



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019



Talk Or Text?

Talk or text? Which one would you choose? Research confirms this as 75% of millennials would rather text than talk. When texting you have the freedom to answer at a time most convenient for you. When texting you can tell people what you want them to hear and not what you actually say about them.

About 75% of millennials rather text than talk. 76% of millennials say that texting is more convenient because they can check their messages on their own schedule. 63% consider texts less disruptive than a phone call or talking in person. 19% prefer receiving texts because they never check their voicemails.

When texting you have a place for your private thoughts but when you're on the phone, people just walk in and overhear what you're saying.

When you are texting you don't have any background voice cause the person you're texting doesn't hear your voice, they only see your text messages.

Texting encourages a shorter and more efficient exchange of information. Nowadays even this short form of communication is exchanged with abbreviations and emojis, so it is clear that this means of communication is all about transferring information as soon and as efficiently possible.

On the other hand, talking allows you to see one another, which allows us to pick up on nonverbal cues and body language. Talking makes it easier to convince people. When you're conversing with someone who disagrees with you, communication over text or email can be cumbersome and ineffective. You usually have stronger connections when talking to someone face-to-face.

Calling someone instead of texting them will allow you to have a more in-depth conversation and will be less likely to result in miscommunication. When texting, your device can autocorrect your message, which can lead to miscommunication. When talking, there is no autocorrect to create any misunderstandings.

-Xin Lan Lin

*Words are but pictures of our thoughts - John Dryden
(English Poet 1631-1700)*



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COPING POTION

Life is a trip full of detours, turns, and unforeseen difficulties. When we see such challenges, we may create our own coping mechanisms to deal with life's ups and downs. To meet obstacles head-on, we need the skills/techniques. In this post, we'll look at the key "ingredients" that go into making a successful coping potion.

Ingredient 1: Self-Awareness:

Self-awareness is the first and most crucial component of our coping strategy. When aware of them, we can better control and regulate our thoughts, feelings, and behaviors. By developing self-awareness, we become aware of our advantages and disadvantages, empowering us to make wise choices in difficult circumstances.

Ingredient 2: Emotional Regulation:

Just as an alchemist manages their mixture's potency, emotional regulation allows us to successfully control our emotions. It entails identifying and comprehending our feelings so we may behave correctly as opposed to impulsively. We may retain our emotional equilibrium by using practices like deep breathing, mindfulness, and practicing empathy.

Ingredient 3: Resilience

Resilience is a critical component of our coping potion, ingredient number three. It aids in our ability to recover from failures, setbacks, and hardships. Being resilient means being able to adjust and recuperate rather than being immune to difficulties. Building a growth attitude, encouraging optimism, and asking for help from others all help us become more resilient and better able to deal with challenges.





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Ingredient 4: Problem-Solving Skills:

No potion is complete without ingredient number four, problem-solving abilities. This component helps us assess problems, divide them into digestible chunks, and develop workable solutions. By enhancing our capacity for critical thought, decision-making, and goal-setting, we provide ourselves the skills we need to tackle any challenges that may arise.

Ingredient 5: Empathy and Social Awareness:

Empathy and social awareness comprise our coping formula's final key component. Our capacity to form deep relationships and provide assistance is improved when we can understand and recognize the emotions of others. We cultivate a compassionate and inclusive atmosphere where people may flourish by practicing empathy, active listening, and respect for other viewpoints.

Ingredient 6: Self-Care:

Self-care is essential in our coping potion. It is beneficial to preserve our general well-being by setting aside time for rest, relaxation, and enjoyment. Developing healthy relationships, practicing self-compassion, and establishing clear boundaries help us deal with obstacles more successfully.

Self-awareness, emotional regulation, resilience, problem-solving abilities, empathy, social awareness, and self-care are vital components to integrating into a coping potion for dealing with difficulties. By accepting these components, we give ourselves the ability to overcome obstacles with resilience we can to effectively complete our path through life.

-Michelle Li



"Care for your psyche...know thyself, for once we know ourselves, we may learn how to care for ourselves." --Socrates



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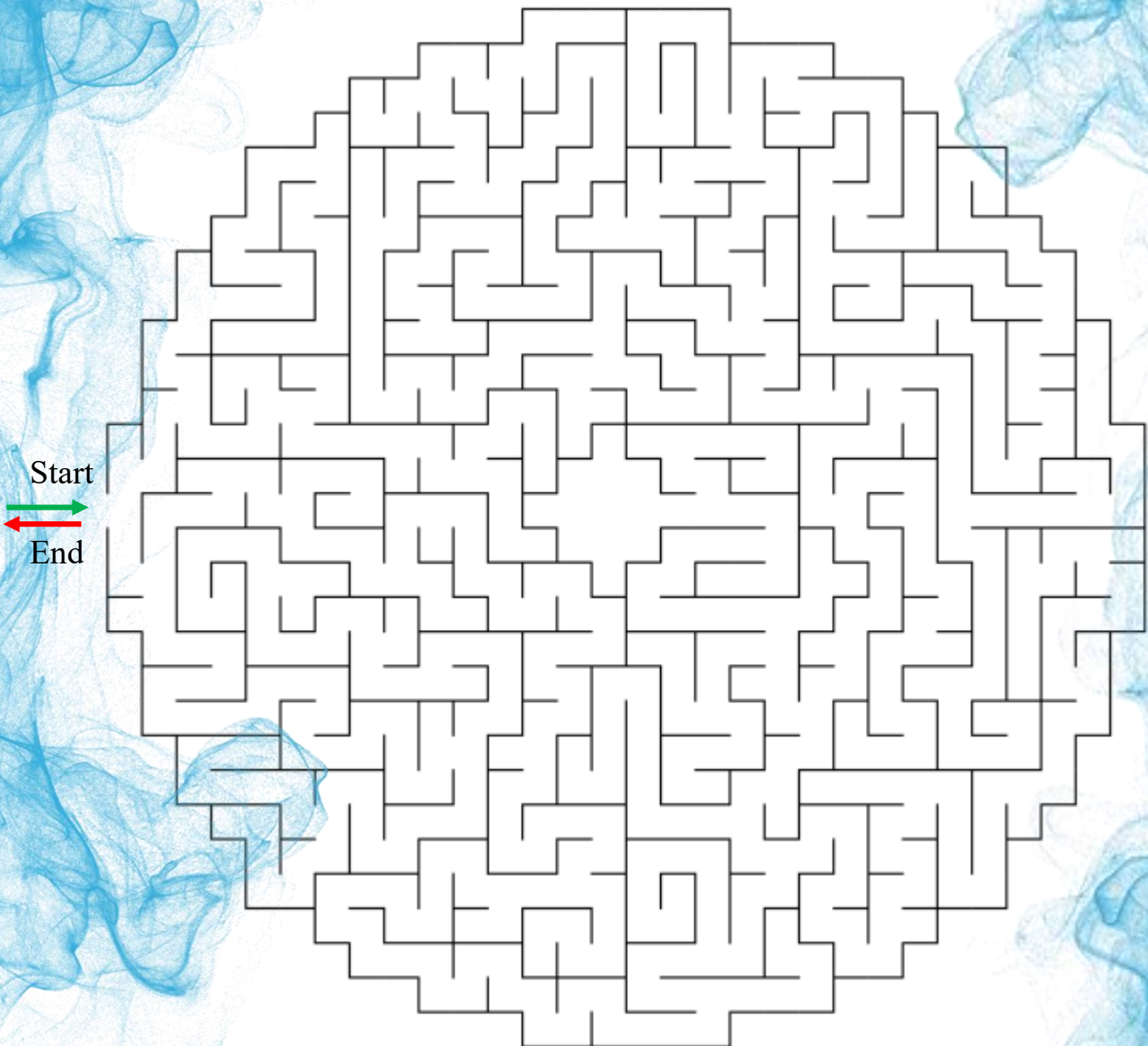


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When life gets tough, a coping potion of emotional understanding can help you navigate through haunted mazes and spooky surprises with a clear mind.



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