 minutes at 180 degrees Celsius for breakfast muffins on the go. Freeze or keep in the fridge for up to three days.

• Pancakes: Mash a banana and mix with two eggs, some baking powder and vanilla. Fry in a pan and serve with maple syrup and fresh fruit for a quick and delicious banana pancake breakfast!

SWEET POTATO

Highly nutritious, sweet potatoes are a great inexpensive and versatile source of fiber, vitamins, and minerals.

Why not try:

• Bake: Set oven to 200 degrees Celsius. Line a baking sheet with foil, prick the skin of the potato and bake until tender (roughly 45 minutes). For a speedier version, try it in the microwave (10-15 minutes). Top with your favorite baked potato topping.

• Try it for breakfast (yes, you read right!). Fruit (such as berries and banana slices), chia seeds, nut butter, hemp seeds, maple syrup or honey, and granola go great with sweet potatoes – a cheap, nutritious and filling start to the day!

• Cut the sweet potato into fries and mix with some olive oil, cayenne pepper, and salt and pepper. Bake in the oven at 200 degrees Celsius for 20 minutes.

IMAGES: PEXELS

MISO RAMEN – Pimped Up

A cheap and quick base for lots of delicious recipes.

Why not try:

• For the broth, chuck away the seasoning packet! For a low-sodium option, make your own broth using vegetable scraps and spices such as ginger and star anise, and adding in a tablespoon of miso paste, a splash of soy to taste, half a chopped spring onion, and some wakame seaweed if you have it to hand.

• Once the ramen is cooked and drained, add a halved soft-boiled egg for extra protein or drop a raw egg into the broth while the noodles are cooking.

• Spice up your broth by adding tabasco, chili, soy sauce, or other flavorings.

• Throw in any leftover veggies, sliced chicken or salmon to keep from tossing them in the bin. Sustainable and filling – win, win!

• Fry some veggies in the broth seasoning – any combination will do (carrots, water chestnuts, mushrooms, bok choy, mini corn, sugar snap peas, etc.). Add noodles and stir fry – easy!

MACKEREL AND RICE BOWL Serves 2

Ingredients:

• 1 can of mackerel in brine or oil
• 1 cup of cooked white or brown rice
• 1/2 avocado, sliced
• 1/2 cup of sliced cucumbers
• 1/4 cup of sliced radishes
• 1/4 cup of chopped fresh cilantro
• 1 tablespoon of soy sauce
• 1 tablespoon of honey
• 1 tablespoon of rice vinegar
• 1 teaspoon of grated ginger
• 1 clove of garlic, minced
• 1 tablespoon of toasted sesame seeds
• Salt and pepper, to taste

Instructions:

1. Cook the rice according to the package instructions and set aside.
2. In a small bowl, mix together the soy sauce, honey, rice vinegar, grated ginger, minced garlic, salt, and pepper.
3. Drain the mackerel and discard the brine or oil. Flake the fish with a fork and set aside.
4. In a large mixing bowl, combine the cooked rice, sliced avocado, cucumbers, radishes, and chopped cilantro.
5. Pour the soy sauce mixture over the rice and vegetables and toss until everything is coated.
6. Add the flaked mackerel to the bowl and gently toss to combine. Sprinkle with sesame seeds.
7. Serve the mackerel and rice bowl immediately or store in lunch box for an on-the-go meal.

BAKE THE WORLD'S MOST

Sought After Cookies

Make Do-si-Dos with Girl Scout troop 05707

By Mina Yan

You can't know the Girl Scouts without knowing about Girl Scout Cookies! The Girl Scouts is an American organization that was first founded in 1912 and for over 100 years, they've been on a mission to build courage, confidence, and character in young women, who make the world a better place.

They're all about helping young girls to become strong, courageous, and caring women through enriching experiences such as field trips, skill-building, community service projects, cultural exchanges, and environmental stewardships.

In the US, as part of their initiative to raise money, they sell the most delicious cookies in the world! But since they're not available in China, the Girl Scouts overseas need to work double and make the cookies from scratch.

One of the most popular cookies of all times are the Do-si-Dos (or peanut butter cookie sandwiches for those unfamiliar with the uniquely Girl Scout cookie names.

Ingredients

- **2 sticks** unsalted butter, softened (plus 1 stick for filling)
- **1 cup** white sugar
- **1 cup** brown sugar
- **2** eggs
- **½ cup** peanut butter (plus 3 tablespoons for filling)
- **3 cups** flour
- **1 teaspoon** baking soda
- **1 teaspoon** salt
- **1 cup** old-fashioned oats
- **6 cups** powdered sugar (for filling)
- **2 tablespoons** milk (for filling)

PHOTOS: UNI YOU

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Mix the butter, white sugar, and brown sugar together until they're fluffy.
3. Mix in the eggs peanut butter until all the ingredients are thoroughly combined.
4. In a separate bowl, combine the flour, baking soda, and salt. Mix well.
5. Gradually mix the flour mixture into the butter mixture. Continuously mix, and then add in the oats. Keep mixing until you get the cookie dough texture.
6. Prepare a cookie sheet with parchment paper. Scoop out small pieces of dough and roll them into balls. Flatten it slightly, and then place them on they tray. Repeat until all dough has been used.
7. Bake for about 15 minutes until the tops and edges are lightly golden brown. Remove and let the cookies cool.
8. To make the peanut filling, Mix 1 stick of softened butter and two cups of powdered sugar and two tablespoons of milk. Gradually add in the rest of the powdered sugar until the frosting forms. Then mix in 3 tablespoons of peanut butter and whip until the mixture is smooth and fluffy.
9. Once the cookies have cooled use a spatula or piping to make the tastiest Do-si-Do cookie sandwiches!

LET'S EAT

Beijing's top restaurant recommendations for graduation dinners of all sizes

By Mina Yan

Congratulations, you've completed high school! You've walked across that stage, received your diploma, and are now ready to move onto the next chapter of your life. To celebrate your achievements, it's time to eat!

For large groups

Commune Reserve

Commune Reserve has something for everyone and is welcoming of the whole family (including pets). They've got a wide selection of food items that range from pizzas, to burgers and subs (even Philly Cheesesteaks), to pasta and salads, and many more niche items that can only be found there. Regardless of what you're in the mood for, they've probably got something for you.

But what makes Commune Reserve perfect for graduation celebrations is their large outdoor seating area. It's perfect for the summer with its outdoor, shaded seating and pet-friendly environment that makes for beautiful photos, and allows your parties to get a bit loud.

FIND IT:
101, 1F, Beijing Guanghua International, 6 Xidawang Road, Chaoyang District
朝阳区西大望路6号光华国际大厦1层101
Tel: 6502 0115

For the family

Refer

When it's a graduation dinner that's just for the family (and mom and dad are paying the bill) then a dinner at Refer should be made weeks in advance. This isn't a last minute decision kind of restaurant, otherwise you might not get a table on your big night. The restaurant has only eight tables which means that each diner gets the chef's full attention but it also means that a table at Refer is not going to be easy to come by.

Named one of Asia's 50 Best Restaurant in 2023, the menu changes with the season, making a dining experience at Refer unique each time you visit.

FIND IT:
2F, 8 Laiguangying Donglu, Chaoyang District
朝阳区来广营东路8号2层
Tel: 18612879305

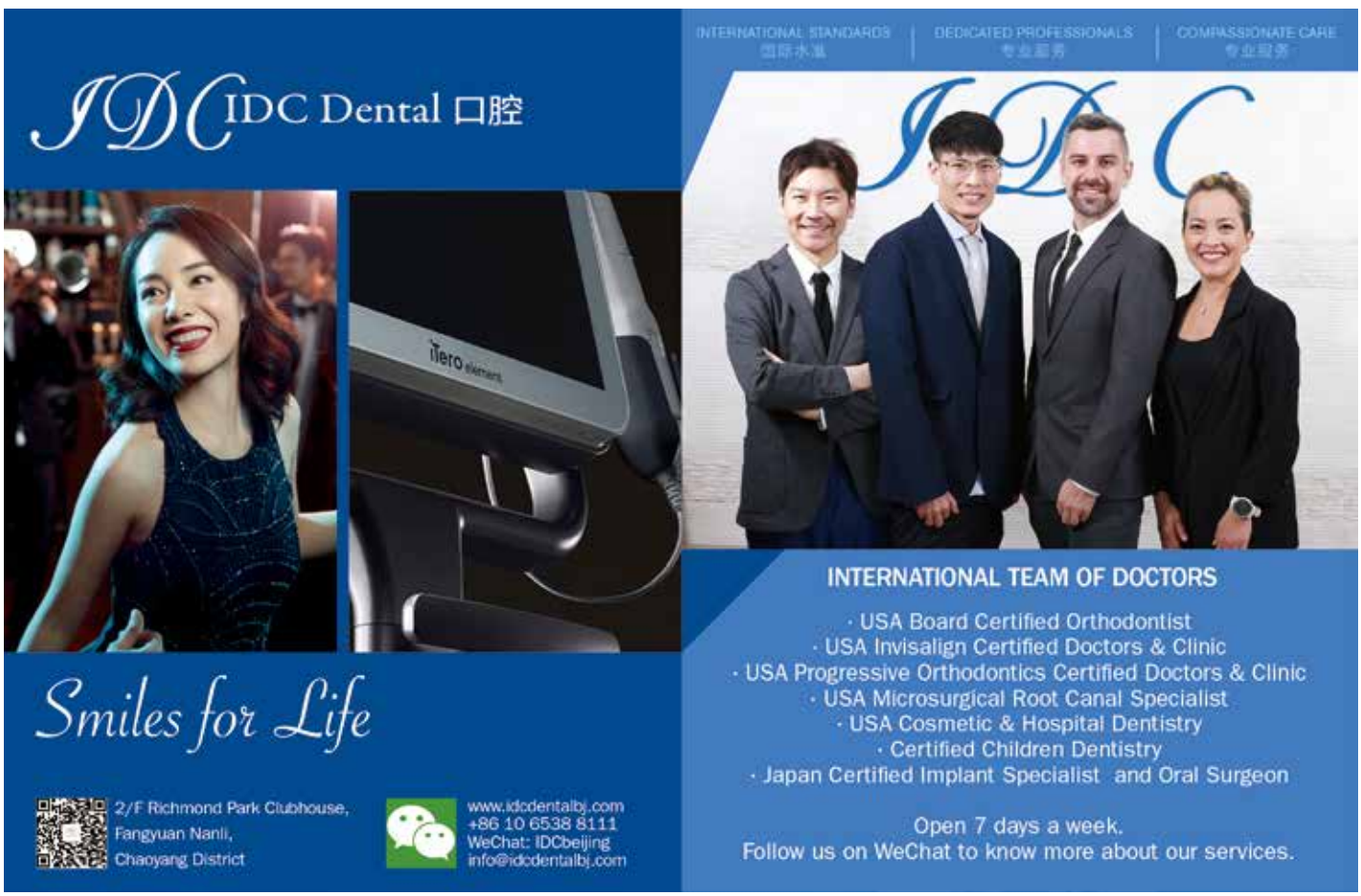
PHOTOS: COURTESY OF RESTAURANTS

FOR SMALL GROUPS

Iberico by TRB

For those who want to celebrate their high school graduation with a small close group of friends and feel fancy and grown up, we recommend booking your reservation at Iberico by TRB - Shunyi's latest luxury dining experience. The menu is extensive and each item is better than the last. The service is impeccable and the food, excellent. This is the perfect restaurant that lets you celebrate your big day feeling like an adult.

FIND IT:
5F, Building No.8, TaiKooLi North, Chaoyang District
朝阳区太古里北区N8座5层
WeChat: restaurantrefer



THEY'RE OFF TO UNI

What comes after the empty nest

By Pearl Kasujja

One day you're holding them in your arms for the first time, and the next day they're off to university. You look back at the memories; from the delivery room where you met, to the seemingly endless days and sleepless nights spent knee-deep in poo, diapers, and breastfeeding, as hormones flew every which way.

When they start elementary school, the diapers and poo are replaced with crazy mornings filled with breakfast, lost socks, and getting lunch boxes ready. Days are occupied with grocery shopping, PTA meetings, and answering school emails. Evenings are for chauffeuring them to after-school activities, helping them with homework, making dinner, and doing laundry.

By this time, you can barely remember what it was like not to have children in the house. Sometimes, you harbor thoughts of selling your soul just to have a few weekend hours alone in the house, without the kids (or husband for that matter).

But suddenly… They've successfully navigated the ups and downs of high school and you're sending them off to university. No more mess or noise in the house. No peanut butter and jam sandwiches to pack, spilled juice or milk to clean up, no more shouting at them to, "For the umpteenth time, take a shower, brush your teeth, and go to bed!"

Suddenly… You're not needed anymore. You can no longer ask them where they are or what time they'll be coming home. Simply put, they're beginning a life of unfettered independence… a life away from you.

So what's next?

Parents experience feelings of extreme sadness and loss when their first, last, or only child leaves home. For so many years, a parent's identity is wrapped up in working unbelievably hard for their children. So, when the kids are off to adulthood, parents may lose their sense of meaning and purpose because a phase of their life is all but gone. Of course, if you're anything like my mum and have ten children, you'll be shouting "hurraaaaaay" from the rooftops – or in a mental hospital – by the time the last one leaves home. But that's a story for another blog.

At any rate, I asked four Beijing parents (with less than ten children) how they feel about their kids flying the coop. We discussed what they'll miss most about their children, and what they'll do when the kids are away.

"Chichi is my first child to fly the nest: She is off to university in Europe. I have two boys to go so I'm not exactly an empty nester. Before she graduated high school, I had spoken to friends who have been through the same experience with their children going off to college. One thing was evident – they all felt a sense of loss and absolute sadness. And no amount of emotional preparation is enough to prime you on how you'll feel when they leave home. To cope, I just resolved to spend as much time with her as possible and give her the best of home life so she can carry those memories with her to uni.

The Sampa family. Originally from Zambia, they've been living in Beijing for 18 years

I'll miss our girl time, sharing make-up, clothes, and shoes, our esoteric jokes, her loud music, her smell, smile, calmness, resilience, and beautiful gorgeous giving heart. And her brothers are suffering as much as I. They love her to bits and will miss her dearly."

– Muby Mulenga

The de Beer family. Originally from South Africa, they've been living in Beijing for 2 years

"Carmen is my last daughter leaving home, so I am a bonafide empty-nester.

I never prepared for anything. I did have days where I thought how my life would change when we have no children home – when there would be no cleaning the kitchen and carpets, cooking, playing games, a full dinner table with all of us together, trying to figure out who had the last piece of Biltong, sweets or leftovers.

All three girls will be in the same country back home in South Africa, while their dad and I will stay here in China. I am glad they all have each other in one country.

I'll miss the 'silent treatments,' eye-rolling, untidy bedrooms, and messy kitchen. But what I'll miss the most are the hugs, fun lunches, and lying by the pool together. All the memories are engraved in our minds and hearts.

I will miss the last girl as much as I do her older sisters. But I am looking forward to spending more quality time with my husband – just like old times BC (Before Children). I also intend to get out of my comfort zone and learn some new skills, do more exercise, and stay fit and healthy."

– Aletta de Beer

"Curtis is my first child leaving home for university in the UK. I still have his younger sister Kelly at home. A few of my friends have older children who are already in university. They had shared their experience with me, so I somewhat knew what to expect. However, the feelings and emotions I had when my boy graduated high school were way more intense than I had anticipated. After his graduation ceremony, he left for his senior trip for a week, and even then, I was emotional saying goodbye to him.

The Wong Family. Originally from Hong Kong, they've been living in Beijing for 14 years

What I will miss most are the moments when Curtis and his sister are together. Curtis and Kelly are 20 months apart and they are thick as thieves. Of course, they fight like any other siblings but they are also very close, and understand and support each other.

We have shared a lot of special mama/son – as well as family – moments over afternoon tea and at the dinner table and I will miss that.

I am excited to see my boy enjoy university, experience all the exciting things in life, grow into a mature fine man – and him telling me all about it when he comes back home from uni.

Kelly will be a junior next year. I will still stay in Beijing until she leaves for university. Two years ago, I went back to work part-time and I think I will keep this routine even when I'm an empty nester."

– Kathleen Wong

The Domingo Family. Originally from South Africa, they've been living in Beijing for 5 years

IMAGES: KATHLEEN WONG, JENIFER DOMINGO, ALETTA DE BEER, MUBY MULENGA

"Nadine is our first one to leave home for university. We still have one boy at home.

As much as I think I'm ready for this transitional phase of my motherhood journey, a part of me is still in complete denial that my baby is weeks away from flying the nest. I knew this day would come but I am running between worry, panic, and excitement of letting her go into this vicious but wonderful world. It gives me sleepless nights. She's off to a college located 10,277 kilometers away from me (yes I did count it all). Knowing that I'll not be seeing her every day torments me. I'll miss her infectious laugh, our conversations, and her warm hugs. The only thing I'll look forward to every day will be her calls updating me on what is happening with her life at uni.

Whilst dealing with the cracks of her absence, I'll certainly try to travel and read more."

– Jenifer Domingo

Smile, it's not all bad

Look at it all as their big and exciting adventure, a true rite of passage. Let them blossom. You've done whatever you possibly could to prepare them for the real world. You've (hopefully) taught them how to boil an egg, operate the washing machine (or hand-wash their clothes if they are living in certain parts of the world), handle money matters, and have had the big talk on how not to screw up their lives with drugs and drinks.

Time to adjust

- Shed a tear or two. Go to the local pub and down a few drinks of your choice. Take time to adjust and acknowledge this new phase of your life – as well as theirs. According to psychologists, it can take up to two years to adjust to no longer being an involved mother or father. Disclaimer: If after two years, the self-pity symptoms of crying or drinking don't subside, seek medical advice.
- They are millennials. Gen-Zers. They can operate 15 screens simultaneously – sometimes while sleeping. So, try to catch up with them; familiarise yourself with the latest tech and social media apps like Facebook, Skype, and Teams. You'll not only be able to regularly keep in touch with them, but you will also be able to spy on them 24/7 (they won't appreciate the latter though).
- Think about how many things we say we will do "when we have time." Well, now you have all the time in the world. That yoga app subscription you've been renewing for the past 15 years but barely used because there was no time? Well, nothing's stopping you now. That book you've been meaning to write? Get typing!
- Marriages and children change us all (bodies, mental state, sleep, sex lives, the whole enchilada). Sometimes we are so mired in parenthood that we barely notice how we've changed, that we aren't the same people we were pre-kids. When kids are off to adulthood, it may be time to renew a bond you once had with your partner; a hobby you once shared can be resurrected. That dream holiday you always wanted to take? Well, now is the time (if your bank balance is smiling at you of course).
- Let your kids know that they can return home whenever they like: Nothing like mama and papa's homemade meals instead of leftover french fries, burgers, and Coca-Cola.

See? Parenting duties never really end.

What Was High School Like

Two students at International School of Beijing share their memories of high school

By Mina Yan

Meet Becky G, a grade 12 student at International School of Beijing from right here in Beijing. She'll be attending Vanderbilt University next year to pursue her passion in psychology.

What's your favorite memory of high school?
One of my favorite memories is playing the cello in the school orchestra for all four years. Rehearsing and performing with the group during various occasions, ranging from charity concerts to formal galas, is always exciting and rewarding.

What will you miss the most about ISB?
Definitely the people and the dragon spirit. The students, teachers, and staff are so kind and passionate. I will truly miss learning and having fun with everyone here at ISB.

What's the best piece of advice you received that's helped you in high school?
"Create memories—lots of them." As students, we are often stressed about tests and grades to the point where we forget to enjoy the high school experience. Spending quality time with my friends and family has brought me tons of laughter and made high school so much more vibrant and unforgettable.

Is there one teacher who has truly made a difference in your life? If so, who and why?
Shoutout to Mr. Maki my high school counselor! With his expertise, firm words, and comforting fist bumps, he offered me the most support and care during the university application season. He also gave me loads of valuable advice (like the one above).

What are you most looking forward to in college next year?
I look forward to living and studying in Nashville and making new friends next year! I am also excited to stay in touch with my high school peers and exchange our unique college experiences during gatherings.

PHOTOS: COURTESY OF STUDENTS

Meet Noah J, a grade 12 student at International School of Beijing. Noah's originally from Arkansas in the US and will be moving back to the US to attend the University of Central Arkansas to study sports management next year.

What's your favorite memory of high school?
My favorite high school memory would have to be when Covid finally ended in China. As a student who had experienced both in-person and online learning, the news of no more online school was certainly refreshing! I will never forget the sense of relief and happiness that I felt when I realized that we could return to normal. Most of my high school life has been affected by Covid regulations. It has taught us resiliency but has equally affected our emotional, mental, and social health. This moment has taught me to appreciate the little things in life and to never take anything for granted.

What will you miss the most about ISB?
I will miss the school's superb facilities. The gym, the dome, and the workout room have been essential to my life as a student-athlete. These facilities have allowed me to stay physically fit and provided a sense of community and belonging. ISB has indeed been a home away from home for me.

What's the best piece of advice you received that helped you in high school?
One of the best pieces of advice I received in high school was from my math teacher, Mr. K. He once told me to sleep more than I study, study more than I party, and party as much as possible. This advice has helped me understand the importance of time management and has taught me to prioritize my responsibilities. It has also taught me the value of relaxation and socializing, which are just as important for a healthy lifestyle.

Is there one teacher who has truly made a difference in your life? If so, who and why?
One teacher who has genuinely made a difference in my life is: Mr. K. He has always pushed me to try my best, even when I thought it was impossible. Math has never been my most vital subject, but he has helped me see the value in challenging myself and overcoming my weaknesses. His encouragement and support have given me the confidence to tackle any obstacle that comes my way.

What are you most looking forward to in college next year?
As I prepare for college, I am most looking forward to the new friendships that will be made. College is a significant change that happens in most people's lives, and I am excited to meet people who will be going through it with me. A mentor once told me that your college friends are often the friends you carry into adulthood. I cannot wait to see the world through their eyes and to learn from their experiences. I am also looking forward to the freedom of college life and the ability to hang out with my friends whenever I want.

LET THEM GO, ALREADY

Why your child needs space to fail and succeed on their own terms

By Julie Wolf

You did it! You successfully created a human being and kept them alive and relatively physically healthy despite colds, sports injuries, and a worldwide pandemic. You got them through the terrible twos, navigated puberty, and managed to help them avoid a full mental breakdown due to ACT test anxiety. You have been there for every milestone big and small, from their first steps to their walk across the graduation stage. You are their biggest fan, therapist, and guiding light … and now you are being told to drop them in a tiny shoe box of a dorm room in a new city to live with a total stranger who may or may not be a horrible influence and lead your little angel into temptation. NO! Absolutely not, abort mission, they will stay at home forever where you can cut the crust off their sandwiches, set parental controls on the Wi-Fi, and make sure nothing terrible ever happens to them!

BREATHE! Everything you are feeling is normal and healthy. According to **Beverly Amsel, Ph.D**, parents often experience separation anxiety when children head off to college. This can be marked by tears, anger, panic, intense worry, and sleeplessness. Fears for your child's safety, combined with your own sense of purpose, and even mourning, can make walking away after orientation the most difficult parental experience yet.

But you haven't spent the last 18 years preparing your child to stay a child, you have been gifting them with skills to navigate the world on their own terms. Now, it's time to let them use those skills to discover who they are and who they want to become.

You will be tempted to stick around "just for a few days," or to call every night to "check in." Resist the urge! Giving them the space they need to evolve is an act of parental love. Here are some of the reasons driving away is the ultimate graduation gift.

Cleaning the Slate:

Part of the reason high school is so difficult is because we are pigeonholed based on our previous experiences. We are the band geek, the brain, the cool kid, and the troublemaker … all based on previous choices and perceptions. But the anonymity of college is a gift! It's a chance for your child to shed their old selves in a place where no one remembers that they cried on the fifth grade overnight trip or fell off the stage during the ninth grade concert. But if Mommy and Daddy are always around reminding them of all the silly things they did in high school, how will they move past their past?

Building Their Network:

Your child needs to learn to connect with people not genetically disposed to love them unconditionally. The truth is you won't always be available to your child. At some point, we all lose our parents. So, they need to build their own network both for professional and personal reasons. Be prepared – you won't like or trust all their new friends, and not every outcome will be ideal. They will have their heart broken, their trust betrayed, and they will probably get talked into consuming something they shouldn't at least once. But they will also learn that a broken heart heals stronger than before, meet a lifelong best friend who teaches them what real love and support look like, and discover hobbies or ideas that alter the course of their life for the better.

Testing Their Limits:

It's human nature to want to know how far we can push ourselves. Can I climb/jump/learn/do that? If I fail, do I have the strength to try again? But when parents are around we have a natural safeguard – someone whose first instinct is to stop us from doing anything even remotely dangerous. At this point (theoretically) your child knows not to do things like run into traffic or play with vipers, but now they need to learn to take calculated risks because that is where the growth happens. They will get it wrong sometimes. Eating mystery meat from a street cart at 3am? Not worth it. Getting up at 3am and climbing to the top of Mt. Whatever to watch the sunrise? Breathtaking and life-changing. Learning which risks pay off and which risks are a waste of resources will be the difference between a happy, successful life and one of apathy.

Learning Self-Sufficiency:

Your child will accidentally turn all their white shirts pink, they will overspend on something ridiculous and need to eat ramen for a month, and they will absolutely miss a submission deadline and have to spend a weekend doing a service project in order to pass the class. GOOD! It's character-building and they are learning that even if they don't do something perfectly (or at least as well as you do it) they can still do it! Confidence comes from knowing you can survive and thrive in less-than-ideal circumstances. It comes from knowing that failing doesn't make you a failure and that you can and will learn and evolve.

Learning Dependence:

They will learn when to lean on others, to ask for help, and tap the skills of those around them. They will learn to trade on their own strengths or pay it forward if the person assisting them doesn't need anything in return. It's called community. And knowing how to build one is an invaluable life skill.

They Will Learn the Value of Home:

Is there anything better than stepping into mom's kitchen after a long absence? They won't be the same when they return to their roots. They will hopefully be stronger, smarter, and more empathetic, but they will still be themselves. And they will learn that you can travel, explore, grow, and change without fear of getting lost because home is always ready to welcome you back and remind you who you are at your core.

You Will Grow Too:

Empty nesting means you will suddenly have time and energy to reinvest in the things you loved before you loved your children. Yes, you miss them, but haven't you also missed time to read, study, craft, travel and build? This is a new chapter and a chance for you to evolve too! Isn't that a wonderful example to set for your young adult? No matter the age or stage of life there is always something new to discover about yourself.

IMAGES: PEXELS

Welcome to Beijing

What you need to take your life in Beijing to the next level

By Mina Yan

Welcome to your new life in Beijing, you're in for an adventure and a once in a lifetime experience. Although it can be a bit daunting to uproot your life and move to a new city where you may or may not even speak the language, it's also a whole of lot of fun that will give you great stories to tell for the rest of your life and your kids a childhood like no other.

The first step, get your hands on the right resources. You're already reading Jingkids so that's a great start. Be sure to follow us on WeChat for daily posts about the Beijing community and fun things to do with the family.

If you haven't figured it out by now, you will soon. WeChat is LIFE. It'll be your source for everything while you're in China and to get in on the latest community chatter, you need to be in the right WeChat groups.

Jingkids runs a whole lot of essential lifestyle groups for all your family needs. From travel, dining, parenting, and events to just silly fun humor. If there's something you're interested in, we've probably got it.

To join any of our WeChat group, add TBJButler on WeChat and tell him which ones you'd like to be added to.

Jingkids has been an essential part of the expat family community since 2006. We've helped countless families make Beijing their home and turned little everyday moments into everlasting memories.

PHOTOS: PEXELS

WWW.WAB-EDU.CN

Western Academy of Beijing

WHAT'S NEXT?

The WAB Class of 2023

will be attending specialized and prestigious university programs worldwide. What's next for our graduates?

The possibilities are endless.

WAB Class of 2023 Worlwide Destinations

CLASS OF 2023

MIKASA

"Go into the world and do well. But more importnatly, go into the world and do good."

- Minor Myers Jr.

What's My Legacy

One student shares his views on the legacy his generation will leave behind

By Ethan Hu

A legacy is how people remember you, and how you have impacted the people around you. The legacy that students hope to leave behind when they graduate is an interesting topic. Some may want to be remembered for their academic achievements, leadership, mentorship while others for their contributions to their community.

Many students view their academic achievements as a key part of their legacy.

Whether they are striving to achieve a high GPA, win academic awards, or conduct research in their field of study, achieving academic success is a critical part of their school experience. Academic achievement is important because it demonstrates their curiosity and passion for learning. These students may be motivated by a desire to challenge themselves or to make a meaningful contribution to their field of study. For others, academic achievement is important because it represents years of hard work and dedication. They may have overcome significant obstacles or faced great challenges along the way, and their academic success demonstrate their perseverance and resilience.

I have a family friend who is a senior in one of the leading high schools in Hong Kong. She is very interested in biology and discovered a new type of virus in the ditch of the city through her own in-depth research over the years. This is a fascinating example of leaving a legacy in academic field with strong focus and perseverance.

Students who strive for academic excellence hope to be remembered for their contributions to their focused field and their commitment to the academic goals. They hope that their achievements will continue to inspire and motivate others after they graduate.

Another legacy that many students hope to leave behind is leadership or mentorship. These students aspire to be seen as role models who inspired others to learn and grow. Whether they held leadership positions in student clubs or organizations, mentored younger students, or simply led by example, they hope to be remembered as someone who made a positive impact in the community.

For these students, leadership and mentorship are not just about achieving personal success. They view these roles as opportunities to serve others and to make a difference in their campus community. They may have worked very hard to organize events or initiatives that benefit their fellow students, or spent many hours counseling and advising others to help them achieve their goals.

I'm a student at Beijing World Youth Academy (BWYA) and in my school, we have a "Service as Action" program which requires students to participate in community service for certain number hours of community service. Other eighth graders and I have formed a team and act as mentors for sixth graders, advising their involvement in "Service as Action" at BWYA.

Students who aspire to leave behind a legacy of leadership and mentorship hope that their efforts will have a lasting impact on their community. They hope that their work will inspire others to follow their footsteps and continue to hold the values of service and leadership.

The legacy can be intangible or tangible, big or small. Some students create webpages for the school and share their self-reflections before graduation so that other students can learn from their experiences at school.

I saw other example in a US high school, where a few students created a set of flash cards highlighting the programs, cultures and resources that the school provides. The cards were put in the admission office where school visitors could pick them up as they wish. All these are great examples of students who leave a meaningful legacy for the school community. The students created an impact through their meticulous efforts.

Regardless of what our educational goals are and what our legacy is after we walk across the graduation stage, all that really matters is that we leave behind a community better than when we found it.

PHOTOS: ETHAN HU

Visit www.beijing-kids.com for the
latest school and education related news!

Your Beijing Essential Family Guide

Scan to follow beijingkids for more **essential updates!**

jingkids

Choosing Your *Own Path*

BCIS alumni Michael Sun returns from cooking school in Paris to open a restaurant in Beijing

By Vivienne Tseng-Rush

I find it hard to believe that Michael Sun is at the restaurant before our appointed time, and before the restaurant is even supposed to be open actually. But there he is, head to toe in black casual street wear in the style of basketballers, which I discover he used to be, sitting at a table and sipping from a takeaway coffee cup.

Michael's name first caught my eye when I spotted it among the list of graduates at the Beijing City International School (BCIS) because he was the only one who had chosen to further his studies at a culinary school in Paris instead of a big-name college like the rest of his peers. After a little digging, I discovered that he had returned to Beijing and was opening a restaurant in the city.

We chose to meet in the vicinity of his future restaurant, which is still under renovation. While he hasn't quite decided on a name for the restaurant, he knows for certain that it will specialize in Chinese noodles, in honor of his father's secret recipe for Beijing's local speciality: *zhajiang mian*.

Michael shares: "My dad is my key inspiration for choosing this path. He always brought me to the best restaurants around China and explained why the food was good. He also taught me how to cook when I was fifteen. It was his dream to open a restaurant in Beijing, and now I can realize it together with him."

Michael hadn't always known that he wanted to be a restaurateur. Up until his final year of high school, he was still planning to go to America to study history, which he is deeply interested in. But the path of academia with the end goal of returning to China with few career options other than to teach did not appeal to Michael. Luckily, fate intervened in the form of local film *"Hǎo xiān shēng"* which features a chef as the protagonist of the film.

Michael recalls: "After I watched the movie, I decided then and there that that was what I wanted to do. Thankfully, when I told my parents that I wanted to study culinary arts in France, they were supportive, which I think is rare for Chinese parents."

Even after discovering his passion, Michael admits that pursuing it has not been all smooth-sailing. Culinary school was exhausting and difficult, with his longest days lasting from 9am to 10pm. Not to mention the huge linguistic and cultural leap from Beijing to Paris. Thankfully, Michael had already overcome a similar transition earlier in his life when he transferred from a local school to BCIS in middle school.

"When I came to BCIS in Grade 7, it took me about half a year to assimilate into the school culture at BCIS. I had left behind my friends for a foreign environment, and my English was not great then. But looking back now, I really miss my high school days. I was part of the basketball team and made some great friends. After training, we would go to Plan B near the school to eat and hang out. And I had some of the best teachers – Miss Joe and Miss Bloom – who really encouraged me to follow my dreams."

Now, armed with his degree in hospitality, management, and French culinary arts from Le Cordon Blue, as well as his work experience at Beijing's premier Rosewood Hotel, Michael is certainly more than ready to make his dream a reality.

When I asked Michael what he enjoyed about cooking, he said: "Cooking makes me feel good. It's such a creative process where I can invent and change the entire result of a recipe by changing just one ingredient." Following that thought, he is so protective of his father's secret recipes that he won't even share them with his future girlfriend. "She may know the general recipe, but I won't share every ingredient with her," says Michael. "You never know what can happen!"

Michael has learned the hard way that trust is hard-earned in a competitive industry. Just at the tender age of 23, he relates his own struggles in his two-year stint in hospitality, imparting some words of advice: "Be careful who you trust with your name and reputation." On that note, he is confident that his culinary skills and his father's recipes are up to the challenge of opening a noodle store in Beijing. "There will be a lot of competition, but I believe that when you have a great product, that's what sets you apart from the rest."

Speaking of great food, we ask Michael to dish out his favorite dining spots in the capital city.

Fave Chinese Restaurant: Lei Garden (Liyuan Jiujia), most notably the Jinbao location (traditional Guangdong cuisine)

Fave Hotpot Restaurant: Ritan Shuan Rou

Fave French Restaurant: La Maison Lyonnaise

Fave Japanese Restaurant: Niao Zhou Li for izakaya dining

Fave Neighborhood Eatery: Mesa Madre

Best Burger: Slowboat

Best Dim Sum: Bao Shifu

Best Vietnamese Food: Dongtian Kitchen Bar (Pho Dongtian)

Best Peking Duck: The Horizon Chinese Restaurant at Kerry Hotel

Michael's final parting words of wisdom to aspiring entrepreneurs and business owners: "After graduating, you should absolutely get some proper working experience before you figure out opening your own business. You learn invaluable lessons from the experience, especially from failure."

One Year Later

Former DCB alumni looks back on her gap year, one year later...

By Helena 石榴

A year ago, I embarked on my gap year after graduating from Dulwich College Beijing. It's been a year since I made my plans. Here's how it went:

Scan the QR code to read my previous article.

Before the summer of '22 ended, I had successfully completed the Lingoda Super Sprint for C1 German. During the first month of which, I was jam-packed with graduation events and hangouts with friends, so my schedule was constantly changing. As the rule, the Super Sprint requires students to complete one live lecture each day (and you have to schedule it a week in advance), I was stuck in a sticky situation at times. A prime example was when Graduation Dinner suddenly got cancelled due to Covid, so when the totally-not-secretive Grad Dinner 2.0 got organized, I had to atten my zoom class right in the middle of the meal, so I missed one hour of speeches and such. But it all paid off, as not only did my German improve, but I also got fully refunded for completing the challenge. Accordingly, after receiving the certificate of completion, I enrolled in Bayern University's C1 credited course and completed the exam with 100%. I also began learning French!

In early October, I started my own magazine called Wrizing. I then assembled the Executive Team, which is comprised of both middle and high school students across Beijing international schools. As Covid regulations were still in place then, instead of in-person events, we launched an online student poetry competition. Once such regulations disappeared, we organized an Open Mic Night at school, which lasted for two hours and had performances in English, Chinese, and even Japanese. It was an absolute blast, and I was looking forward to all the future plans I had in mind.

On October 6, my 19th birthday, I self-published my second poetry book on Amazon. My original plan was to create a website and post my poems there. However, I wanted to do something special for this anthology, as it is a collection of my high school poems since Covid began. I decided not to do a lot of promotion for this yet as I am currently creating the second edition, which will feature 30+ illustrations and also be available for purchase as hard copies, whereas the first will only be available as an ebook. Other than this, I have also been working on translating it to Chinese with my poetry bestie Helene, as well as considering other publication methods.

Then Christmas rolled by, and shortly after, Chinese New Year. Those two months were dedicated to my family, and also tutoring some kids from Chinese local schools in English. After my mom's and younger sister's birthdays in early and mid February respectively, I went on a 10-day solo trip to Guilin and Beihai. Between Christmas and Chinese New Year, I created a thorough travel plan, detailing the what, where, when, and estimated cost.

I started off my journey in Guilin, where I squeezed all their famous sights into one afternoon. I climbed to the top of both Sun and Moon Twin Towers, and took photos with the elephant mountain. I ran across numerous parks and gardens like a maniac, because it was literally one minute away from the park closing, and if I didn't rush, I would be locked in. When I got back to the cave-themed Minsu 民宿, I discovered that not only had I worn my shoes out, but that the lock on my luggage was refusing to open.

For a brief moment, I thought I took the wrong luggage, but I had triple checked it at the airport and the name tag clearly stated HELENA. After two hours of trying every possible combination and reading article after article on how to pick a lock, I was getting nowhere. TSA locks are designed like that for a purpose! But I wasn't about to give up nor resort to the worse case scenario (cut open and ruin the luggage), I tried my last option - YouTube. And guess what, it worked! I rewarded myself with a nice hot bath and a very good rest. For the rest of my trip, other than writing poems inspired by nature and my solitude, I stepped out of my comfort zones and tried new things, such as solo motorbiking across the mountains.

Upon returning to Beijing, I went to Universal Studio with my younger sister to fulfil a promise I had made to her years ago.

Afterwards, in the two months I spent with my mom in Canada, we did everything together: cooking, skiing, walking, talking, grocery shopping, watching and commenting on movies. I also learnt a lot of cooking and life skills from her, which will be very beneficial for my

upcoming college life. I really cherished this time with her because, realistically, I probably wouldn't have another opportunity like this to spend one-on-one with her for this long in the near future. I also got to experience the "simple and snug life" (过小日子), which made me reflect a lot on what type of life I would like to have in the future. A taste of the saccharine makes it hard to forget. I miss the busy city vibes in Beijing, but I also enjoy the relaxing atmosphere of Canada. And although I think I'm more in tuned with a bustling lifestyle, taking breaks and recharging is also important. On this topic, I'd like to stress how important relaxation is! It helps prevent burnt out and improve your overall mood and health. One new self-care activity I picked up on is taking myself on a date, either to a restaurant or the movies.

My mom just flew back to Beijing in early May, meaning that I'll have a month to myself. After learning how to truly enjoy my own presence during my solo trip, I am actually quite looking forward to this solo month (note: solo doesn't equate to being alone or lonely. These three words are very different, which I explored while writing poems on this topic during my solo trip). Of course, I had a lot of fun with my mom, but I did prioritize her during those two months and didn't do the one thing I really wanted to do - working on my writing projects. Having volunteered at BC's first officially recognised Buddhist festival, I'm currently enrolled in Harvard's XSeries Program in world religions.

WHAT'S NEXT

With the illustrated version of my second poetry book published on Amazon in early June, there's so much to do and so little time, as I'm also working on my gap year poetry anthology and some other soon-to-be announced writing projects. Sometimes I do wish for time to slow down or pause (for even just a bit!), but the speedy pace does make me appreciate and savor every little moment even more.

Other than packing and completing the online program with essays and exams, my top to-do is meeting up with friends and family before I leave for University College London (UCL) in September, where I'll be studying German and Philosophy. I cannot express with any words how excited I am for this next stage of my life: so here's my facial expression XD

WAS IT WORTH IT?

I'd like to conclude by saying that gap years are not for everyone, and mines was full of ups and downs. But I am glad that I took a gap year. I think it was very much needed on a personal level, especially a deeper regards to health and a deeper recognition of what I value and strive for. I realized that there truly is no "right" or "wrong" way. In fact, what are the borders of right and wrong, black and white? Spectrum of greys and vibrant colours exist. There are so many possibilities and opportunities out there. Everyone is trying their best to live their best life, to provide for their families, to give their next generation a better future. There is no mould for success as it means different things for each individual. So it is in our own hands that we act and change our present and future, for the past has already happened and is unalterable.

If I can't change the course, why not have fun with it? I now learned that I don't have to have everything planned or figured out. Enjoy the moment; it is a "present" for a reason.

Lastly, living versus existing. During the first half of my gap year, it felt like I was merely existing. Life went by in a blur, and for a while I thought I was dissociating. But thank heavens Covid regulations were lifted and I could travel. By going out into the world, enjoying the sun, and connecting with people, I began to live again. Visiting different places, I saw how each region has their own pace and way of life. Other than doing a lot of thinking, I people-watched. Seeing how others from another culture and custom live their lives differently helped me reflect on how I have lived and would like to live my life.

If you find your current state of life stressful or frantic, pause for a bit, either by going on a date with yourself, people watching, or doing nothing. Yes, humans are social creatures, but that doesn't mean those creatures don't need rest, sleep, or some alone time. Find a good balance and just breathe...

Be in the moment, and believe that things will work out. If not, reflect on why you think it won't, and whether you could change that to an answer that satisfies you. You are in control of how you would like to feel in this moment of time and how you make the most out of your life. I truly believe that instead of feeling upset or being annoyed at the uncontrollable, focus on what you can control and cherish what you have, for once you lose it, regret may roll off your tongue bitterly, and it may forever be a memory.

I am thankful for the lessons learnt. I know these problems will get better and hopefully fixed, and now it's just a matter of time and patience. But most importantly, I have a good healthy mindset that will aid me with whatever venture I endure.

On this note, I'd like to end by saying that life is full of mysteries, and I now find the unknown not frightening but exhilarating. And not only am I looking forward to the future, but I am also enjoying the moment right here, right now.

PHOTOS: HELENA 石榴

Before You Graduate YOU SHOULD...

Your college bucket list and the essential skills you need in life

By Mina Yan

By the time you walk across the stage in your cap and gown you've officially moved on to the next chapter of your life. For those taking the more conventional post-high school path and starting at their dream colleges in the fall, it's an exciting time to be planning who you'll be.

College is going to be a time where you'll have the freedom to do everything you've ever wanted to and when you'll be shaping the person you'll be for the rest of your life. One piece of advice that I always give to students going off to college is to try everything.

Although it might sound cliché, it's important to make a list of all the possibilities in college and to actively make the effort to check them all off your list. You'll be discovering new hobbies and making friendships that'll last a lifetime.

COLLEGE BUCKET LIST

- ☆ Attend a sporting event
- ☆ Live on campus
- ☆ Organize an event on campus
- ☆ Apply for internships at companies you've always admired
- ☆ Join clubs
- ☆ Attend a lecture on a topic you know nothing about
- ☆ Travel around with your classmates
- ☆ Get to know your professors and advisor

And of course, before you leave college and head off into the real world there are a few essential skills that will help you present yourself more professionally and give you a step up in your future career.

Event organizing is often overlooked as an essential life skill. The ability to plan ahead and foresee the needs, potential problems, and to promote your event comes in handy in all aspects of life from professional to personal and it all comes from experience.

Work with your school's student council, sports teams, or simply plan fun events for your friends. This is a skill that only comes from experience so the more you do it, the better you'll be.

One of the most essential skills to hone is your ability to communicate your thoughts efficiently and convincingly. It might sound like a no brainer, but there's a difference between talking with a friend and pitching an idea.

Taking advantage of Model United Nations, Mock Trials, Debate Clubs, Toast Masters, or Ted-X would all be great places to work on your public speaking skills. There you'll be able to work on your diction, your physical presence, and how your thought process is structured.

College is an exciting time in your life. As you go on to the next chapter keep an open mind try your best to pick up as many life lessons as you can. After all, not all learning can be done in classrooms.

PHOTOS: PEXELS

THE NUMBERS SPEAK FOR THEMSELVES

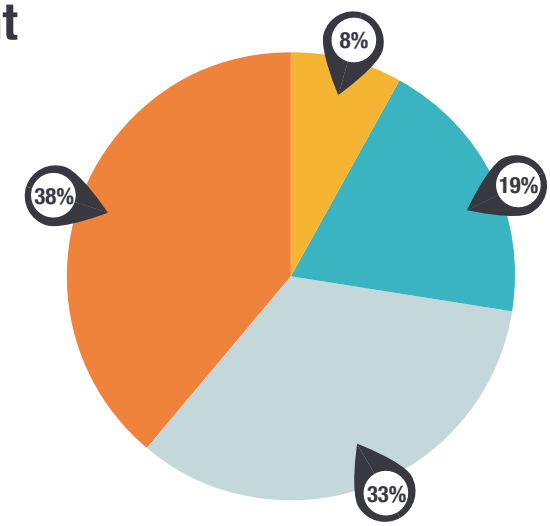
Jingkids readers weigh in their opinions

By Mina Yan

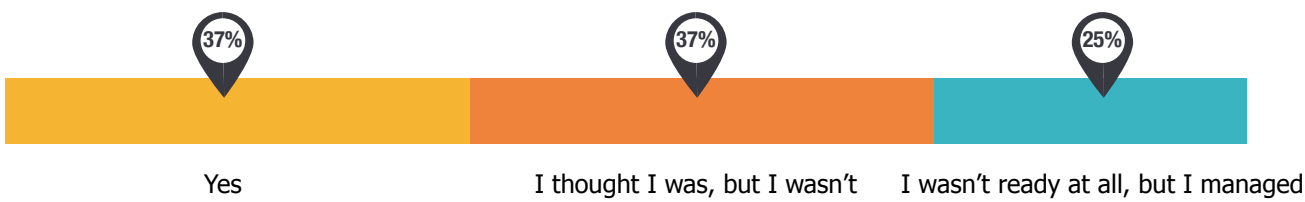
It wasn't that many years ago when you could only ask your friends and family for their opinions to help you guide your way through your adolescent years. It can sometimes be easier to listen to the advice of strangers than those of your own parents (even though they might be saying the exact same things), so in preparation for those going into high school and planning to make the most of their four years there, here's some nuggets of wisdom from those who have already walked the path.

Did you/will you use a college consultant to help you apply for schools?

- Yes. I want an edge over my peers
- I'll use whatever resources my school offers
- No. There's no need
- I didn't even know college consultants were a thing…

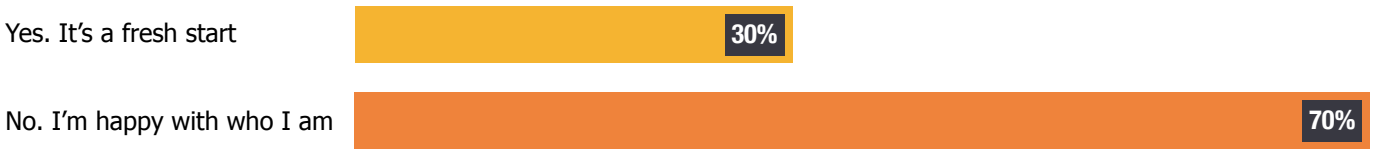


Are/Were you ready for life on your own after high school?

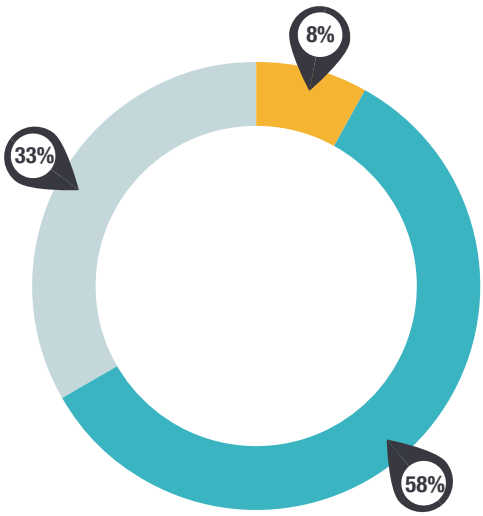


True or false. High school friendships last a lifetime

Did you/will you reinvent yourself in college?

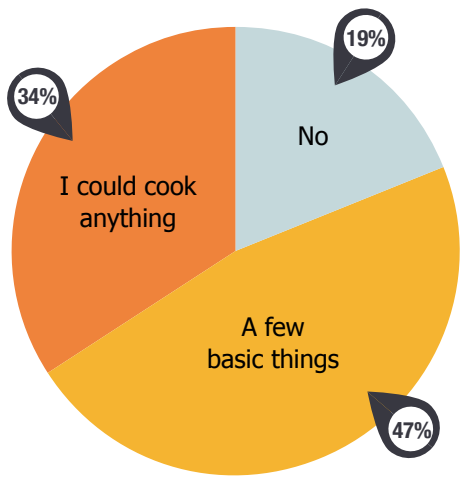


How important is it/was it to be popular in high school?

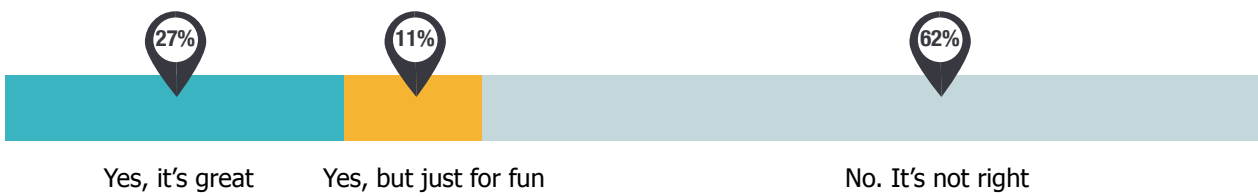


- 8% - The most important. It means everything
- 58% - It's a nice bonus, but it's not important
- 33% - It doesn't mean anything

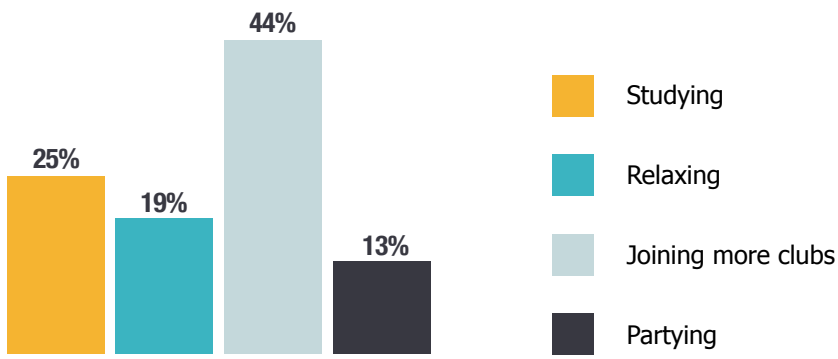
By the time you graduated high school, did you know how to cook yourself a hot meal that didn't come from a box or have the words "instant" written on the packaging?



Do you use ChatGPT to help with homework?



What do you wish you had spent more time doing in high school?



WHAT AI MEANS FOR THE FUTURE OF EDUCATION

How is new tech changing things for our kids

By Vivienne Tseng-Rush

Since OpenAI launched ChatGPT in late 2022, we've seen and heard so much about how the encroaching advances of AI are fast changing the landscape of jobs and our lives at large. How much of it is just hype and what is actually changing for the future generation? We speak to some field experts as well as students to get their perspectives.

Peter Parker (his real name) is a big data and AI architect for Microsoft. His specialty is working with startups and cloud-native companies. With the recent OpenAI and Microsoft partnership, Parker's focus has been on commercializing ChatGPT, GPT-3, DALL-E and other advanced human-computer interactions. We asked Parker to explain ChatGPT in layman's terms.

"Chat GPT falls into a category of AI tools called 'Large Language Models (LLM).' Even though it's more complicated, the easiest way to explain it is this: Imagine you spent millions of hours reading every article in every newspaper, blog post, Wikipedia, and other large repositories on the internet, [then] called it all 'content,' and stored it in my memory. And then when a question is asked to it, the model acts as if it's making a new piece of 'content' based on all the other 'content' that it knows. So, if your prompt is 'Write me an agenda for a parent-teacher conference,' the model attempts to write a piece of content that is a perfect fit based on everything it knows about content related to parent-teacher conferences. So, on the scale of billions of articles, blog posts, etc., it can get quite good at taking the best and most popular sources of content and creating new content from that."

Q: HOW WILL AI LIKE CHATGPT SHAKE THINGS UP IN THE EDUCATION INDUSTRY?

"In the 1970s, handheld calculators became mainstream, and they have continued to evolve. Calculators are tools that allow everyone, from students to physicists, to solve math problems quickly and accurately. It didn't remove the need for us to know how to do math, it simply changed what we learn,

how we learn it, and how we measure success and achievement in related fields. LLMs are like calculators for composing thoughts and communicating them. In education, I think we will see a lot of parallels to when calculators were introduced: Teacher's assignments will shift to emphasize shorter assignments that are done in person, and educators at all levels will be able to generate content (lesson plans, emails to students/parents/other administrators) faster and with more consistency."

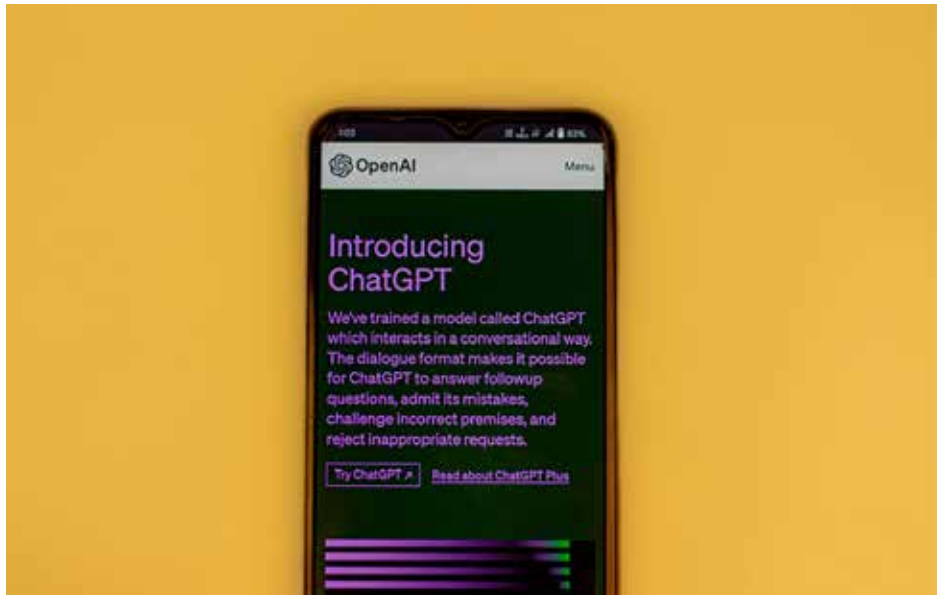
Ms. Keri-Lee Beasley, High School Learning & Integrated Communications Technology (ICT) Coach at Western Academy of Beijing (WAB), adds on in detail:

"It is an incredibly exciting time to be a teacher with the advent of ChatGPT and other AI tools. They provide a huge opportunity for growth and learning in education.

One of the most immediately useful applications of AI is in idea-generation. Brainstorming writing prompts, sentence starters, games, learning engagements – whatever you need inspiration for, AI can kick-start this process for teachers. The teacher can then select the best responses and amplify them with their own experience and knowledge of their students to take learning from good to great!

Repetitive or mundane tasks, such as building multi-choice quizzes or creating definitions of key vocabulary terms can be automated, saving teachers valuable time, which they can better spend on face-to-face interactions with their students. Example prompt: Generate a 5-question multi-choice quiz based on the following article <paste link>

AI also has the potential to level the playing field for learners – particularly for our multilingual learners. Being able to provide resources in a target language at the touch of a button allows everyone to access teaching materials. This also applies to learners who benefit from more simplified or more advanced examples than the usual. Allowing students to dive deeper into topics, or helping to break down complicated approaches into easier steps benefits every learner."



16-year-old WAB Student **Masaaki Manabe** is living proof of this. As English is not his first language, he created an app in Python that uses ChatGPT's API to have sentences changed to honorifics to smoothen his communication with his teachers.

Manabe believes that the ideal use of ChatGPT is as a partner in learning, saying: "I often see people who use it to write their entire reports, but I don't think that's a good use of the program. I think you will get better results if you ask it to help you learn. For example, if you want to know the general contents of a unit, ChatGPT is the best choice. If you try to find it on the internet, there are so many sites, and finding what to use can take up a lot of time. ChatGPT is very useful for saving time in this regard."

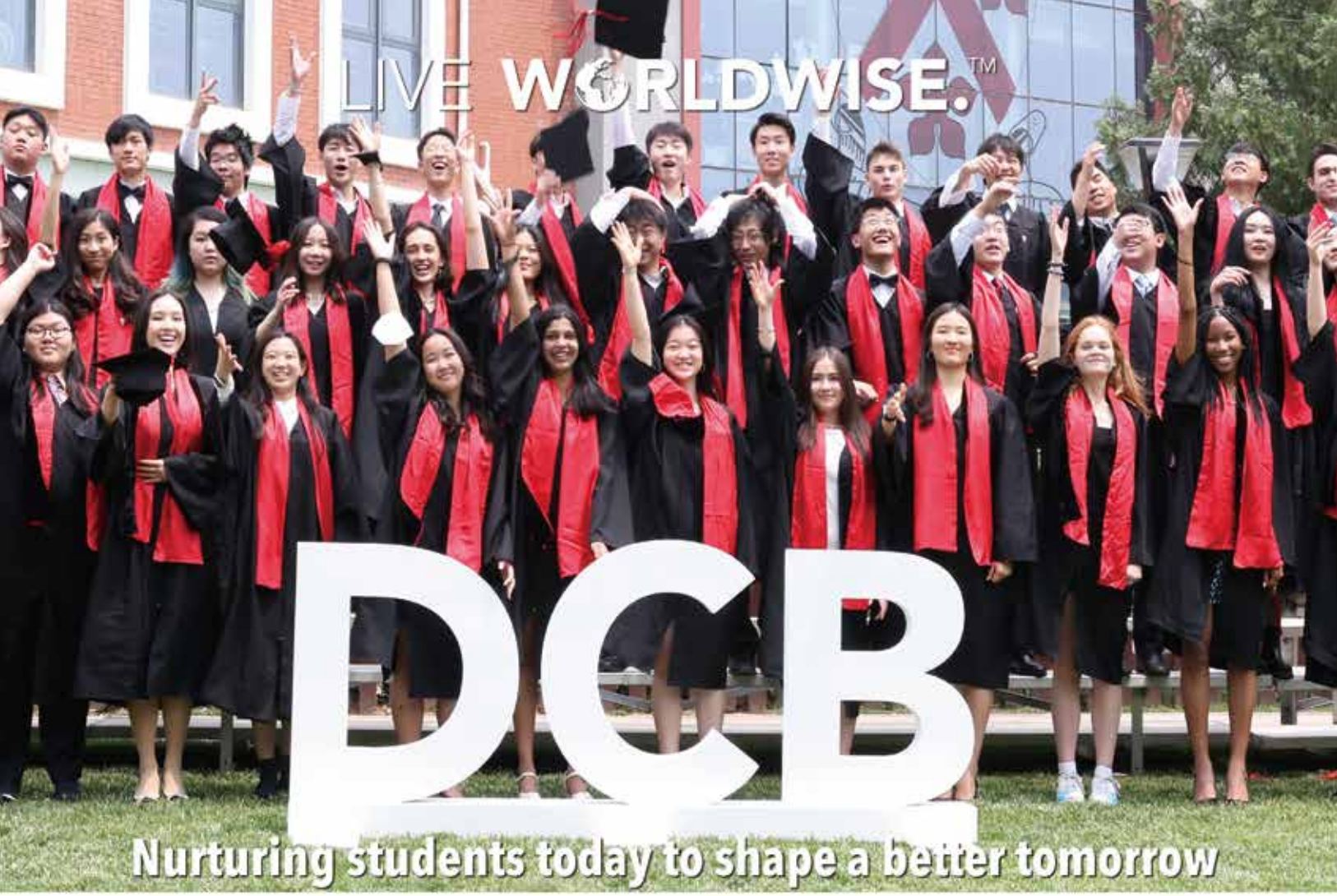
British School of Beijing (BSB) Shunyi Year 9 student **Erina Li** echoes the sentiment. "Ideally, ChatGPT should be used just like how previous generations used books or newspapers [for research]," she says, adding: "As a time-saving search engine, it answers questions specifically and filters out the useless information. AI's most outstanding skill is collecting, comprehending then analyzing mass information, saving students the precious resource – time."

PHOTOS: PEXELS

On the downside, we should be careful of the impact of AI on our mental and emotional wellbeing. Li responded that after seeing ChatGPT in action, "It undermines my trust towards peers and my motive to work, giving me a sense of 'helplessness.'" She added: "It can construct several high-quality essays in merely seconds, while the essay I spent hours on seems basic in comparison. Students can use it to gain perfect scores, while I, burdened by 'honesty,' must work with effort but gain average grades. In the short term, that's simply unworthy and discouraging, giving no purpose to continue to work, develop or learn. In the long term, it could lead to the failures of this generation, as we may no longer independently generate work or ideas."

Parker remains hopeful, however, saying: "Large Language Models are an enormously powerful tool and will make humanity more productive on the aggregate. It will enable more people to communicate ideas faster and with more reach. We should use it where appropriate, where ideas need to be communicated. It does not think, nor will it create ideas where there are none. It allows us to extend our time to focus on the problem-solving and artistic side of composition instead."

As for advice moving forward, Ms. Beasley suggests to teachers: "Be more human! AI tools are going to change the way we work, but the're not going to change the most important aspect of teaching: knowing your students and helping them to grow. Prioritize building relationships with your students and getting to know what makes them tick. This will assist you in discovering the most effective approaches to help them develop as learners – with and without AI tools. AI tools should be used as a support, not a replacement for a teacher's own judgments and problem-solving abilities. When we combine AI tools with human input and critical thinking skills, that is where the magic happens!"



At Dulwich College Beijing, our students are pioneering leaders

We equip students with a pioneering spirit, resilient leadership skills and an entrepreneurial drive to make a positive difference to people, society and the planet.

2022 IB Results

DCB average score **39.4** as of 24 August 2022

World average **31.9**

out of **45 points**

45 **45**

2 perfect scores

64 Students received the full IB Diploma

Applications for August 2023 fall semester are still open.
Apply online at **beijing.dulwich.org** or contact our admissions experts at **admissions.beijing@dulwich.org** or call **(010) 6454 9002**.

Follow us on WeChat

DULWICH COLLEGE
[BEIJING]
北京德威英国国际学校

CIRCUIT

The Circuit is a chance to check out what's happening in the Beijing community. Want to see your event on these pages?

BSB, Shunyi Music Circus Delighted Audience

Primary students at The British School of Beijing, Shunyi put on an amazing Music Circus show performing on their selected music instruments ending with the Junior Orchestra and Junior Wind Band. As part of the NAE-Juilliard Performing Arts Programme, all Year 3 students rotate to try out 8 instruments - violin, cello, guitar, flute, clarinet, French horn, trumpet, and trombone then chose the instrument they'd like to study in depth from Year 4-6.

Dulwich College Beijing's MADD Creative Arts Festival

Over 450 students participated in this year's Dulwich College International MADD (Music, Arts, Drama, and Dance) Creative Arts Festival – a magical week of creativity and collaboration that culminated in a series of outstanding performances. The event was based on the theme Journey, inspired by the beautiful picture book series of the same name by American author-illustrator Aaron Becker.

IMAGES: COURTESY OF SCHOOLS

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to magazine@beijing-kids.com

Market Day at AISB-Hope International School

Learning about economics isn't just for high schoolers. It's part of AISB-Hope's elementary curriculum. At AISB-Hope International, the upper elementary classes learn about goods and services, good customer service, budget panning, creating a business plan, and practiced entrepreneurship as they prepared a small business and tried to make a profit during Market Day, The students did a great job in creating so many business ideas!

ISB Hosts APAC Sports Tournaments

The International School of Beijing (ISB) was buzzing with hundreds of visiting athletes and supporters for Asia Pacific Activities Conference (APAC) sports tournaments Apr 13-15. Students competed in APAC Softball, Track and Field, and Girls Soccer. APAC brings together 12 top international schools around the Asia Pacific region to showcase varsity sports competitions and performing arts events.

Coronation Celebration Day at BSB, Sanlitun

To celebrate the Coronation of Their Majesties King Charles III and Queen Camilla, BSB, Sanlitun held a Coronation Celebration Day on Friday, May 5. Parents were invited into school to enjoy a range of fun stalls and activities with their children; our School Choir gave two beautiful performances to their friends and families; Mr Alistair Warwick-Nelson kindly hosted a lovely English Afternoon Tea workshop to some of our parents; Students from our Upper Primary (Y5&6) also organized a House Bake Sale which turned out to be a huge success – a total amount of RMB 12,017.50 was raised and will be split evenly between our four school charities. Everyone had a fantastic time and for sure the day has created some wonderful lasting memories for our children and given them a glimpse of the British heritage and traditions.

APAC Badminton and Soccer Tournaments at WAB

Western Academy of Beijing (WAB) recently hosted the Asia Pacific Activities Conference (APAC) soccer and badminton tournaments, bringing together 250 students and coaches from six schools in China for three thrilling days of action. APAC is about sportsmanship, teamwork, and healthy competition. WAB was thrilled to be able to host APAC on campus again. Thanks to everyone involved!

IMAGES: COURTESY OF SCHOOLS

Family Joy Day at Chaoyang Kaiwen Academy

Grade 12 IB students competed their CAS Project - Charity Sale. Starting from the initial brainstorming and determining the items to be sold based on the age of the target audience, team leader Janet and deputy team leader Sam assigned work to the team members who fulfilled their respective responsibilities and quickly took action.

On the day of the event, the students actively participated and patiently introduced the significance of the event to every parent and child who came to the market. The funds were transferred to Zhongai (a private charity organization jointly managed and operated by volunteers) and an autism education center in Tongzhou, passing down their love.

Congratulations to the Student Athletes and Coaches at CISB

The CISB sports teams have once again shown their outstanding talent and dedication, bringing home impressive wins in both basketball and football. The U-14 Girl's basketball team worked tirelessly, developing from beginners to skilled players over this season and securing the ISAC championship with a dominating final 32-12 victory against WAB. Meanwhile, the U19 boys' football team claimed the 2023 ACAMIS Blue Division Championship, and the U19 girls' team secured 4th place. These remarkable achievements showcase the outstanding abilities of these student-athletes and coaches. Together is Better at Canadian International School of Beijing!

Anti-Bullying Week at YCIS

Yew Chung International School of Beijing (YCIS Beijing) embraced their annual tradition of Anti-Bullying Week on campus with creative activities to remind us of our uniqueness and to appreciate each other and in our individual difference. Primary students wore colorful odd socks to express themselves and to celebrate their individuality while secondary student took over the playground and literally spread positive vibes of kindness and happiness through a color shower. Covered in all shades of color, they made a meaningful mark expressing acceptance, respect, and diversity and spent a memorable time with their teachers and peers.

Celebrating Spring in Style at BCIS Spring in the City

On May 7, 4,000+ people flooded into the BCIS campus like a wave from the ocean to celebrate the arrival of spring. They surfed around stalls, browsing through a variety of wares, warmly bantered over delicious lunches bought from vendors, cooled off with refreshing beverages and ice cream, laughed hard playing all sorts of fantastic games organized by grade level teachers and students, and created an amazing community atmosphere at the school. The once-familiar campus looked more like the picturesque destination of a spring outing, and thanks to co-branding from Swiss National Tourism, visitors could take a quick spring trip around campus on the BCIS Express.

IMAGES: COURTESY OF SCHOOLS

Family Favorites

By: Eleanor W, Y6 Student
Photography: Uni You

Hi, I am Eleanor, a Year 6 student at Dulwich College Beijing (DCB), and I am a Beijinger who loves this city. Curious how others feel about Beijing, I interviewed Sofia S, a senior at my school.

What is your favorite thing to do during the weekend?
Apart from spending time with my family and resetting for the upcoming week, I love to dance. There are so many new dance studios that have opened up in Beijing with amazing master classes, so I spend my time going to dance classes to learn and exercise.

Where do you like to hang out with friends?
My friends and I love to explore the city, so we would often go biking, or visit unique areas like the 798 Art District to enjoy each other's company and take pictures. We also love going to sing and tasting trending food spots.

What do you like about living in Beijing, and what do you find challenging?
I love living in Beijing for many reasons, most importantly its safety, accessibility, and diversity in possibilities. I love that despite Beijing's busy streets, I can always conveniently use public transport systems. Whether its rental bikes or the subway train, I can confidently get to most places. I also love that the city has entertainment spaces at almost every corner, ranging from malls, to parks and playgrounds. The biggest challenge is definitely the size of the city, that despite of so many forms of transportation, it can take some time to get from one place to another, especially when they are in different districts.

Where would you like to bring visitors to Beijing for a day?
I would most definitely bring them to the Hutongs. It's a beautiful area where you can walk or bike around, while learning about Chinese culture and China's long lasting history.

You have been the DCB Media Prefect and you have also decided on journalism as your major. Why such a strong passion? Can you share your experience with the current students who are also passionate about media or journalism?
Something you cannot escape in the 21st century is the world of media. It is fascinating to see the power media holds, as often people believe in the most absurd information they read on the internet. From politics, to sports and science, how the information is presented has now become more valuable to the general public than factual evidence, and with the wide range of available resources, it has become harder to identify the 'right' opinion. With such an expansion of media, journalism has now become a craft, attracting many like myself to try to calm the chaos online. I also consider it a timeless job, as there will be a constant need of coverage, ranging from interviews, photos, videos, and writeups, which also gives opportunities to people with different interests. Even something as simple as posting on social media is already an experience in media, which is why I advise all students who find themselves passion about this side of the world to pursue media in its variety of forms.

What key things have you learnt from your university application journey?
I've learnt the importance of planning ahead and doing extensive research. Although I had a general idea on what universities I wanted to apply to, I only started my research right before the application cycle begun, which didn't give me enough time to explore my options. The universities that I've selected also had different requirements, and to avoid stressing out about meeting deadlines, it is so important to plan out schedules and mark important dates to ensure everything is submitted on time and with desired quality.

What advice will you give to students who are about to start their Senior School?
I would say Senior School is the best time to explore yourself and to learn responsibility. During Senior School, use every opportunity to find yourself, ranging from your hobbies, to your habits, to your preferred methods of learning. Use this time to try new things, whether it's a sport or an ECA, and meet new people, who might become your lifelong friends. It is important to always be opened minded and willing to accept any opportunity that comes your way. However, it is also the time for your personal growth, and since you are becoming older, it is crucial that you learn to meet deadlines and to keep up with your studies. In general, use the school's resources and learn the subjects you like to utilize your time at school.

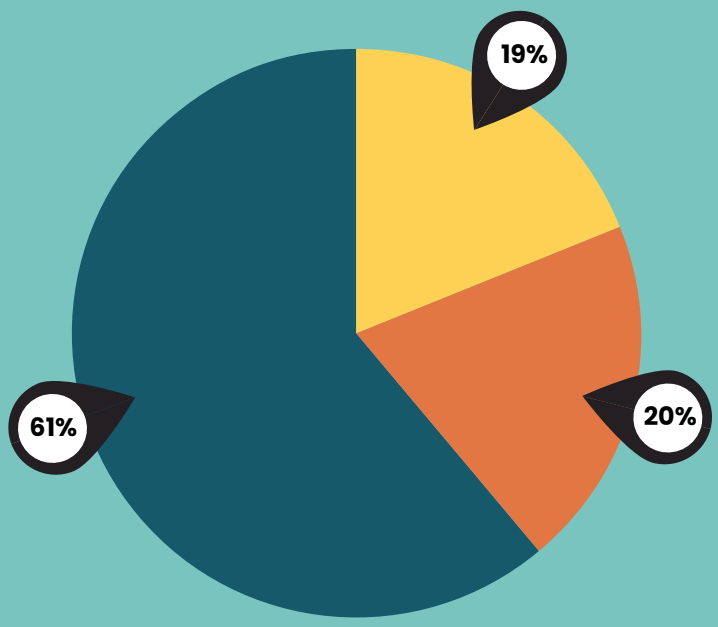
What is a memorable moment of your DCB years?
My time at DCB wasn't long, however, I've made endless memories with the people I've met here. If I had to choose one moment, it would be the end of this year's Y13 leavers assembly, when a compilation of all our pictures played to an emotional song. During that moment, I realized how important it is to cherish every second you have, and surround yourself with the people you love, which also made me sentimental about our high school life coming to an end.

I'VE GOT A PRESENT FOR YOU

What should you give a high schooler for graduation

01

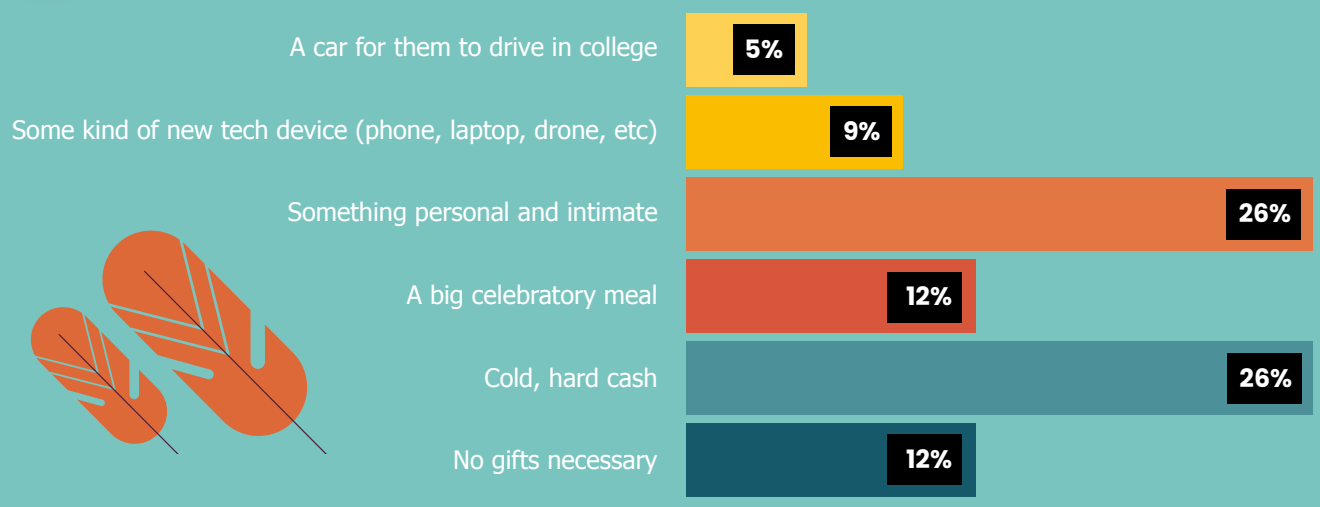
Are graduation gifts a necessity? As parents, you've already raised them for the last 18-19 year of their lives and paid handsomely for that international school education they've received. **IN THEORY, SHOULDN'T THE KIDS BE GIVING THEIR PARENTS A NICE BIG GRADUATION GIFT AS A THANK YOU?** We asked the Jingkids readers and here's how the community voted.



- Yes. Parents deserve a gift
- No. It's part of their parental duty
- No, but a 'thank you' would be appreciated

02

BUT FOR THE MORE TRADITIONAL GRADUATION GIFTING, WHAT SHOULD YOU BE GETTING YOUR TEEN AS THEY EMBARK ON THEIR NEXT CHAPTER OF THEIR LIVES?



THE BRITISH SCHOOL OF BEIJING, SHUNYI
A NORD ANGLIA EDUCATION SCHOOL

1 in 3 students at The British School of Beijing, Shunyi achieved 40 points or higher in their IB Diploma examinations, enabling their entry into the world's leading universities including: Oxbridge, Russell Group and Ivy League. For the last 2 years, 2 students achieved a perfect score of 45 while 2 others achieved a nearly perfect score of 44.

Visit us to find out how we educate your child to achieve Academic Success!

CONTACT US

admissions@bsbshunyi.com
86(0)10 8047 3558
bsbshunyi.com

True Run Media

Helping the international community get the most out of life in China

为您带来

thebeijinger
Since 2001 | 2001年创始
thebeijinger.com

jingkids International
Since 2006 | 2006年创始
Beijing-kids.com

菁kids 北京
Since 2012 | 2012年创始
Jingkids.com

菁kids 上海
Since 2014 | 2014年创始
Jingkids.com

thebeijinger jingkids jingkids北京 jingkids上海