when it comes to being a teen...

YOU ARE NOT ALONE

THE SHOVE OF LOVE
BY TIMOTHY JIN & SEAN CHEN

Love is typically associated with dates, kissing, and romance. Often people forget the harder aspects of falling in love, one of which is what most people call “breaking-up.” When relationships go awry, it is not always easy for either partner. So how does one cope with a break-up?

There are many methods of overcoming a break-up. Most people find consolation in being optimistic. It is cliche, but convincing oneself that “there are plenty of fish in the sea” often alleviates break-up pain. Instead of letting a recent breakup take control over his life and drive him to a state of depression, an anonymous senior from Brooklyn Technical High school decided to appreciate the opportunities still available to him and push on little by little.

Now he focuses on the future and the possible achievements he can accomplish. Sydney Wu, a student at NYU, expresses a similar sentiment. When she broke up with her partner, she tried to reassure herself with the idea that it was for the best because she felt that her partner was controlling. This manner of thinking helped Sydney fight through her break-up. Both of these students did not let a break-up stop them from enjoying life. Instead, they thought optimistically, letting their positive thoughts help them heal.

cont. on page 2
THE SHOVE OF LOVE (cont.) BY TIMOTHY & SEAN CHEN

People also rely on friends to support them during these tough times. When Sydney broke up with her partner, she stuck by the friends she could trust, knowing all of them would support her, even if she had made the wrong choice. In her time of pain, Sydney had to lean on someone for support, so she found friends that she knew would help push her onward. The senior from Brooklyn Technical High School had a similar experience. When he and his partner had broken up, he went straight to his friends. His friends backed him up and provided him with reassurance. Not only did he come to terms with the break-up, he also realized how important his friends were to him. Break-ups are just temporary setbacks, and some people need others to motivate them to get back on track.

Another great way to deal with a break-up is by engaging in activities you enjoy. For example, when the senior from Brooklyn Technical High School broke up with his partner, he played table tennis to help get his mind off the break-up. Sydney also diverted attention from her breakup by pursuing her interests and passions—she continued going to school with intentions of becoming a teacher’s assistant. Despite this setback, she was able to overcome the impediment by doing what she enjoyed.

Love is something many of us will experience. Whether or not we are involved in a break-up, the end result of a relationship is all up to fate. Break-ups are unpredictable, and they can cause much more harm if unexpected. However, they can also be overcome. So when love goes downhill, remember one thing—there is nowhere else to go but up.

MAINTAINING HEALTHY RELATIONSHIPS BY AARON ZHENG

It is very important to maintain healthy relationships with people you care about. This is often easier said than done. Here are some tips on how to build and strengthen relationships in your life.

Communication
Communication is the most important component of a healthy relationship. It is essential to maintain communication with those in your social circle. If you openly share your experiences, feelings, and thoughts with others, you will be better understood as a person. For example, you can update your parents on daily happenings to promote a sense of closeness and togetherness in your home. The more you communicate with people you care about, the closer you will feel to them.

Acceptance
It is important to understand that we are all human and that we all make mistakes. How you choose to respond to people who offend you could make the difference in the strength of your friendships. Keep an open mind, learn from mistakes, and move on from arguments!

Personal Space
While communication is important, you should remember to respect others’ personal space. After all, everyone needs some ‘alone time’ once in a while. You may find it a challenge to balance communication and personal space. It helps to be conscious of when a friend or family member is available to talk. Try not to initiate conversation with a friend in the middle of completing a stressful project or paper. You may be interrupting their work.

Compromise
Relationships are dependent on the participation of not one, but two individuals who are willing to give and receive. Arguments happen very often in relationships, but rest assured—this is natural and can even be constructive! In the process of resolving conflict, both parties will hopefully learn to recognize and accept their personal faults. If you decide to compromise, the relationship can only grow stronger.
what is positive self-esteem?

It’s true. Teenagers do face loads of stress, work, and outside pressures that can reduce their self-confidence. Nonetheless, there are things we can do to curb the effects of stress on our self-esteem.

What is self-esteem, particularly positive self-esteem? It is confidence in oneself. It is when we embrace our place in the greater society. It is when we listen to that voice in our heads, telling us to trust our own judgment.

As a freshman at Stuyvesant High School, the school’s size and student body was initially overwhelming. I had never gone to a school with ten floors and over 3,000 students. I felt like a tiny planet amongst a vast universe of brilliance in all fields.

During the first few months in high school, I dabbled in many clubs and teams ranging from debate to basketball. However, my time in these extracurricular activities was short-lived, since I was bombarded with tests and projects. I had entered Stuyvesant as a freshman eager to become an active member of the school community but ultimately could not find a niche of my own.

My family and friends encouraged me to keep trying, to keep exploring. After a hiatus without any extracurricular activities was short-lived, since I was bombarded with tests and projects. I had entered Stuyvesant as a freshman eager to become an active member of the school community but ultimately could not find a niche of my own.

My family and friends encouraged me to keep trying, to keep exploring. After a hiatus without any extracurricular activities, I started to look through the list of active clubs once again. I soon found interest in Stuyvesant’s newspaper, The Spectator. I quickly applied to three departments and after a month, I discovered that I was accepted into all of them. This gave me a sense of renewed confidence, and since then, I have stayed committed to all of my outside activities.

It is important to acknowledge and take pride in our strengths and talents, our abilities to play piano or basketball, to capture vivid depictions of life, to listen to others, and to smile. However, it is also imperative to recognize our flaws and limitations without being restricted by them. We must strive to improve ourselves every day and remain satisfied about the outlooks of our future.

Self-esteem is self-respect.

It is when we take pride in our identity. It is when we wake up and look at ourselves in the mirror, accepting of the yawning face eager to dive into the upcoming day. Now that is positive self-esteem—a constructive perception of who we are.
MY JOURNEY WITH THE TRC  BY WENDY YE

I first joined the Teen Resource Center (TRC) during my freshman year in high school. I will never forget that day I came home crying from school because I had such a hard time making new friends. To console me, my mother handed me an advertisement for the Teen Health Advocate program from the TRC. Thinking back, it seems as if the advertisement from the TRC was a sign that my troubles in high school would soon go away.

I first walked in the TRC as an anxious and frightened high school freshman but during my journey as a Teen Health Advocate I was strengthened to overcome these feelings. During my time as a Teen Health Advocate, I explored health topics ranging from minor’s confidentiality rights to birth control and family planning; health topics that I had never known before. I, with eight other participants, was also given the opportunity to host a healthy eating event. Most importantly, the Teen Health Advocate program opened my awareness to the obstacles facing adolescents.

In my sophomore year, I joined the Teen Advisory Committee and the Language Buddy Program in the TRC. By the end of my sophomore year, the responsibilities I was committed to in the Teen Advisory Committee drove me to actively engage and tackle problems facing not only adolescents but also my Chinatown community.

When junior year came along, I joined the Act Out: Female Dialogue. Of all the TRC programs I was involved in, I must say that the Act Out: Female Dialogue program was one that deeply impacted me. Through this program, I bonded with seven unique girls and shared my thoughts and opinions. These discussions changed my perspective on life. My experiences with these seven girls taught me to be bold, confident, and open-minded. I also had the opportunity to bond with the two coordinators of the program who to this day are the two most influential mentors of my life.

Soon, in a blink of an eye, it was my senior year. From struggling to balance college applications with school work and volunteer, senior year has definitely been a huge struggle for me. Helping with the Open Mic events and being an intern for the TRC allowed me to see the “behind-the-scenes” of the TRC. In addition, I also had the chance to coordinate the Language Buddy Program, a program which aims to integrate the American and Asian culture. It was an important program for me. Being a coordinator has taught me immense organization and planning skills. With the help of my supportive advisor and my great partner, I am glad to say that the program was a success. Most importantly, I found a faucet to discuss the struggles I was facing during my senior year within the TRC. Every one of the staff at the TRC gave me cherished guidance and appreciated support.

Now at the end of my senior year, I can’t help but feel sad for leaving the TRC. For me, it wasn’t just a volunteer place, it was my home and the staff were my family. I thank the TRC very much for supporting me and molding me to the person I am today. I am also happy to say that the TRC has prepared me well for any future endeavors I may take. So, thank you TRC. Thank you very much.

Meet the contributors!

Alvin Wei  Kelly Zhang
Kah Soon Yap  Aaron Zheng
Wendy Ye  Lisa Kwong
Timothy Jin  Sean Chen

Newsletter created and edited by Aaron Zheng and Kaleena Zhang.