Teen Talk
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I’ve never liked change. There’s always been a comfort in following the same routine, hanging around the same people, even something as simple as taking the same route every day to and from school. Sometimes I wish I wasn’t like this. There is no denying that growing up I went through a lot of changes during times where I was truly learning about who I was. I mean, at 6 I moved to New York City, a highly foreign and overwhelming place for someone that had come from a small village in Tibet. Leaving my mom and the place where I had lived for my most of my life for somewhere I couldn’t even speak the language was probably the biggest change in my life. The fear of the unknown is the main reason why I don’t like changes. It terrifies me to the point where I start to overthink if this change will have consequences. Will it impact not only me, but also the people around me? If so, is it really worth it?

It was not until the end of sophomore year when I began understanding the importance of change. As the typical immigrant family story goes, my parents wanted the absolute best for me. They wanted me to have the education that they never had the privilege of receiving. However, during sophomore year I started socializing often with a girl who I had known since middle school. I spent a lot of time with her doing everything and anything, but never the right thing. My test scores started dropping and the pile of missing assignments for classes started piling up. Yet, despite all I’ve said, I feel like she wasn’t the person to blame for this. It felt like it was all of my fault because I had let her influence me.

It was a month before regents week when I started cramming notes in my head for the exams before realizing just how unprepared I was. A whole entire year of my high school career was wasted doing things I regretted, and I couldn’t get that year back. I couldn’t undo what had already been done. I stopped talking to this person, making a clear boundary between me and her so that she wouldn’t interfere with my assignments, and although it was difficult I knew it was a change I had to make. It was for my own good.

Change is not the easiest thing in the world, it never was and it never will be, however it is something that I think everyone needs so they can grow as a person and experience new things. I’m still afraid of making changes in my life, but I’ve realized that even recognizing that I need to make a change in my life is a great thing. It’s probably the first step of making the change. If I don’t make changes in my life to challenge myself and experience new things, how will I continue to grow?
If you’ve ever faced rejection, you would understand that it can hurt more than just a slap across the face. The feeling lingers around and depending on how you deal with it, rejection can either be a hindrance or a motivation.

When I was rejected by the school I wanted to attend, I felt devastated. I wondered why I was even trying to succeed in life if I couldn’t even get into school. Of course, my initial reaction was sulking in the corner of my bedroom with a bag of Dove chocolate and contemplating my future. I felt even worse when my mom found out about my results and said to me in the most “motherly and lovingly way” possible, “You couldn’t even get into a school.” That was slap #2 of the day.

Everyone faces rejection but what we do with it is what sets us apart. In my case, I chose to study harder and excel in my schoolwork in hopes that I won’t fail again when I apply to college. Some may choose to continue crying in the corner, but others may choose to learn from their mistakes in order to prevent it from happening again. I mean, who would want to face rejection for a similar mistake twice?

Even so, throughout our lives we will continually face the wrath of rejection. If one was to find a way to obtain immunity to rejection, then they would probably win a Nobel Prize.

We will most likely never get used to rejection. What we will get used to is the way we chose to deal with it.

We may face rejection in relationships, work, school, programs, and even the pursuit of our dreams. There will be times when we feel lost, hurt, hopeless, disoriented, or hungry for some comfort food. We become fearful of rejection instead of using it to motivate ourselves to succeed. Sometimes, rejection feels like the end of the world.

That’s why instead of mentally dying when we are rejected, we should use rejection as a lesson to improve ourselves. If a girl was rejected by some cute guy she just met, then next time she would know how to handle it better. If a boy had just been rejected by a music program he was positive he would get into, then he would know next time to apply for more programs or to improve on his music skills. That’s why the next time we get rejected, we should take a few moments to think about the hard work we’d given. If we look at the positive side, our rejections won’t seem so unbearable.

I am thankful to all those who said no. It’s because of them, I did it myself.

Albert Einstein

OM | REKINDLING THE LIGHT WITHIN
Photo by angus885
SIBLING RELATIONSHIP
BY: KEVIN WANG

Do you have a person in your life who shares the same mother, wears your hand-me-downs or likes to boss you around, and lives with you? If these things remind you of someone, this someone is probably your sibling(s). Older siblings have more responsibilities because parents expect more from them, for instance they have to babysit that little monster in their life who bothers them almost every day - it is such a pain. However, being the younger sibling myself, I know that I have influenced and played a big role in my sister’s life. Even though I have given her a hard time, I know she has learned to listen, understand me, and give good advice.

I remember when I was a kid I used to break my older sister’s things, like her small jewelry. She would get upset and we would start fighting and arguing. In this case I was young and liked to play around, so my only excuse was “I didn’t know any better” or “It’s not a big deal”. We loved to argue so much that it went on forever and her response was, “I wished I never had a brother and was the only child”. I remember all the punching and kicking in the fight. It got so bad my mom had to stop the fight and settle us down. In the end I knew I was guilty and said sorry to her because it was my fault.

I learned my lesson to not meddle with my sister’s business. I am proud and grateful for all that my sister went through growing up with me. We should all appreciate our older siblings for taking on many responsibilities as well as teaching us how to be more self-disciplined. It is nice to have someone looking out for you because we can learn a lot from each other as we grow older.

THE BEST AND WORST YEAR OF LIFE
BY: CARMEN CHEN

This title may or may not relate to you, but it’s certainly a food for thought. Now you’re probably questioning which year I am referring to. For me, this year is junior year of high school. This seems very biased because people go through “life crisis” at so many other points in their lives, but I think we can all agree that, junior year of high school is a turning point for many
people. Our society emphasizes the importance of getting high grades and doing well on our SATs. It seems like getting a good or bad SAT score can determine one’s future. (I hate the fact that everyone is judged based on numbers.)

“Enjoy your junior year, you will miss it the most,” an alumni of my high school once told me. But I really don’t feel like it is right now. What’s so good about studying, tests, and homework? Junior year is literally the worst. Everybody, and I mean everybody, is frantically trying to keep their grades at the very top. Coming from a specialized high school, I have to deal with challenging classes and maintaining extracurricular activities that will make me go bald. Anyways, the worst part about this year is probably worrying about the SAT. I feel sorry for those who have to go to pricey prepping schools and be in a confined room. I see people studying their butts off and I’m just sitting on the couch with a bag of carrots in hand (I still need to maintain my health people!). WE DON’T WANT THIS STRESS IN OUR LIFE, let us enjoy, please God of Education!

Putting all negativity aside, we have to find some joy in this year. As a fellow junior I have been dealing with stress by joining extracurricular activities. It seems weird, but investing time into something I love to do is a stress reliever to me. Honestly, I do think that I will miss junior year despite all the stress, because senior year will be all about college and college may get even harder. From a college visit to Columbia University,

I learned that students get little to no sleep, depending on procrastination, and triple the amount of homework. This really gave me some perspective to try to cherish my time now, and living it to the fullest.

Just do things that make you happy, and personally keeping a journal of some sort helps. It does not have to be written in everyday, but writing anything that blesses your day or kills it is a great stress reliever. My journal also stores memories, and I know in the future when I look back into this journal, I will be so glad to have recorded down all my joys and relive the precious moments! (I hope you enjoyed reading this rant and have a nice day!)
I am a teenager and like many others my age, I enjoy shopping. I never really thought about how buying clothing can affect people in negative ways, I was only aware of the price tag. Nowadays, with stores like H&M and Forever 21, cheap clothing is easily found. I can buy shirts for less than $10, and I can buy a pair of jeans for $12. With so many cheap clothing options - it’s no wonder America is the largest apparel market in the world.

Once I bought a pair of jeans for $12, but I only wore it once because it was not comfortable. There are many clothes in my closet that I have worn only once or twice. Not only was it a waste of money, but I was contributing to the growing amount of clothing waste. I didn’t think about the larger impact of my shopping. I wasn’t aware of the sweat shops and people in developing countries that are making these clothes. These people work in awful conditions in the garment factories. They often work long hours with little pay. According to the Human Rights Watch, children are dropping out of school to stitch clothing and working in the garment industry. I wasn’t aware of the environmental impact of the garment industry. I was not aware of the pollution that the production of man-made fibers cost. The garment factories are hazardous waste generators that cut down the rain forest and pollute water supply. These are not things that the clothing companies tell us and these are not things average Americans would think about when they buy clothing.

I was utterly dismayed by what I learned about the garment industry and its environmental impact. I decided that I wanted to change the way I thought about clothing.

I first became educated about the issues of clothing waste. Then I started to make a change. I cleaned out my closet and gave away clothes I didn’t wear. I also decided that I will only buy clothing items that I need. Anyone can take on the responsibilities of reducing their own waste. The internet offers a lot of tips and advice about donating and recycling clothes. Get creative! Shopping at thrift stores is a cheap alternative. Buying only what you need saves a lot of money too! There are so many things that we can do to limit the amount of clutter we have lying around. It’s not just clothing, but I think it can be the first place to start if we want to change our attitude towards waste. We need to get rid of the idea that the physical things we own are the most important part of society and replace it with the awareness that we can have by buying thoughtfully and responsibly.
作為青少年，我跟同齡人一樣喜歡購物。我從來沒真正地想過買衣服會對別人造成負面影響，我只注意到價格標籤。現在有H&M和Forever21之類的商店，很容易就買到便宜的服飾，花不到10塊錢我能買到一件上衣，12塊錢能買到一條牛仔褲。有這麼多的便宜衣服可以選擇，難怪美國是全世界最大的服飾市場。

有一次我花了12塊錢買了一條牛仔褲，由於穿起來不舒服，我只穿過一次。我衣櫃裡有很多衣服是我只穿過一、兩次的。這不但浪費了金錢，而且我還增加了衣物垃圾。我沒想到購買衣物會造成的巨大影響。我不知道發展中國家的血汗工廠和生產這些衣服的工人。這些人是在製衣廠惡劣的環境下工作。他們工作時間長，工資卻很少。根據人權觀察資料的顯示，許多孩子中途退學，投身製衣產業去縫製衣服。我不清楚製衣產業對環境的影響，我不知道要為生產人工纖維而造成的污染付出代價。製衣工廠是有害垃圾的製造者，造成雨林縮小並污染水源供應。服飾公司不會告訴我們這些事情，也不是一般美國人購物時會想到的事情。

當我瞭解到製衣產業和它對環境的影響後，我十分沮喪。我決定要改變我過去的購物方式。首先我學習了有關衣物垃圾的問題，接著我開始進行改變。我整理了我的衣櫃，把不穿的衣服送出去，並決定以後我只買我需要的衣服。每個人都可以負起減少浪費的責任。網路提供了很多關於捐出和回收舊衣服的點子和建議。發揮創意吧！在二手衣物店購物是省錢的選擇，只買你所需要的物品也可省下很多錢！我們可以做很多事情去減少我們四周的雜物。不但是購買衣服，如果我們要改變浪費的態度，可以從改變購物方式開始。我們要理性地購物，擺脫那種物質是最重要的想法。
生命中
最棒和
最糟的
一年

由 CARMEN CHEN 撰寫

我高中的一位校友曾經告訴我。但我現在真的沒有這種感覺。學習、考試和作業有什麼好的？說實在，十一年級是最糟糕的。每一個人，我的意思是每一個人，都瘋狂地想要保持優異的成績。在特殊高中的學習，我必須應付具有挑戰性的課程以及堅持參加課外活動，這將使我禿頭。不管怎麼樣，這一年最糟糕的部分是大學入學考試。我為那些必須去昂貴的補習學校並待在封閉的房間裡的人感到難過。看著人們拼命用功，我只是坐在沙發上，手裡拿著一袋胡蘿蔔。(我仍然需要維持我的健康！)我們不想要生活在有這種壓力，讓我們享受生活，拜託，教育之神！拋開所有負面的情緒，在這一年我們必須找些樂事。作為十一年級的學生，我以參加課外活動來應付壓力。看起來有點怪異，可是把時間投放在我喜歡做的事，對我是釋放壓力。老實說，撇開所有的壓力，我想我會懷念十一年級這一年，因為十二年級都是關於上大學的事，大學可能更辛苦。參觀了哥倫比亞大學之後，我瞭解到學生睡覺的時間更少，甚至沒有時間睡覺。這得看他們的拖拉程度而定，同時作業的數量會增加三倍。這給了我新的視角，令我珍惜當前的時光，充實地生活。

這個題目可能會亦可能不會跟你有關係，但這確實是發人深思。現在你可能想知道我指的是哪一年。對我來說，這一年是十一年級。這似乎非常偏頗，因為許多人在不同的地方經歷著「人生危機」，不過我想我們都同意這點，對很多人來說，十一年級是人生的轉折點。我們的社會強調得到高分和考好大學入學考試的重要性。似乎大學入學考試分數的好或壞可以決定一個人的未來。(我討厭用分數來判斷每個人的現實。)

「享受你十一年級這一年，你將會最懷念它」，
手足之情
由 KEVIN WANG 撰寫

你 的生活中是否有這麼一個人，他跟你有同一個媽媽，穿著
你穿過的舊衣，或是喜歡對你指手畫腳，並跟你住在一
起？如果這些事情讓你想到某一個人，這個人很可能是你兄弟
姊妹。哥哥姐姐有較多的責任，因為爸媽對他們的期待比較高，
比方說，他們要照看生活裡的小頑童，小頑童幾乎每天都在煩他
們，這真是痛苦。不過，身為弟弟，我知道我干擾我姊姊的生
活，並在她的生活中扮演了很重要的角色。即使我帶給她麻煩，
我知道她會學著傾聽我、瞭解我，並且給我好的建議。

我記得我小時候經常弄壞我姊姊的東西，像她的小首飾。她會很
生氣，然後我們開始吵架和爭辯。在這種情況，我年紀小，又喜
歡玩耍，所以我唯一的藉口是「我哪知道這麼多？」或是「沒什
麼大不了的事！」我們喜歡爭吵，老是吵個不停。她的回應則
是：「我希望我從來沒有弟弟，我是家裡唯一的孩子。」我記得吵
架時所有拳打腳踢的情形。情況糟糕時，我媽必須前來停戰，平
定我們。到最後我感到良心不安，會跟她說對不起，因為那是我
的錯。

我學到了教訓，不要去干擾我姊姊的生活。我感謝我姐姐一路陪
伴我成長並為此感到驕傲。我們應該感激我們的哥哥姐姐負起許
多責任，教導我們更加自律。有人照看你真好，因為隨著我們成
長，我們可以從對方身上學到很多。

去做讓你開心的事，記個人日
記可能有些幫助。你不需要每
天都寫，但寫下任何美好或是
令你難過的事，這能很好地緩
解壓力。我的日記也儲存了回
憶，我知道將來當回顧這本日
記的時候，我會慶幸曾經記錄
下我所有的歡喜，重溫這些珍
貴時刻。(我希望你喜歡閱讀這
篇胡言亂語，並祝你有美好的
一天！)
拒絕：好像被狠狠地打了一記耳光
由 SUSANA ZENG 撰寫

如果你曾經被拒絕過，你就會明白它比打在臉上的一記耳光還要傷人。這感覺縈繞在那並且取決於你如何處理它，拒絕可以是阻力或是動力。

當我被我理想的學校拒絕時，我的感覺糟糕透了。如果我不能進入理想的學校，我懷疑我為什麼還要在生活中爭取成功。當然，我最初的反應是拿著一袋德芙巧克力，躲在我房間的角落裡生悶氣，同時思考著我的未來。我感到更糟的是當我媽媽發現後，以最具「母性和愛意的方式」對我說：「你居然進不了一所學校。」這是當天的第二記耳光。

每個人都會面對拒絕，而如何處理會使我們和他人不一樣。在我的情況，我選擇了更努力用功，學校功課表現優秀，希望我申請大學的時候，不會再一次地被打败。有些人可能會選擇繼續躲在角落哭泣，可是其他人可能會選擇從他們的錯誤中學習，以避免將來再一次發生。我的意思是，誰想要為相似的錯誤被拒絕兩次呢？

就算這樣，在生活中，我們還是不斷面對被拒絕的憤怒。如果有人能找出對拒絕免疫的方法，那麼他們可能會獲得諾貝爾獎。

我們很可能永遠不會對拒絕習以為常，我們會習慣於我們選擇去處理它的方法。

我們可能在人際交往、工作、學校、項目，甚至在追求我們的夢想時被拒絕。有些時候我們感到失落、受傷、絕望、迷失方向，或渴望一些安慰的食物。我們變得害怕被拒絕，而不是利用它來激勵自己成功。有時候，被拒絕的感覺好像是世界末日一樣。

因此，當我們被拒絕時，與其內心受煎熬，我們應該用拒絕作爲一個教訓來提高自己。如果一個女孩被剛認識的帥哥拒絕，下一次她就知道怎麼處理會更好。如果一個男孩被一個他相信能進入的音樂課程拒絕，他就知道下一次要申請更多的音樂課程，或者加強他的音樂技巧。因此，當我們下一次被拒絕時，我們應該花點時間想想我們付出的辛勞。如果我們看到積極的一面，那麼拒絕不會如此難以忍受。

I am thankful to all those who said no. It's because of them, I did it myself.

Albert Einstein

OM | REKINDLING THE LIGHT WITHIN
Photo by angusti
變得更好
由 SAMSANG DOLMA 撰寫

我從來不喜歡改變。按照相同的日程、跟同樣的人混在一起，甚至簡單如每天走同樣的路上下學，總是令人舒適。有時候我希望自己不是這樣子。不可否認的是，在我成長的過程中，我經歷了許多改變，並真正地認識到我是誰。我的意思是，在六歲的時候我搬到紐約市。對一個來自西藏小村子的人來說，紐約市是一個非常陌生和壓迫感很強的地方。離開我的媽媽以及我居住了很長時間的地方，同時來到一個言語不通的地方，可能是我人生中最大的改變。對未知的恐懼是我不喜歡改變的主要原因。它讓我很害怕，我開始去想這樣的改變是否會有結果。這將不只衝擊到我，而且會衝擊到身邊的人嗎？如果是這樣，真的值得嗎？

一直到十年級結束時，我才開始明白到改變的重要。就如一般移民家庭的故事一樣，我的爸媽希望我得到最好。他們想要我得到他們從前沒有機會獲得的教育。然而，十年級期間我開始和在初中起就認識的女孩子來往，。我花了很多時間跟她一起做所有的事情，但都不是正當的事。我的考試成績開始往下掉，沒完成的課堂作業開始堆積。不過，除了我所說的一切，我覺得不應該責怪她。我感覺好像都是我的錯，因為我讓她影響我了。

在州會考的前一個月，我為了考試開始死記筆記，並意識到我是如此地沒準備。我高中一整年都浪費在我後悔的事情上，而我卻無法把這一年要回來。我沒辦法逆轉已經發生的事。我不再和那個人說話，和她之間劃清了界線，這樣她就不會干擾我的學業。雖然這很辛苦，我知道為了我自己好，這是我必須做的改變。

在這世界上改變不是件最容易的事，過去不是，將來也不會是；可是我認為這是每個人都需要做的，這樣他們才能成長，經歷新的事物。我還是害怕我的人生有改變，可是我瞭解到人生中的改變是件好事。它可能是改變的第一步。如果我不改變我的人生以挑戰自己和經歷新的事物，我又如何繼續成長呢？
青少年的話 2015 年冬季

本期內容：
衣服與我
手足之情
變得更好
生命最棒和糟的
拒絶: 好像被打了

FAMILY IS THE MOST IMPORTANT THING IN THE WORLD
-PRINCESS DORA

-follow your dreams
-chance change
衣服與我，手足之情，變得更好，生命最棒和糟的，拒絕：好像被打了
衣服與我，手足之情，變得更好，生命最棒和糟的，拒絕：好像被打了
衣服與我，手足之情，變得更好，生命最棒和糟的，拒絕：好像被打了