

Edited by Ginny Wong

letters from the dorm

Health is the key to a good life

Exams, when you are a university undergraduate, are important. But one student discovers that, when it comes to health vs studying, sometimes it's important to put herself first



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I became sick right in the middle of an intense reading period, right before my first-year finals at Harvard Law School. I didn't worry about it at first – I figured I had a bad sore throat or something, and made sure that I drank orange juice to top up my vitamin C levels, ate plenty of salads, and did plenty of exercise.

When I popped into my university's health clinic at 11.20am, I had no idea that I would be there until it closed for the day. The nurses and the doctor kept coming in and leaving from my room. Just as I was wondering if I should slip out and pick up some dinner, I was told that I would need to be quarantined – for at least six days.

I was shocked. I am rarely ill, and hadn't ever been inside the clinic since I had visited it during my orientation week. I go to the gym. I maintain a healthy lifestyle. On top of that, it was crunch time for me, in regards to my exams. All I could think

about was my jam-packed study schedule, review sessions, finals, and the summer plans I had laid out for myself.

The doctor who had been the bearer of this bad news must have read some of my fears in my eyes, because I was assured that I wouldn't die from this illness. The medical staff went out of their way to make me feel as comfortable as they could, providing me with drinks and a handy supply of face masks.

They couldn't do anything about the loneliness, though. I wasn't allowed to see any of my friends, not even one who had offered to go to my dorm room and bring me my work. The doctor said that there was a chance that, had my friend entered my dorm room, he'd have potentially caught what I had. My phone was dying, and I was bored.

I felt trapped because my every move was being monitored to make sure no one else at the clinic would interact with me. I was in a prison – but it was for my

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own good. With nothing to distract me from my thoughts, I was forced to think about what really matters in life.

My exams were important (of course they were), but perhaps my health was more important. We only get one life, and we need to be healthy to enjoy it fully.

I am a law student at a top school in the US, with a seemingly endless list of classes and exams to attend, and perhaps I hadn't given myself much breathing room to be myself, and to assess my own health. To all of my fellow classmates out there – stop. Take a moment to breathe. And stay healthy.

Reselling 'old wine' in 'new bottles'



Modern China

In Guangzhou on May 22, Jinan University heard a rather unusual bachelor's dissertation defence. Four students from the department of internet and new media at the School of Journalism and Communication, whose group was called Venus's Medical Records, presented their graduate project in the form of an interactive game.

They had developed a game called *Bad PUA Investigation Report* (不良PUA调查实录), with the intention of helping people identify pickup artists (PUA) – people who study skills and techniques in manipulation, which are shared by others in the PUA world, to find a boyfriend or girlfriend. In general, PUAs tend to be male.

In the game, players take on the role of a female investigative journalist, who goes on dates with many different types of PUAs.

"[The concept of being a] PUA has been introduced to the mainland from abroad, and it has badly affected many relationships," the group reported, adding that they also wanted people to talk about relationship problems rather than suffer in silence.

The group went on to explain that they had chosen to use a gaming format to explain what a PUA is, because most people assume that it is easy to spot one – when, in fact, it's not. "Many people ... think [a PUA's] tricks are stupid and easy to spot."

After playing their interactive game, the group said, it actually becomes much easier to spot a PUA. For example, players will be

Players will be able to identify when someone is using a PUA trick

able to identify when someone is trying to manipulate a person's emotions.

The game has become the second most popular game on Chengguang Game (橙光游戏), which is an online gaming platform which attracts millions of players.



Bad PUA Investigation Report helps people spot pickup artists in real life

Xu Xueying, an English senior from Sun Yat-sen University, praised the game for its uniqueness and creativity.

"The design is not as [polished] as other games, but the plot and characters are [realistic]. Most importantly, you learn while having fun.

"I didn't think it was possible or allowed to create a game for a graduation project," she said, adding that she felt the game would eventually help to improve society, the more that people played it.

"We should have more 'old wines in new bottles'," she added, meaning that old concepts or ideas (like PUAs and being able to spot one) should be repackaged in a new way (in the form of a video game).

"Concepts like 'PUA' are the best old wines that should be resold in new ways." **Liang Xinlu, Sun Yat-sen University**