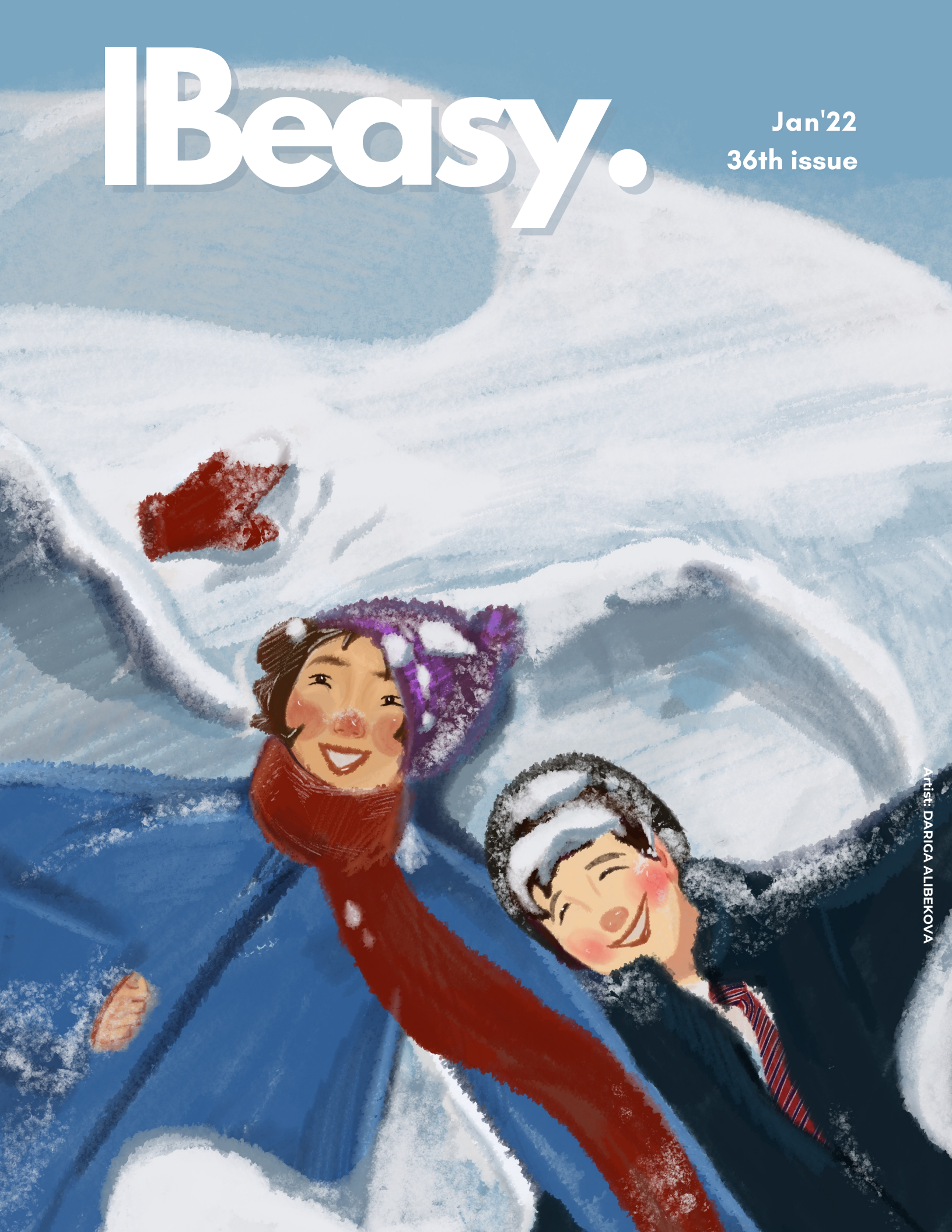


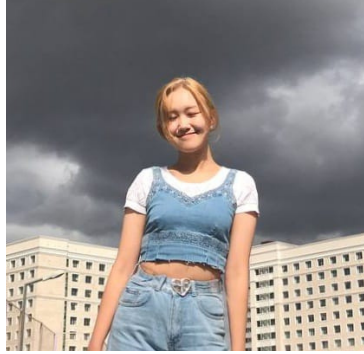
IBeasy.

Jan'22
36th issue



Artist: DARICA ALIBEKOVA

Staff Writers



ZHANIYA
TURSUNBAY



ARAILYM
MUNAITPAS



SYMBAT
TUSUPBEKOVA



ELMIRA ABENOVA

Chief Editors



DIANA KHO



YASMINA ISMATOVA

IBeasy

School newspaper



SARA TAPALOVA



DARIYA SALKENOVA



DARIYA SAVRUKOVA



AMINA
TEMIRZHANOVA

Designers



DINARA DANAYEVA



MADINA
KHASSEANOVA



ZHANSAYA
ZHASSULANOVA



MALIKA MOMBAY



DARMEN
AUSARBEKOV



SHUGYLA
MYRZAGABYL

Illustrators



ELMIRA TUGRALINA



DARIGA ALIBEKOVA



KAMILLA OMAROVA



ARU KUDASSOVA

- Вена - вальсі

Жаңа 2022 жылдың қарсаңында, мектеп қабырғасында жоғарғы буын оқушыларының мектеп өміріндегі есте қаларлық іс-шаралардың бірі - вена вальсі ұйымдастырылды.

Бишілердің нәзіктік пен пәктікке толы қойылымы әрбір көрерменнің көзін арбап таңғалдыра алды. Дегенмен, мұндай шеберлікке қол жеткізу үшін орасан зор жігер, уақыт пен дайындық қажет. Біз осы мақалада қадірлі оқырманды НЗМ мектебіндегі вена вальсінің тарихы мен іс-шараның оқушылар үшін маңызын тануға шақырамыз.

Вена вальсі - кейінірек шыққан вальстің түрі. Тек осы би түріне тән жылдам ырғақ мен байсалды қимылдар вена вальсінің кербездігін даралайтын басты ерекшеліктер.

Ырғақ пен көркемдік, Жаңа Жылдың нағыз көңіл күйін жеткізер көңіл күй емес пе?! Қисыны келгенімен, вена вальсі тек салтанаттылығы үшін таңдалғаны ма әлде хореограф пікірінің үлесі тиді ме? “Вена вальсі - оқушылардың күнделікті кертартпа тәртіптен сергіп, Жаңа жылдағы мерекелік сезімге бөлетер мүмкіндік. Бидің екпіні тез болғанымен орындау ойдағыдан қиынырақ. Менің ойымша бұл біздің оқушыларға нағыз керегі - мәңгі есте қаларлық сынақ” деп бөлісті вена вальсінің биін қойған хореограф Нұргүл Бексұлтановна.

Symbat TUSSUPBEKOVA
IBeasy staff writer

22.12 22.12 22.12 22

Вена вальсінің мағынасы жайлы сауал қойғанда 11-ші сынып оқушысы Адильшина Асель осылай жауап берді: “Вена вальсі - мектебіміздің дәстүрі. 7-ші сыныпта осы салтанатты алғаш көріп, жоғарғы сыныптардың өнеріне тәнті болғанда “мен де олардың орнында болсам екен” деген арман пайда болды. Бұл әрбір түлектің басынан өткен таптырмас тәжірибе емес пе?”. Шынымен де, вена вальсіннің ұйымдастырылуы мектебіміздің бұрыннан бергі дәстүрі. Сондықтан, биыл да бұл салтты жалғастырып 30 жұп іс-шараға ат салысуға ниетін білдірді. Бір жыл бойы төрт қабырғада ұстаған пандемия жағдайынан енді ғана босаған жастардан вальске қатысуға бұдан кем ынта күтпес едік.

Келесі қисынды қойылған сұрақ - осыншама адам қалайша биді жаттап өнер көрсете алды?

Біздің мектеп оқушылары вен вальсі жайлы қандай пікірде?

“Біз осы биге дайындалуға өте көп уақытымызды жұмсадық; екі апта бойы таңертең сабақ басталмай тұрып бір сағат дайындалып отырдық. Демалыс күндерде жиналған кезіміз де болд...” деп өз сөзін жалғастырды Асель. Ал Нұргүл Бексұлтановна мұғалім-хореограф ретінде өз көзқарасымен осылай бөлісті: “Оқушылар жарады, дайындықтарын өткізбей, қойылымға бар жанын салды. Әрине, арасында түсініспеушіліктердің болмауы мүмкін емес, бірақ соңғы нәтижемен салыстырғанда бұл түкте емес. Менің ойымша балалар осы тапсырманы керемет орындаған тәрізді - біл біздің ортақ жеңісіміз!”

Symbat TUSSUPBEKOVA
IBeasy staff writer

22.12 22.12 22.12 22

Екі аптаға созылған дайындықтардан кейін бірінші жартыжылдың аяғына дейін жоспарланған қойылым күні де келіп жетті. Жұмсақ толқындай жайылған шашы мен ұлпа көйлектерін киіп, сұлу қыздардың ұзақтан күткен сәті келіп қобалжудан ба алқызыл жүздерінен күлкі кетпейді. Ұлдар да ережеге сай классикалық смокинг, ақ көйлек, қара галстукке әрленіп, жиналыс залында меренің салтанатын күзеткен сарбаздай қаз-қатар тізілген. Биші жұптар шешуші кештің жеткеніне сенбей, осы дәл бір сәтті суретке түсіріп, естеріне сақтап мәз. “Бал басталар кезде бәрі жиналып дайындалады. Бар тәнімізбен дайындалып берілген ісіміз қазір жүзее асатынын ойласақ денем түршігіп, аздап жүрегім толқиды” деп Момбай Малика өзінің сезімін сипаттады.

Қорытынды

Өткізілген вена вальсінің көріктігінің жалғыз құпиясы бар, ол - ширақ ырғақ пен шапшаңдылық. Мұндай іс-шаралардың пандемияға қарсы қаншалықты шегерілгенін еске алсақ, мектеп ұл-қыздарының вена вальсінің салтанатын жеткізудегі шеберлігіне таңғалмасқа болмайды. “Жұмылсақ қолымыздан бәрі келетінін дәлелдеуге көмектесіп, маңызды әрі бақытты естелікке толы іс-шараны ұйымдастырған үшін мектепке деген алғысымыз шексіз!” деді Асель барлық вальске қатысушылардың атынан берген сөзінде

Symbat TUSSUPBEKOVA
IBeasy staff writer

22.12 22.12 22.12 22





HISTORY HL: take it or leave it?

Everything has its history and hence it comes as no surprise that History HL is the most popular DP subject not just in our school but in the IB as well. International Baccalaureate describes their History course as a "comparative and multi-perspective approach to history that includes the study of different types of history, such as political, cultural and economical".

While it is definitely a widespread choice, will it be reasonable specifically for you? IBeasy gathered some data on that!

History HL in NISA IB has the next topics that combined should take up to **90 hours**:



with the depth studies of one of the following areas: Europe, Asia and Oceania, the Americas or the Middle East that also lasts for 90 hours (note that SL doesn't have this in their syllabus)

When it comes to papers, HL also has 1 more paper in comparison to SL - a high level course has an additional 3rd paper which needs you to write an in-depth analytical essay. The rest are:

1st paper

is the analysis of 4 historical sources (duration is 1 hour)

2nd paper

which requires you to answer 2 questions for each of the 2 topics



The common information about History HL's syllabus is a crucial part in picking a subject but there are also a few things that can only be understood through personal experience of students and the History teachers themselves:

Aibibi:

As long as I have known myself, I've always been immensely interested in history. So I always knew I would take History as one of my HL subjects, never doubting that decision. Along with my interest in it, it's also quite beneficial for the degree I plan to pursue in the future. It's a challenging subject to take for a higher level, thus I advise you to think of all the factors. As hard as it might be, I honestly expected that. However, I was surprised how the matters of history became even more interesting to me now. Regarding certain drawbacks, I can't think of anything other than the usual challenges one faces with HL subjects: a huge load of homework and course material to go through, hard assignments, and etc.

Yeaketerina, a 12 grade student, shares the same opinions, she says that "she is not regretting picking this subject as she was truly interested in the 20th century history, although analysis questions were hard to deal with at the beginning but looking at the student's answer in pearson book has helped me a lot". A great tip if you are planning to choose History! It's particularly important to hear the thoughts of a recent graduate Aigerim, "When it comes to history my main fear was the lack of theoretical knowledge. I came into class full of people who happened to study history their entire lives but what I understood is that precise planning and analysis will help you there. I really regret not asking for help from my teachers: I thought they would make me redo all the work but in fact I could have phrased my text in a more efficient way, so don't be scared to reach out for help! A lot of people tend to think that this is a boring subject but it's actually not considering the big number of documentaries that we have watched."

Meanwhile, course's teachers highlight the importance of precise planning and synthesis that are crucial for success in the subject. "It' not only about knowledge, it's also about whether or not you can construct fair conclusions, outline reasons and causes, and some might find it hard"



Sara TAPALOVA
IBeasy staff writer

and it brings us to the following overlook:

As mentioned before, this is a prevalent subject that attracts a lot of students, so it might be hard to stand out, quite a challenge for those who love academic validation.

It's considered to be the hardest subject, not just inside its own 3rd group (humanities group) but also among all the IB. History HL is notorious for the low number of people who managed to score 7 - only 2% received the perfect score on their EAs (but it's the worldwide result, our school might have a different one).

School's average mark in History HL is 5.13 - somewhere in the middle in comparison with all the DP subjects.

It's a great course to candidly learn about the Soviet history, the part of history that is frequently twisted

Being a popular choice, this course is accepted by a vast majority of universities and colleges. Reading and analyzing in History HL is in fact is more interesting than it might sound yet be prepared to memorize a lot

Consider that the program might be Eurocentric

It's truly great how the subject manages to be intersectional, combining economical, cultural and social aspects of the themes

There are definitely a bulk of drawbacks and pluses that History, both HL and SL, grants their students with and as you could see it might be hard but not impossible. You can always reach for the support of the school counselor and DP students in order to finalize your decision - whether to choose 2 years of History or not. IBeasy wishes you to be fully satisfied with your choice!

How to write a **personal statement?**

A personal essay is personal. It must be about what type of student/friend/citizen/sibling you are. Usually, students fall into trap of telling too little about themselves to be a good narrator. To circumvent such cases, it is important to show your essay to your friends or family members to review how well you have delivered your personality through the story.

While there is no single 'success receipt', there are topics that you should avoid. According to SuperTutorTV(2021), 'gross topics'(connected to traumatizing events and not to academics), unresolved mental health issues, typical conflicts(aka I did not want to move, but it was inevitable, and I moved and made friends), negative feelings toward school, about your girlfriend or boyfriend, 'tales of privilege' are inefficient essays for admission.

So what do **YOU** need in your personal statement?

Story. This is the most difficult part as you will come up with different ideas. The best way to fight indecisiveness is to write out every version and read it out loud to check 'how it sounds.' Your story must give a refined understanding of who you are (values, missions) through your actions. This is the key point, as your story must show, not describe what happened to you.

Language. A personal statement is not an ordinary argumentative essay you write in school. It can be in such a format. However, most of 'the accepted essays', have a literary language. Although, it is important to not outperform yourself by inscribing irrelevant literary devices. Your word choice, the description you give to objects/situations must be appropriate. Therefore, cramming stylistic devices in everything is superfluous, instead, try emphasizing things that are important for the narrative. It can be the main object/symbol around which you are building your narrative; description of the weather that corresponds to your inner state; your emotions.

ESSAY IS PERSONAL

STORY &
LANGUAGE



HOOK

The first few sentences of your essay are vital to determine if your essay is worth reading. If you make the most generic beginning of your essay, admission officers of highly competitive universities may even ignore that. A quote, snippet from dialogue, your life motto, a scene from your story, or even an anecdote can be entertaining to start with. However, I do not recommend starting your personal statements with a quote from another person. Especially if it is a generic statement that most people can resonate with. Moreover, maneuvering your narrative to fit into a quote can be burdensome.

COMPOSITION

One of the most influential compositions is a cyclical structure, where you finish on a matter you began your essay. This order is efficient as it repeats the main idea and is helpful to show your individual development through comparison)

PROMPT

Addressing the prompt. You DO NOT need to explicitly indicate your response to the prompt. Your answer can be a part of your narrative. If you want to 'highlight' it, you can simply start from a fresh paragraph.

Choosing the prompt. This is the last AND LEAST important phase, there are 7 prompts proposed by the common app, and it truly does not matter which one you choose. None of the prompts guarantee you higher chances of getting (sorry, not sorry) into a certain university. Your prompt choice is irrelevant, but it's important how you unpack that prompt through your perspective.

METAPHOR

You can add an advanced metaphor or symbol to your essay. For instance, a firework. It often symbolizes holidays and celebrations, however, you might have a different association in your experience. Metaphors and symbols can enhance your writing, however, for that, they must be advanced (as in my example, metaphor/symbols must lay deeper, linked with your personal associations). Once you explained your metaphor try centering your narrative around it by linking your story/conflict to your metaphor.

CONCLUSION CONCLUSION CONCLUSION

After finishing your essay, proofread it. For that, you need to rest from your essay, especially, if we're looking at it for a crucial amount of time. Thus, it will be hard for you to spot its flaws. You can return to reviewing your essay minimum after a day. I also recommend reading it to several people and asking for their feedback. + Check your essay for grammar and sentence flow mistakes.

Good luck! Try finishing your personal statement as soon as possible. As most of the universities also require several supplemental essays

Accepted students reading their common app essays:

https://www.youtube.com/watch?v=5_J3N6kECsE
<https://www.youtube.com/watch?v=jvA1GmYvBjk>
<https://www.youtube.com/watch?v=HPM9tPFk1vw>
<https://www.youtube.com/watch?v=405Xqolkkw8>
<https://www.youtube.com/watch?v=x5MSvSPjHrA>

CONCLUSION CONCLUSION CONCLUSION



WHAT IS THE VALUE FOR A DIGITAL DETOX?

OR How to stay productive without Internet connection?

Is it possible to live without the Internet? After the Covid-19 pandemic, which made us more familiar with the “distance learning and working” format, people cannot even imagine their lives without a web connection. Now all of us have to admit that when the internet switches off suddenly, in an unexpected way, we feel as if every process in the world has been stopped or something very necessary is missing in our lives.

According to the statistics provided by A Pew Research study, the 77% of American adults spend their time on Internet daily, and kids aged between 8-10 years use different kind of electronic gadgets to access internet in average for 8 hours a day, while school aged children between 10-18 years spend their time online for more than 11 hours per day (Hull, 2021). Definitely, these figures show the enormous negative effect of a long screen time on the health and psychological state of people. Medical experts suggest digital detox, which is a temporary shutdown of all unnecessary notifications on gadgets, with the exception of important messages from family members and work colleagues, as the most essential and relevant procedure both for adults and children. Now there is the question how to spend time effectively and interestingly without communicating with friends in social media and having no access to the internet? Here are some useful ideas for digital detox time activities:

1

“Non-virtual” hobbies & activities:

The digital detox is the best time to be engaged in such non-virtual hobbies as sports, playing musical instruments, cooking, practicing yoga and meditation or dancing. These activities would be effective to avoid stress and depression, reduce anxiety after working or studying without having a rest. Besides these kinds of health benefits, they have common self-developing features. For instance, playing musical instruments can contribute to the development of cognitive abilities, creativity and improve your memory and intelligence. Cooking and trying new recipes of your favorite meal would also be a healthy pastime for everyone.

2

Opportunity to spend your time with family & friends:

“I don’t have time, please don’t disturb me... or Let’s do it when I will be free”. These are the most common responses that we hear from our relatives and friends when we want to discuss some amazing offers of spending time together. Surprise! Digital detox provides you a time to spend with your family, relatives, closest people and friends enjoying face-to-face real communication and even make a creative family photo album capturing happy moments with loved people.

3

It’s time to read your preferred book or story:

Almost everyone has a certain compelling book, journal, encyclopedia or story to read when they have leisure time. Now you can read more about topics you are interested in: nature, science, music, art and thus widen your worldview and knowledge in a specific sphere of science.



4 **Use your downloaded files:**

Even if you are offline, you still can listen to relaxing music of your preferred genres and styles, and offline podcasts of your favorite TV shows and programs.



5 **Go out for a walk:**

You have a great chance to visit some natural sights and places, travel with family or friends in order to relax and “to overcome everyday stress or workload”. It is highly recommended by medical and psychological specialists to have some walk in fascinating natural places and breathe fresh air, taking a short break for 3-5 days.

6 **Try out new things:**

As it was said by Deep Roy “Inspiration comes from within yourself. One has to be positive. When you’re positive, good things happen”. Therefore, during a break time for digital detox, you can open for yourself new horizons for self-development and areas of interest, talents, and get great inspiration for new perspectives and goals.

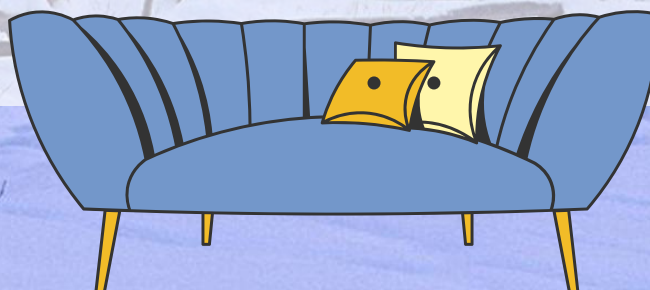
7 **What about DIY?:**

Try to learn DIY (Do It by Yourself) life hacks and useful skills which will not only help you to take rest and creatively spend time, but also will develop savvy and ingenuity, especially of young people and children. Moreover, making DIY hacks and creative, useful things will develop gross motor skills and fine motor skills both of older people and kids and help to higher self-esteem and confidence.



8 **Add changes to your space:**

Aiming to refresh your home atmosphere you can make some rearrangements of the furniture in your room, working place or school. These changes and the process of including some decorations will shape your creative thinking, help make your space more comfortable and attractive for yourself and your family. There is also an interesting concept connected with our home, which is called “room psychology”(Perfahl,2018). In psychology experts say that the place and everyday environment around us have a significant effect on our mood and behavior.



9

Grow some plants:

What about gardening, the most natural and pretty activity to get a sufficient dose of a digital detox? By growing some favorable types of plants will not only help you be engaged in physical activities lowering blood pressure and improving wellbeing, but also it can awake a feeling of caring about nature and environment, avoiding ecological indifference.

10

Make a plan:

During the digital detox after having a good rest by performing various activities listed above, you can write the list of your personal goals and plans for the month or a certain period of time. This will help you to generate your brain after a short break and come back to your work or education with new ideas and inspiration, willpower and great motivation.

Although for many people it is still challengeable to be apart from the virtual world even for a while, the digital detox is the most interesting period when you can improve your health and mental wellbeing, spend your time with closest people by performing different creative activities and to make your brain have a short relaxation between work or study load.

Our advice is to try this brilliant method of avoiding anxiety and stress because of being online constantly for a long time or the whole day!

Bibliography

- Hull, M. (09.29.2021). Internet addiction facts and statistics. The Recovery Village. <https://bit.ly/3G5oDmM>
Nigam, M. (2019). Addicted to the internet?. shorturl.at/csCTZ
Perfahl, B. (08.19.2018). What is "room psychology"? Barbara-Perfahl.com. <https://bit.ly/3IFlgVt>

A blessing in disguise: How to deal with a deferral

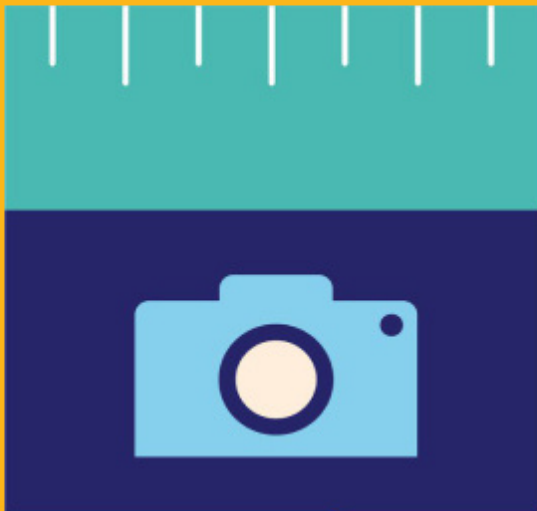
Right around this time of the year, annually tons of colleges begin to release admission results to their applicants from early rounds. While acceptances and rejections are pretty straightforward, receiving deferral letters might be confusing for first-time prospective students. Deferral happens when colleges postpone your admission decision and want to re-visit your application during RD rounds.



Some students get upset at this response, especially if it was from their top-choice school or the one they ED'd to. However, getting deferred from a college does not mean that you are not good enough to get in-- in fact, this means the school wants to give you another chance. Let's proceed to the steps you could take to get your way out of deferred to the admitted pool of students.

1) Get the most out of the resources you are already provided with.

Youtube videos, online forums, blogs- all will be great starters. However, to get a personalized approach, talking to your counselor (whether school, private, or admissions) would significantly speed up the process if done properly. Come with these questions prepared:



a) “What extra materials can I send to this college to show that I am a qualified applicant?” Usually, you will get a letter when you are deferred; you should read it and see whether they specify to send extra materials or not.

b) “How can I begin/proceed with/improve my letter of continued interest?” Just so you know, a LOCI is a letter that you write to the school you got deferred from, showing that you're still very interested in it despite not being admitted.

This step can be replaced with filling the form of continued interest to which we will resort later.

c) “How does my college list look?” While you might hate to ask a question like this, it’s very important that you do. When you have this mindset that there's only one school you can go to and one school that you'll be happy at, it causes a lot of stress, especially once you've been deferred.



2) Make meaningful contact with someone at the university.



If you don’t have the resources to go on a campus tour (which is the case for probably all of us), you can do some online browsing to find out what kind of research is being done at the school that you're interested in.

It's as easy as googling “research at X university.” Read the papers that legitimately caught your attention and contact the authors. Jotting down a quick (but formal) email expressing eagerness to learn more about the opportunities and passion for the topic would be more than enough.



If you have gotten a reply or even a conversation with the author about their work, then feel free to include that interaction in your LOCI or in the form of continued interest. Speaking of which:

3) Fill out the continued interest form if it's available.

Some schools add this section on their portals upon your decision notification. This form carries a lot of weight, so make sure to write it well and praise-yourself-but-not-too-much to your best ability.

Include actually important updates- they don't necessarily need to know everything that happened during the fall, but major life changes, special academic records, or serious awards are worth telling about.

4) Consider switching to Early Decision 2 if that option is provided and if that college is 100% your top choice.

The deadlines for that are, generally, around mid-January to February. Before making rash decisions, keep in mind the pool of money for Early Decision compared to Regular Decision applicants. Some schools devote more finances to students during RD season, while others- the other way around. Do your research and weigh all pros and cons.

RD
OR
ED

5) Focus on applications to other colleges

Once you have sent your letter of continued interest, there's nothing else you can do that will help your status. Now that you've differentiated yourself from the sea of other deferred kids, all you can do is wait and focus on other colleges that might catch your attention.



KEEP
& calm
& submit
YOUR
applications

There are an infinite number of factors that go into the college admission process, and so many of them are out of your control. A deferral says way more about schools than it does about you as a student. With proper measures taken, it won't be impossible for you to get out of the list of deferrals. Getting this far in the application season means you're already proactive and motivated; even if you don't get into your dream college, those qualities are much more valuable and important than that.





GENSHIN, GACHA & GAMBLING

Since the beginning of 21st century, the popularity of games with gacha systems keeps growing year by year. Today almost 50% of the games on smartphones use the Gacha mechanics in some way or another (Nimawat, 2021). Gacha games encourage players to spend in-game currency in exchange for a random virtual item. The in-game currency may be obtained throughout

the gameplay or by purchasing it from the gaming company with real-world money. The majority of these games are free-to-play (F2P) mobile games using gacha as an enticement to spend actual cash. This is the main way developers gather revenue from the game. Most popular examples include: *Genshin Impact*, *Dragon Ball*, *Obey Me!* and many others.

Lootboxes VS. Gacha System

There are no discernable differences between these two terms:

loot boxes usually refer **Western games**, while Gacha refers **Eastern ones**. Both of these systems encourage players to spend resources for in-game currency to get the chance of winning the RNG (Random Number Generator) lottery. It is used to determine random events, like the probability of doing a critical hit or getting a valuable item. Thus, Western games with loot box systems like Counter Strike: Global Offensive; Dota 2, Hearthstone etc. could as well be considered gacha.



DEEPER DIVE INTO MECHANICS

The concept of gacha design is built on a progression based on rarity of objects.

Most Gacha games will employ a one to five star rating system, with one being the most common and five being the best/ideal one. As you level up, your in game items (characters, weapons, tools) should have higher rarity to clear endgame content. Gacha performs better in RPG-based systems rather than action-based

design. It makes no difference how excellent you are at the game if you are dealing with someone who has a better gear, which prompts players to strive for higher ranking items in the Gacha system.

How did they become so popular?

The gamers experience the same level of thrill as if they were scratching a lot-

tery ticket or receiving a gift. The emotions that accompany the surprise make it meaningful and rewarding. Most players don't mind the RNG system of obtaining new items and rather focus on the plot, characters and the gameplay. However, there are some specific players, called **whales**, who focus primarily on getting the top tier in-game objects, and due to unpredictable outputs of RNG, have to spend a considerable amount of money on the in-game currency.



Can Genshin Impact turn your kids into gamblers in the future?

Gacha games have the same pulls that make gambling addictive. You're pouring money into a game in the hopes of winning big. One of the most important aspects of Gacha design is that you can seldom buy something directly. In the few cases where you can, the price will always be several times greater than the cost of rolling the Gacha. Microtransactions in many games simply do not provide the player with actual value. If all you're buying is Gacha rolls and additional resources, you're not getting any meaningful content to improve your game experience; thus, you're spending money for the chance of winning something which results in gambling-like habits.

NIS IB & Gacha Gaming

To see the overall trends amongst our students, I conducted a small survey

1. Do you play any games with a gacha system in it?

Anonymous A: I've tried lots of different gacha games, however the one that kept my interest was Genshin Impact due to its gameplay.

Anonymous B: I do play Gacha games quite often. Aside from Mihoyo's games, I also tried Cookie Run, but got bored. I started playing just because of the gacha system, I





ALL OR NOTHING



created a bunch of accounts for the sake of free starter packs.

Anonymous D: Yeah, my friend group as a whole enjoys playing it, so I decided to join in.

2. Have you (or your friends) ever spent real money to purchase in game currency to get the chance to get your desired item?

Anonymous B: Yes, I can spend a very impressive amount on in-game currency. My friends basically either don't buy anything at all or only take monthly subscriptions.

Anonymous C: I never purchased anything, but some of my friends do spend to get more in game currency.

Anonymous D: I'm a F2P player though occasionally my friends buy me in-game currency as a gift for my birthday or New Year.

3. Would you agree with the statement that games with gacha systems encourage gambling amongst younger audiences?

Anonymous A: I think my generation has a head on its shoulders and critical thinking to distinguish between the game and real gambling

Anonymous C: I do agree but it has a red line that only a small proportion of people cross. For me, it is all family-friendly if you play wisely.

Everything can be turned into a gambling if you look in retrospective

Anonymous E: I'm pretty sure gacha games could be the starting point for gambling addiction amongst our generation. However, currently most teens who play those games just don't have the resources to spend on gacha which prevents them from losing greater amounts of money.





RESULTS

Surveyed students played gacha games, the most popular pick was Genshin Impact.

A solid part of our students who play these games spend money on it, though usually their game expenditures are too small to be considered problematic. Most of them agree that although gacha games and loot boxes can result in gambling addiction, for our generation the possibility of such is low.

TO SUM UP

Games with the Gacha system are extremely popular among our youth. While gacha games appear simple on the surface, they include complicated systems that keep players engaged and are as intriguing to study as they are controversial.

Currently, young generation's involvement in this type of games cannot be considered alarming, more research is required to underline the risks of developing gambling addiction with gacha systems.

Bibliography

All In. (2017). <https://www.pinterest.fr/pin/309974386832991686/>

Bycer, J. (2017, September 28). *A Look at the Addictive Nature of Gacha Design* - Josh Bycer - Medium. Medium; Medium. <https://bit.ly/3rt73UQ>

Goku Clipart. (n.d.). https://www.pincliptart.com/pindetail/xbwmxmi_goku-clipart-super-saiyan2-goku-png-transparent-png/

kodzu045. (2021). zhongli render. <https://www.deviantart.com/kodzu05/art/zhongli-render-png-901279546>

Mridula Nimawat. (2021, July 27). *What Are Gacha Games And How Are They So Popular?* We the Geek; We The Geek. <https://bit.ly/3ryG1er>

Murray, S. (2021, September 30). *Genshin Impact Player Spending Hits \$2 Billion Mark On Mobile Platforms*. TheGamer; TheGamer. <https://bit.ly/3fFIshA>

HOW NOT TO BE AN ACTIVIST

Performative installation "I can't help myself" by Chinese Artists Sun Yuan & Peng Yu

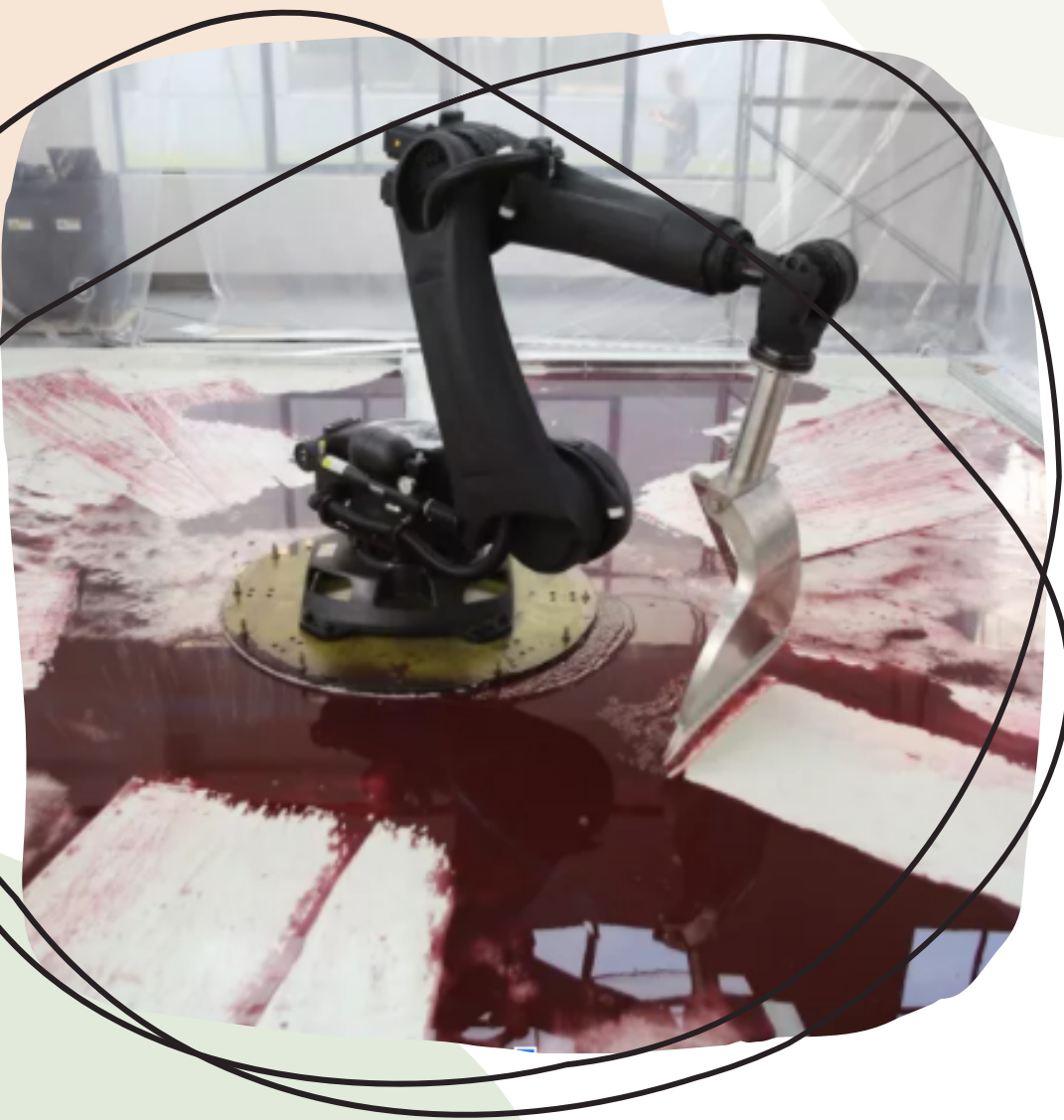
AN OVERWHELMED
PERSON'S GUIDE TO
ACTIVISM

"Maybe we're just born to love and worry about the people we know, and to go on loving and worrying even when there are more important things we should be doing. And if that means the human species is going to die out, isn't it in a way a nice reason to die out, the nicest reason you can imagine? Because when we should have been reorganising the distribution of the world's resources and transitioning collectively to a sustainable economic model, we were worrying about sex and friendship instead. Because we loved each other too much and found each other too interesting. And I love that about humanity, and in fact it's the very reason I root for us to survive - because we are so stupid about each other."

— Sally Rooney, *Beautiful World, Where Are You*

Activism changed a lot over the past decade. Widespread access to social media platforms contributed to that greatly. Although traditional riots and boycotts have not become completely obsolete, the emergence of social media made us associate modern activist movements with hashtags and reposts. This article is not aiming to demonize digital activism but rather give some recommendations on how to make your activism more meaningful and sustained.

Diana KHO
IBeasy staff writer



Living in the social justice age and constant state of hyper-awareness can be, ironically, very alienating. It is easy to get lost in information noise. Being constantly aware and pressured by news can lead to feelings of helplessness and personal insignificance. However, having an active political stance and providing service to your community is encouraged by the media, college admission offices, and schools. One of the hardest CAS components to complete (based on the experience of my CAS Reflection class) is always Service - you always have to find new devious ways to cover this component.



These are some advice on how to improve your contribution as an activist:

Center the needs of people you advocate for

Always reflect on things that you center in your activism. Ask yourself - do you amplify the voices of those people whom you want to help or do you speak for them?

Make your activism sustainable

Social problems we have to deal with today are often systemic. To make a valuable contribution to solving it instead of just reducing negative consequences keep doing actions systemically.

Books won't save the world

Reading nonfiction literature can help yourself consider different perspectives on the world, and completing a whole book on a serious issue can feel like a whole proactive achievement (at least now you can base your opinion not just relying on one infographic post you found on Instagram). But do not limit your activism by just raising your personal awareness about the situation.

Take a break from digital activism

Social media are incredibly overwhelming. The discussions of social issues there can become violent and draining. Being surrounded by the constant flow of news can also make you feel devastated. Take a break from the digital world and try to focus on actions you can do in real life and in your community.

Diana KHO
IBeasy staff writer

АИДА ДАВЛЕТОВА

ОБ УЧАСТИИ В ОЛИМПИАДАХ,
ОСОЗНАННОСТИ И БОРЬБЕ СО СТРЕССОМ



АИДА -

ученица 11 «F» класса, которая особенно отличилась в первом семестре этого учебного года, заняв 1 место в Республиканской лингвистической олимпиаде. Редакция IBeasy решила узнать у Аиды, что она думает об олимпиадном движении в школе и какой совет она бы дала нашим младшеклассникам.

РАССКАЖИ, ЧЕМ ТЫ УВЛЕКАЕШЬСЯ И ЧТО ИМЕННО ТЕБЯ ИНТЕРЕСУЕТ В АКАДЕМИЧЕСКОМ ПЛАНЕ?

Среди более серьезных увлечений я бы назвала лингвистику, изучение языков и написание статей для «Википедии». Также мне нравятся литература и наука. Я стараюсь следить за последними новостями, читать о морской биологии, немножко об астрономии, истории и человеческой культуре. Вместе с этим, очень люблю поэзию и веду литературный кружок.

Сталкиваясь с трудностями в учебе, мне очень помогает недавно приобретенная мысль, что плохих или ненужных знаний не бывает. Даже если предметные темы могут показаться неинтересными, они необходимы для широты кругозора и полноты моего образования.

Если затрагивать академическую деятельность вне уроков, например, конкурсы/олимпиады, то тут поинтереснее. Мне часто хочется доказать самой себе (да что тут врать, иногда и окружающим) свою компетентность, показать себя с лучшей стороны, или просто достичь успеха в своей области интереса. Олимпиады – идеальная площадка для реализаций этих целей и желаний.

КОГО БЫ ТЫ НАЗВАЛА СВОЕЙ РОЛЕВОЙ МОДЕЛЮ И НА КОГО ТЫ МОЖЕШЬ РАВНЯТЬСЯ?

Меня всегда вдохновляют биографии признанных ученых, в особенности женщин или наших соотечественников, так как я также хотела бы связать свою жизнь с академической карьерой. Среди них и мастера прошлого, и наши выдающиеся современники, например Татьяна Черниговская. О многих казахстанских ученых я узнала из проектов @gylymfaces и @kazphdgirlsunion, всегда читаю их интервью с увлечением. На первом месте, конечно, это моя Мама и многие мои учителя. Они, пожалуй, самые важные примеры труда и компетенции в своей области. Я смотрю с восхищением и на своих ровесников, уже достигающих значимых успехов. Это круто, что в НИШ таких учеников немало. Все эти лица и истории и вдохновляют, и учат, но я ни на кого я стараюсь не равняться. У меня свое видение будущего, к которому я и стремлюсь)

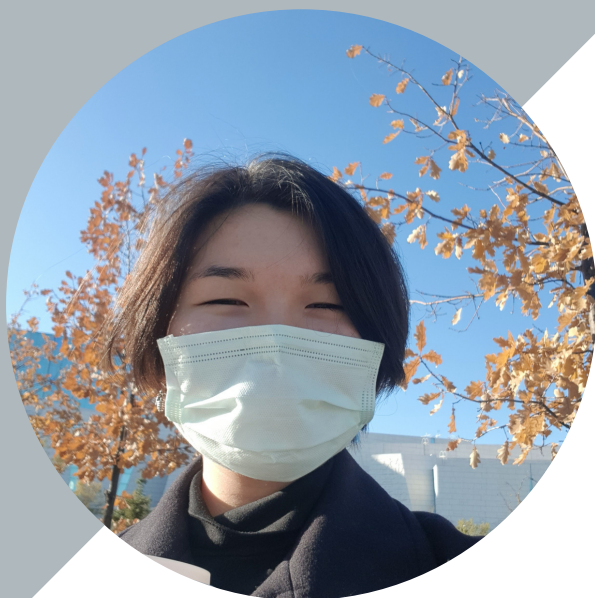
В каких именно олимпиадах ты участвовала?

Если честно, не могу сказать, что я опытная олимпиадница, и список соревнований, в которых я участвовала, относительно мал, особенно, если сравнивать с учениками других НИШ. Тем не менее, есть выделяющиеся достижения. Я третий год участвую в школьной олимпиаде, второй — по географии. В прошлом феврале была на сетевом туре, он проходил в онлайн-формате, результат был низок. По географии также писала олимпиаду от Beyond Curriculum и заняла 3 место.

Этой осенью участвовала в МОМ-2022, которую организует ВШЭ. Получив 1 место по английскому языку, я уже претендую на полный грант по определенным специальностям в этом университете. На днях я писала отборочный тур олимпиады от СПбГУ по английскому, сейчас жду результатов.

Несомненно, основной мой академический фокус — лингвистика. Я заняла 1 место на Республиканской лингвистической олимпиаде и достижение такого масштаба меня очень радует и мотивирует двигаться вперед и получать новые знания в этой сфере. Зачастую, через участие в олимпиадах, узнаешь и о других конкурсах. Так, во время недавних сборов по лингвистике мы также писали Традиционную лингвистическую олимпиаду, которую проводят несколько крупных университетов России. Я прошла отборочный этап, и в феврале планируется первый тур.





ЧТО ТЫ ДУМАЕШЬ ОБ ОЛИМПИАДНОМ ДВИЖЕНИИ В НАШЕЙ ШКОЛЕ?

Не раз я озвучивала свои досады относительно олимпиадного движения в НИШ IB. Если сравнивать с результативностью других НИШей (уже не говоря о БИЛ и РФМШ), то помимо невысоких результатов, у нас все же реже встречаются активные олимпиадники, по крайней мере по предметам естественно-математического направления. У нас есть участники, призёры и победители, но активность все равно сравнительно низкая. Конечно, можно все объяснить нагрузкой, которую представляет соответствие требованиям программы IB. В других школах, конкурентоспособность учеников обеспечивает, в основном, дополнительная деятельность, и она же повышает их рейтинг, а учителя и тренеры усиленно занимаются подготовкой. У нас объёмная школьная программа и экзамены – на первом месте, так как диплом IB сам по себе имеет значимость, в том числе и при поступлении. Меньшее вмешательство тренеров может быть и к лучшему – если в нашей школе и встречаются победители той же «респы», то это явный показатель самостоятельного стремления и упорства. Ярким примером является Эльдар Уркумбаев — золотой медалист по биологии на республиканской олимпиаде 2018 года.

Однако, цель олимпиадой подготовки — не всегда победы и места, это также углубление в темы вне школьной программы. Материал на наших уроках может и покрывает разнообразие тем и нацелен улучшить наши навыки исследования, но и он не идеален, а подготовка к предметным состязаниям позволяет расширить кругозор и отточить мыслительные навыки. В этом году нас стали чаще информировать о подобных мероприятиях, и это к лучшему. Я надеюсь, что ученики НИШ IB будут чаще блистать на пьедесталах.

КАКИЕ ИСТОЧНИКИ ТЫ ИСПОЛЬЗУЕШЬ, ЧТОБЫ НАЙТИ ВОЗМОЖНОСТИ УЧАСТИЯ В ОЛИМПИАДАХ?

Хорошим источником новостей о предстоящих конкурсах является школьная почта и Google Classroom «School Counselling». Если это олимпиада которая координируется, например, РНПЦ «Дарын» (а это чаще всего крупные и серьезные соревнования), то допуск может зависеть от их приказа главам АО. Письмо — подтверждение нашей возможности принять участие.

Многие ученики также могут следить за страницами об образовании и поступлении, или за сайтами университетов. Они также часто освещают конкурсы с теми или иными преимуществами. Есть тот же ОФ «Beyond Curriculum», начинавший как проект для олимпиадной подготовки. На их портале есть и базы со списками олимпиад, и информация о них. В конце концов, в поиске олимпиад поможет и банальное общение с другими учениками, проявляющими академическую активность — они могут и опытом поделиться. А так, кто ищет, тот всегда найдёт).

МОЖЕШЬ ПОДЕЛИТЬСЯ ПЛЮСАМИ И МИНУСАМИ УЧАСТИЯ В ОЛИМПИАДАХ?

Плюсов участия в олимпиадах несметное количество. Помимо очевидных фактов по типу больших возможностей при поступлении в вуз или понимания школьной программы наперёд, олимпиады имеют и воспитательный характер. Тщательная подготовка и стремление дисциплинируют, что важно для самостоятельной работы и сейчас, и в дальнейшем. Это и умение принимать как и победы, так и поражения. Постоянно пробуя себя в новом, пытаюсь искать выход из непредвиденных ситуаций, мы набираемся смелости начать, а это понадобится далеко не только в школе. В поисках алгоритмов и решений сложных задач развивается нестандартное мышление, которому невозможно научиться поверхностными методами. Участвуя и побеждая в состязаниях, мы также обретаем новые знакомства в лице единомышленников из других школ. Про эрудицию я уже и не говорю.

Касательно минусов, это сомнительная перспектива. Тем не менее, участвуя в олимпиадах, будьте готовы выйти из зоны комфорта и прикладывать большие усилия. Помимо этого, в отличие от многих других школ, в нашей школе нет освобождения от уроков в случае олимпиадной подготовки, так что сокращенные сроки для объемных заданий — лишь на ваших плечах. Если дополнительная нагрузка ставит под угрозу школьную успеваемость, то все-таки лучше сфокусироваться на учебе.

ИСПЫТЫВАЕШЬ ЛИ ТЫ СТРЕСС ВО ВРЕМЯ САМИХ ОЛИМПИАД? ЕСЛИ ДА, ТО КАК ТЫ БОРЕШЬСЯ С НИМ?

Сейчас я сфокусирована на лингвистике, и ввиду формата заданий, не могу сказать, что подготовка оказывает большую нагрузку. В лингвистических задачах упор на логику и знание теории, не так важно, как практика решения задач и их анализ. Однако, нельзя сказать, что это совсем легко. Выполнение заданий во время любой олимпиады, конечно, вызывает стресс. Честно говоря, во время республиканского этапа по лингвистике, я весь день сильно переживала, так как не смогла решить одну задачу. В итоге, на следующий день я заболела, так что волнение опасно. Оно влияет и на результативность. Так, несколько раз переволновавшись перед турами по географии, я получала низкие результаты. Бороться со стрессом можно, найдя здоровоевлечение. Не могу назвать точные примеры из личного опыта, но в теории, отдых или прогулка — отличный выбор. Вообще, главное осознавать, что несмотря ни на что, один факт попытки твоего участия — уже хороший показатель, и любой результат представляет возможность для совершенствования.





ОТКУДА ТЫ БЕРЕШЬ МОТИВАЦИЮ
ГОТОВИТЬСЯ НА ПРОТЯЖЕНИИ ДОЛГОГО
ВРЕМЕНИ, УЧАСТВОВАТЬ В
РАЗНООБРАЗНЫХ ОЛИМПИАДАХ?

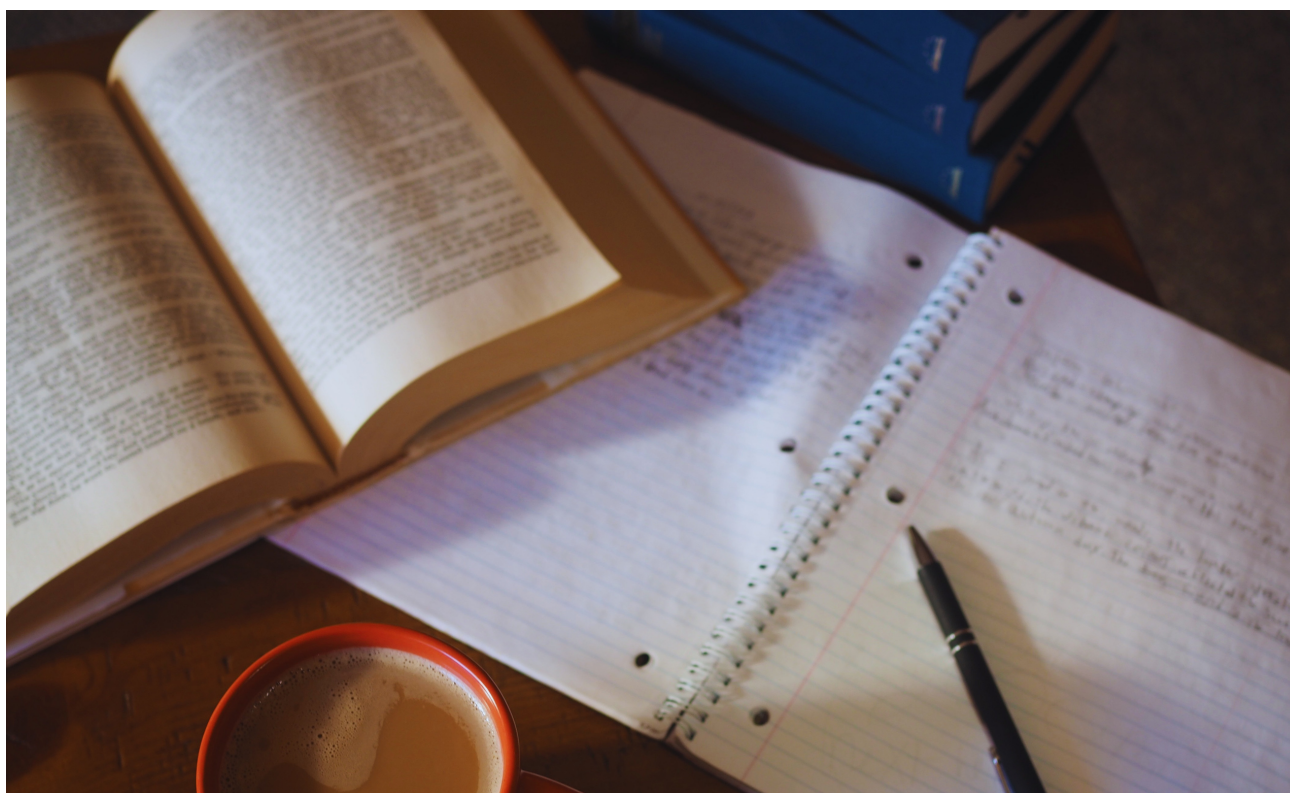
Хороший вопрос. Основная, важная и здоровая причина это, конечно же, интерес. Я записывалась на лингвистическую олимпиаду не потому, что меня заставляли, а потому что мне нравится лингвистика. Интересно оценить свои знания и навыки, попробовать. Интересны и темы, в которых можно расширить свои знания в процессе подготовки. Например, меня всегда впечатляло как естествознание, так и изучение других стран, и читая материалы по географии, глубже вникаешь в эти области. Это дело энтузиазма. Не буду таить, что победы на олимпиадах и конкурсах — это еще и возможность доказать самой себе собственную значимость. Самоутверждение может и не цель, но вряд ли каждый свободен от сомнений или ощущений глупости. Олимпиады же могут придать уверенности, но одно ни в коем случае не должно зависеть от другого.

КАК ТЫ ДУМАЕШЬ, ВЛИЯЮТ ЛИ ОЛИМПИАДЫ НА СТАНОВЛЕНИЕ ТЕБЯ КАК ЛИЧНОСТИ, И ИГРАЮТ ЛИ БОЛЬШУЮ РОЛЬ В ТВОЕЙ ЖИЗНИ?

В ответе на вопрос об олимпиадном движении в нашей школе, я говорила, что особенность в лице международной программы усложняет совмещение учебы с участием в крупных состязаниях, поэтому это скорее второстепенная деятельность. Вместе с этим, сейчас ключевой период в моей жизни, и каждый мой шаг, учась в старших классах, может сказаться на моих шансах в плане высшего образования, и, соответственно, на моем будущем. Так, последние мои победы немаловажны с этой перспективы. При моей возможности попасть в сборную Казахстана по лингвистике (все зависит от моего успеха на весенних сборах), участие на следующем этапе имеет почти решающую роль при поступлении на желаемые специальности.

ЧЕМ ТЫ ПЛАНИРУЕШЬ ЗАНИМАТЬСЯ В БУДУЩЕМ? В ТВОЕМ СЛУЧАЕ, СДЕЛАТЬ УПОР НА ГЕОГРАФИИ ИЛИ ЛИНГВИСТИКЕ?

Это дискуссия, которая преследует всю 11-ю и соседние параллели. Вопрос профессии стоит как никогда остро, и я не говорю о своем выборе с уверенностью. Надо отметить, что совсем недавнее стечение обстоятельств — мои достижения в лингвистике — не только утвердило это направление на моем ориентире, но и познакомило с людьми из этой области, что сильно изменило мое видение карьерных возможностей. Меня привлекает академическая среда, и в будущем хотелось бы заниматься исследованиями в совокупности с преподавательской практикой. Не скажу с точностью — лингвистика или соседние науки, например, антропология, но ограничиваться не хочется, и идеалом предстает компетентность в разных областях. Есть такой термин — полимат, и он хорошо определяет мои стремления и может даже мечты. Поэтому, географией я хоть занимаюсь не так серьезно, верю, что лишние знания не бывает, и самые лучшие специалисты всегда разносторонне развиты.



СКОЛЬКО ЯЗЫКОВ ТЫ ЗНАЕШЬ ИЛИ ИЗУЧАЕШЬ НА ДАННЫЙ МОМЕНТ? МОЖЕШЬ РАССКАЗАТЬ СВОИ СЕКРЕТЫ И ТОНКОСТИ ИЗУЧЕНИЯ НОВОГО ЯЗЫКА?

«Знание языка» — понятие гибкое, и если говорить с уверенностью, то могу лишь назвать казахский, английский и русский, используемые мною и в разговорной речи, и в академической среде.

Однако, у меня есть опыт изучения новых языков, и вторым иностранным был корейский язык, который я начала учить в 2017 году. Если проводить аналогию с европейским стандартом, то мой уровень был бы примерно B1 или B2, но у меня долго не было качественной устной практики, ввиду чего навык сейчас под риском.

После корейского более-менее значимый вклад был в изучение китайского. Началось все с легкой экспериментации на Duolingo, а затем, и выбора как школьного дополнительного в 9 классе. Мой прогресс в китайском, конечно, не так серьезен, но я владею базовыми фразами, и мне все еще очень интересны иероглифы, их происхождение и трансформации.

На данный момент, я активно изучаю японский язык, к которому приступила во время карантина, летом 2020-го. Стоит отметить, что и к китайскому, и особенно японскому я относилась настороженно — если в корейском все-таки азбука, во втором мириады отдельных символов (иероглифов), ну а в третьем комбинация и иероглифов, и слоговой азбуки. Тем не менее, страх перед японским рассеялся после сближения с иероглифами, и сейчас я почти полностью освоила знания начального уровня. Большую роль играет то, что сейчас я занимаюсь в группе с учителем-носителем языка в онлайн-формате. В целом, не только в японском, и не только в языкознании, значение для меня имеет наличие преподавателя и его навык. Учитель все же может дать и совет, и направить в нужное русло.

С другими европейскими у меня, конечно, опыт тоже был. В 7 классе я начинала испанский, тоже через Duolingo. И тогда, и сейчас я знаю, что это ресурс лишь для поверхностного развития, повторения однотипных фраз с редким углублением в тонкости грамматики. Начинающим полиглотам, конечно, советую посещать уроки с учителем, или заниматься с учебниками, если вы приверженцы индивидуального обучения. Однако, изучение испанского я приостановила в том же году, так как серьезных намерений у меня не было.

В целом, секретов изучения языка нет. Может, помогает комбинация интереса и смелости, но обычно, одно способствует другому. Каждый язык — это большая история людей, народов. Лично мне очень хочется узнать все альтернативные логики, небольшие, но важные исключения из правил изучаемого языка.

Какой совет ты бы дала младшеклассникам?

Если они это читают – я в вас верю, ребят. Прислушайтесь к себе и своим желаниям, не бойтесь экспериментировать, и помните, что ваше здоровье и благосостояние – на первом месте! Если у кого-нибудь появятся вопросы или вы хотите поделиться своими мыслями, можете написать мне в Instagram – @aisford_.

