

The Globe

ESL DEPARTMENT

P A S A D E N A C I T Y C O L L E G E

By Yayi Chen, ESL33B

PARENTING STYLES AND CHILDREN'S PERSONALITIES

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SPECIAL POINTS OF INTEREST:

- ESL SCHOLARSHIP BOOK SALE
- SCHEDULES-WORKSHOP MEETINGS'
- ONLINE TUTORING FOR YOUR COURSES
- ESL CENTER WORKSHOP
- BOOK CLUB: Life of Pi

*For more information, please check inside of this booklet

People's personalities and their ways of thinking are so different compared to each other. Psychology, the scientific study of mental functions and behaviors, can tell us the reasoning behind it all. Human behaviors are influenced by nature and nurture. Nature is genetic, and nurture is the influence of environment. Parents' styles of treating their children are a part of nurture that can influence children's behaviors. Many psychological researchers have proved that different parenting styles can cause different personalities in children.

There are four kinds of parenting styles which are: permissive indifferent parenting, permissive indulgent parenting, authoritarian parenting and authoritative parenting. Permissive indifferent parents are parents who have low control and low responsiveness when it comes to their children. Parents who give their children high responsiveness and warmth but still low control are called permissive indulgent parents. Authoritarian parents are opposite to permissive indulgent parents; they show high control but low responsiveness. Authoritative parents have the ideal parenting style; they show high control and high responsiveness.

Children of permissive-indulgent parents may more likely be cheerful, impulsive, disobedient and overly dependent. They have low initiative and also inhibit characteristics such as immaturity and selfishness. Children of permissive-indifferent parents may be anxious children with poor communication skills. They attempt to show poor self-control, are demanding, non-compliant, aggressive and show antisocial behaviors. Children of authoritarian parents may be moody, anxious, unhappy, angry, fearful, withdrawn, irritable, distrustful, aggressive, rebellious, and resentful. They usually attempt to show low self-esteem and delinquent behavior. Children of authoritative parents fortunately are more likely to be cheerful, independent, cooperative, friendly with high self-control, self-reliant, and less delinquent. They attempt to be confident in their abilities, and their skills in socializing are more mature.

There might be some parents who are in the middle of two capital parenting styles, so the result of children's personalities are not always absolute. Nevertheless, parenting styles do influence children's personalities and behaviors.

Source: Gurian, Anita, "Parenting Styles/Children's Temperaments: The Match", *NYU Child Study Center*.

Aboutourkids.org, http://www.aboutourkids.org/articles/parenting_styleschildren039s_temperaments_match, 31 Jan. 13.

By Richard Xie, ESL33B

SUPERSTITIONS IN CHINA

Are you a superstitious person? Do you believe in good luck or bad luck? Superstitions are around in our daily life, such as saying “bless you” when someone sneezes, and covering your mouth when you yawn. We do these things almost every day, and probably don’t notice that these are superstitions too. Many people who live in China believe that doing certain things can bring good or bad luck.



The first superstition told by my parents is about ghosts. There is a festival which called “Zhongyuan Festival” on August the thirty first. People believe that it is the day that the jaws of death would be opened, and ghosts would be allowed to travel in our world. People usually put some food in front of their doors to let the ghost eat, so that they won’t get into people’s houses. When I was little, I remember my parents told me not to be outside when it was dark, or I would be taken away to another world by a ghost. Even now I don’t stay out late on that day.

The second superstition is about palms. Many people in China believe that according to one’s palm print, people who know about palms are able to predict fortunes. It seems impossible, but I think I believe it because of my aunt. She told me that she had seen a person who really knows about palm reading. The palm reader just looked at one of her hands and started talking about my aunt’s family without asking any questions. What the palm reader said was all correct, and they had never met each other before! How amazing it was!

The last superstition is about numbers. In China, the pronunciations of 4 and 8 have special meanings. 4 has a meaning of “death”, and 8 has a meaning of “rich”. So, when people have to choose numbers in different situations, such as choosing apartments, license plate numbers, and phone numbers, they try to avoid 4 but select 8. They believe that if you choose 4 rather than 8, you’ll have bad luck and get into troubles soon.

Although some people hardly believe in superstitions, superstitions still exist and influence our daily life, and we should respect them. Think first when you do something, you never know what would happen in the next second: good luck or bad luck? It’s up to your choice.

By Alma Leon, ESL33B

HAVE BETTER CONCENTRATION AND LESS STRESS

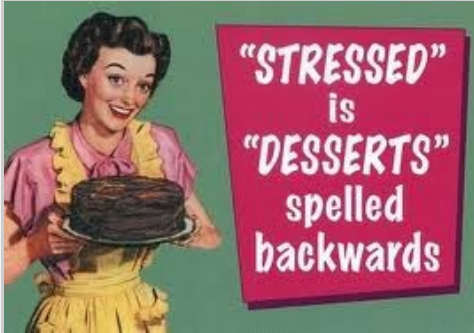
Have you ever felt that you have poor performance in school? Do you want to pay attention in class but something happens and you lose concentration? You feel stress before taking an exam. Well, I have a solution for you. First I will provide some information about what are the symptoms and what you should avoid. Then, I will suggest what kind of food you should add to your diet. Do not let low concentration and stress take over your grades.

What are some signs of stress? Some of the symptoms can be acceleration of the heart rate, chest pain, and shortness of breath, fatigue, headache, anger, irritability and sadness. If



CONTINUED FROM PAGE 2

you have any of these symptoms, you need to avoid the consumption of beverages containing alcohol, caffeine and skip the sugar and salt; also avoid the intake of fatty meats. These foods tend to accelerate your heart rate. Some symptoms of low intellectual performance are sleepiness, difficulty concentrating, chronic headache and fatigue. When you feel



any of these signs, try to avoid junk food, snacks, soda, candy, and fats. Because you need energy, you need to consume healthy meals. Junk food makes you full and for this reason you skip some meals. Remember try not to do this, because you lose energy.

Fruit and vegetables can help you to improve better in class and help to decrease stress. There are foods that you should increase to decrease stress. Food with potassium and grain cereals are good to help you relax. Some examples can be soybeans, watermelons, chickpeas, and corn.

Soy is rich in phytoestrogens used to improve the circulatory and nervous system. Research suggests that it may help to prevent heart disease by reducing total cholesterol, low density lipoprotein cholesterol buildup and preventing plaque in the arteries. These could lead to stroke or heart attack. Eating watermelon helps the organism and prevents bad cholesterol. The chickpea is high in fiber and cholesterol levels. Corn can help to reduce fatigue and depression. Add some fruit and vegetables to increase your concentration in class. Add fruits and cereals to your meal, such as lentils, nuts and grapefruit. Lentils contain fibers that regulate the level of LDL or bad cholesterol. Walnuts contain vitamin B6 which helps the brain function. Grapefruit contains vitamin A that helps the vision, and also prevents cardiovascular disease.

As we can see fruits and vegetables can help diminish the stress and increase student achievement. Eating healthy food can help you to get better grades at college. These are some suggestions, but do not forget that there are many more tips like deep breaths, have a break every two hours when you study and then return to your activity; this will help to improve your memory. And remember that physical activities also help you. Finally, the most important thing is to consult your doctor or a specialist regularly.

“Do you want to pay attention in class but something happens ... Do not let low concentration and stress take over your grades.”

Source: (Demand Media, Inc. LIVESTRONG.COM 2010 Stress in America report. American Psychological Association. <http://www.apa.org/news/press/releases/stress/national-report.pdf>. Accessed Dec. 7, 2010)

ESL SCHOLARSHIP BOOK SALE

March 18 - 22

ESL Center--D306

You and your friends can purchase ESL books and other types of books at reasonable prices. All money will be donated to the ESL Scholarship Fund.



By Saori Kutsukake (ESL 122)

K I D N A P P I N G



An article on CNN.com, January 31, 2103, grabbed my attention. This article involves a dead bus driver, a Vietnam war veteran, a six year old child and an underground bunker. The news came from Midland City, Alabama. The bus driver, Charles Poland, was shot and killed after refusing a demand from Jimmy Lee Dykes, a Vietnam war veteran. Dykes got onto the school bus and demanded a child. When the bus driver refused, Dykes shot him several times. Afterwards Dykes was able to grab a child and drag the child away and into an underground bunker. The child was a hostage. Information about the child was that he was on "prescription medication for Asperger's syndrome and attention deficit hyperactivity disorder." The parents were heart-broken.

The bunker was located on Dykes' property, and neighbors were releasing information about Dykes to authorities. The neighbors said "Dykes worked on his bunker in the middle of the night, between 2 and 3 a.m. for a year and a half," and "he was stand-offish, didn't socialize or have any contact with anybody." Very little information was known about how the child was doing when he was locked up in the bunker with such a dangerous man.

On February 4th, 2013, the hostage standoff ended with the six-year-old boy rescued, and his kidnapper dead. After being freed we learned the boy's name --Ethan. The authorities provided very little detail of what happened. Basically negotiations did not go well, and authorities felt that Ethan was in a dangerous situation. Finally, after practicing with another mock bunker, special agents decided to move in. Ethan was finally rescued and his kidnapper, Jimmy Lee Dykes, was killed. Also, worth mentioning the bus driver, Charles Albert Poland Jr., was laid to rest for his heroic actions by protecting the children on his bus. Overall Ethan now is safe and hopefully will not be traumatized. An innocent man was murdered needlessly and a complex man was killed. No child should ever experience being kidnapped because it has life-long trauma. All children deserve to have a safe environment as they grow up.

*"All children
deserve to have a
safe environment
as they
grow up."*

A place for ESL students to improve their English

Spring 2013

Presented by Eileen Snyder of the LAC

All workshops meet in D306 at noon (12-1)

February 26 (Tues) – C'mon, This is SIMPLE! When to use the SIMPLE FORM of the verb - (Levels 2, 3, 4)

*For more workshop meetings schedules, please turn to page 6.

Yuhong Xin (ESL 33B)

LIVING CHOICES

Every student in college and university wants to get a degree and be successful in educational life. However, nowadays the economic crisis is becoming worse than before, and lots of students who graduated from colleges and university have no guarantee to have a job or suitable job position. In this circumstance, it is difficult to choose to work or go to school. Moreover, tuition is higher and higher than two years ago, so students and families put more spending on education than they expected.



Some students with economical problems are forced to work. Some debates appear that discuss this phenomena and point to students who drop classes to go to work. I have different thinking about this issue. Students make their own decisions to choose the way to live, which is not worse for them and their families, so they don't have empty minds to follow traditional educational rules.

Recently, we have had a lot of examples that show the ways people succeed without college or university degrees. Also, if students have capacity to control themselves at work and at school, being aware what and when they need to improve in their life, they also have a chance to win their destiny. Otherwise, education is not the one way people will be successful; you can succeed in every career, job and even small types of hard working. However, education is necessary to improve specific skills anytime. The important thing for students is to notice what they need to improve and when to go back to school to charge their battery.



Consequently, students in college or university should be able to identify what their goals are in education, and what they are looking forward to in their lives which is depending on their decision now, so that they can avoid wasting time on campus, or avoid hard choices in working and studying. Some advice for working students is that since they have already had a great opportunity to make money and have living experiences, they may not be concerned about education anymore, so they should be thoughtful about their educational improvement and enjoy learning in life.

ONLINE TUTORING FOR YOUR COURSE IS AVAILABLE!

Subjects: Writing, ESL, math, accounting, statistics, finance, economics, biology, anatomy & physiology, physics, chemistry, and Spanish.

To connect with a tutor, follow these steps:

Go to <http://www.pasadena.edu/smarthinking>

Enter your username and password. Your username is your IIN number and your password is your PIN.

Use your smarthinking account whenever you need help with your courses.

Minimum Operating System Version Requirements: Windows XP, Mac OS-X(10.4)

Method of operation will be available on the website <http://www.pasadena.edu/smarthinking>.

By Zhengyang Fan (ESL 33B)

THE BENEFITS AND DRAWBACKS OF NUCLEAR ENERGY

In this modern century, nuclear power has become a very significant and essential energy. It brought us lots of wealth and success in scientific fields. Nuclear power is useful, but it is also sometimes harmful to human beings. Therefore, nuclear energy has many benefits but also drawbacks, because it causes pollution of radiation and wars.

Nuclear power generation is unlike fossil fuel power generation which releases a huge amount of emissions of pollutants into the atmosphere, so nuclear power generation will not cause air pollution. Carbon dioxide is now a very dangerous killer of the air. If too much carbon dioxide is released into the atmosphere, it will cause greenhouse effect and harms the lives on the earth. However, nuclear power generation does not produce carbon dioxide which aggravates global warming.

Nuclear power also has benefits of small volume and low cost. Energy density of nuclear fuel is hundreds of times higher than fossil fuel. There is a less fuel used in nuclear power plants, so transportation and storage are very convenient. The cost of nuclear power has a lower proportion of fuel cost. The cost of nuclear power generation is influenced less by the international economic situation, so it has more stable power generation cost compared to other power generation methods.

However, a large amount of radioactive substances are in the reactor of a nuclear power plant. If they are released into the environment in an accident, it will be extremely harmful to the ecology and the public.

War is a killer of lives in the world, and nuclear power can be a war-maker. The most powerful weapons now are the atomic bomb and hydrogen bomb, and they are made from nuclear energy. A successful explosion of a nuclear bomb means the development a country, but it also implies that wars could be caused.

Nuclear power is a very useful energy nowadays, but the wise use of it is very important. It can bring us glory, but also disasters. Therefore, we should smartly use nuclear power, and let it make wealth and convenience for us.



“Nuclear energy has many benefits but also drawbacks because it causes pollution from radiation and wars.”

Spring 2013

Presented by Eileen Snyder of the LAC

All workshops meet in D306 at noon (12-1)

March 12 (Tues) - Simple, Compound, and Complex Sentences - (Levels 2-4)

March 21 (Thurs) - Say WHAT? Reported Speech - (Levels 2, 3,4)

March 28 (Thurs) - Phrases and Clauses – (Levels 4-5) *NEW!*

April 4 (Thurs) - Articles: Not a Walk in the Park! - (all levels)

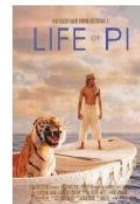
April 18 (Thurs) - Chillin’ with the PASSIVE Voice - (Levels 3-5)

**For more information: <http://www.pasadena.edu/division/language/eslcenter/>*

Book Club!

Join us to discuss the exciting novel *Life of Pi*

by Yann Martell



Where: ESL Center (D306)

When: 5:30-7:00pm,

Every Other Tuesday: beginning 1/22, 2/5, 2/19, 3/12, 3/26 & 4/9

~For ESL Levels 3-5 Students~

Email Emily Klingenberg at emily.klingenberg@mail.mcgill.ca by **Monday, 1/21** to sign up or for more information!

By Nghiem, Nguyen (ESL 122, Prof. Bivins)

JOURNEY

Life is a journey. We all try as hard possible as we can in order to overcome all the hardships in life for one reason to reach our goals that we expected to do.

I have been living here in the United States for a year and four months. Over that time, I'm trying so hard to gain skills at adult school and get my mind ready for a long study at PCC where I hope to become a successful person as I am looking forward to the bright future to pursue my study in the medical field and major in Biology. On the other hand, I used to receive a little money at a little restaurant for paying my bills for instance my telephone, my car insurance, my rent and my spending money as well.

Even as a child, I lived without my father's help and since then my mother has always been the person who stands straight and encourages me that I must to be a good boy-- better than my father. I always wanted my father and my mother to live together in peace and harmony. But my parent's divorce was still unsettling to me, and I want my marriage to be as rock solid as possible.

Eventually, I will keep going on my way, keep my mind stable on my goal and I will cope with any challenges. I would like to send this message to anyone else who has a great heart and love to their family, and would ready themselves in order to get better.



"Eventually, I will keep going on my way, keep my mind stable on my goal and I will cope with any challenges."

DREAM

By Lei Xu (ESL 122)

One night I had a dream that I was walking around a neighborhood where I was living in China. I saw a lot of people who were talking or laughing. Their faces were familiar to me but I could not remember who they were. I walked through them to a park that I always went to. I saw people who did exercises there. Some little children were running around some rocks and they had beautiful smiles on their faces. Near the rocks 3 young boys were talking about something. I knew them. They were my best friends in China. I walked to them and tried to call them but I could not make any sound in my throat. And then I tried to touch them but I could not. Therefore, I just stood there looking at them. They wore blue school uniforms and white shoes. But I noticed that something was wrong. Their faces were 16 or 18 years-old. I was scared. I could not believe that.

Suddenly, I woke up. I looked at the ceiling of my room. At the moment, I realized something that I was never thinking about before. I was not a boy anymore. The childhood was gone a long time ago. I was never seriously thinking about my life or my future, because I did not realize I was not a child anymore. But sometimes I am still like a young child doing some silly things to make my family angry or sad. Sometimes I still do not know how to solve some little problems. I have to say thanks to the dream because it let me know a lot of things I did not know before.

I do not know whether everybody had a dream about that. If you did, I guess you must have learned something like me. Now, I am pretty sure what I have to do and what I need to do. I am going to create a nice future. One day, when I go back to my hometown I must go to the park and walk around the neighborhood because it gave me the power to be strong.



By Ming Sum Ng (ESL 33B)

TIPS ON RIDING HORSES BY KNOWING THEIR CHARACTER

I like horses; however, I have never ridden one in my life. I may think of riding one, but that would easily get me injured if I did not have proper tips. I have heard that whenever people get closer to horses, they should walk near them from its right or left side instead of the front because whoever stands in front of them might trigger their minds as their challengers. Sometimes it might cause them to use their front legs to attack anyone on their front. I have also heard people said that horses have their different personalities which are similar to humans. Studies have shown that a horse's personality would determine whether they are suitable for riding.

The people who know about horses would eventually benefit themselves. Some people define horses in six categories of their personalities from the level of Calm to Disloyal. These names are: Calm, Concerned, Sensitive, Highly Sensitive, Obstinate and Disloyal. The more Disloyal horses are not easy to ride on and could bring the riders into injury or death by falling. These disloyal horses could perhaps kick and stomp their riders. However, the existence of Disloyal horses could be so rare in the world. Almost all the horses on earth are very kind to people because people have already learned how to communicate with many different animals on earth, of course, including horses as well. If horses are born to be trained well and to be cared for appropriately, these well trained horses would bring extraordinary assets to their owners and tend to react fantastically with humans as well. A great example of good horses are the ones which are seen all the time in derby fields. They are good at racing and also good at carrying heavy stuff or pulling wagons.

Knowing the characteristics of horses could be the very beginning part of a learning lesson. In fact horses can be the humans' best friends if people know how to take care of them, and people shouldn't waste their talents too. Perhaps, sometimes the people who are lucky enough to ride their first horses, which are very benign to them, would not be afraid of getting hurt by owning one.

Sources from: Brenda Forsythe Sappington, "P for Personality", *Horse personality types*, <http://www.horsechannel.com/horse-training/p-for-personality-800.aspx>, 7 Aug. 2001.



Contributions

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GREETINGS!

We are so grateful to see many people contributing their articles to "The Globe" and we are so grateful that our team members (Journalists, Editors, Layout teams) have been putting such great effort in their work into every month's newsletters issue. If any of you are interested on submitting your articles onto our monthly newsletter, please write a title of your article, along with your name, ESL classes and teacher's name, and then send it over to Paulette A. Koubek-Yao, our ESL professor at: pcctheglobenewsletter@hotmail.com. Any of our team members in ESL center will randomly pick your great ones for our next up-coming issue of "The Globe". Your voices are so important to us, and we are always welcome to receive and correct your articles, poetry, and letters from all of our students at PCC, so please, don't be letting something to stop you and act to submit your articles immediately to us. Thank you all!