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OEC

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THE Olive

DIVISION OF OLIVE MEDIA

13th Edition of The Olive Newsletter

The newsletter is an exclusive collection of work put together by the different branches of the Olive Media Team. It is meant to be an informative, info-graphic album show casing OECian students' activities, achievements and abilities.

We hope you find our work both inspiring and educative.

We wish you a happy reading

Olive Media Team

◂ Cover Photo by Grace Wa Tshilumbu

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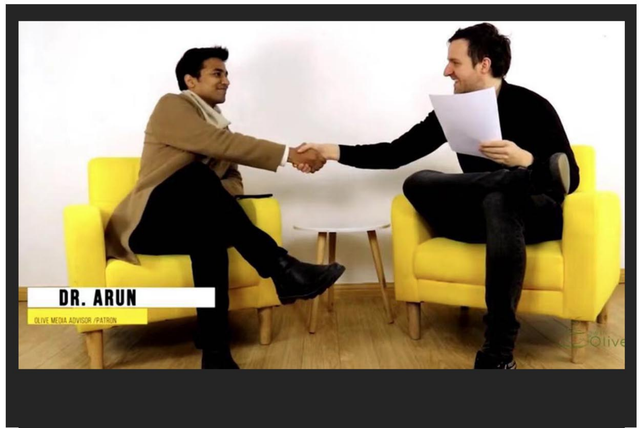

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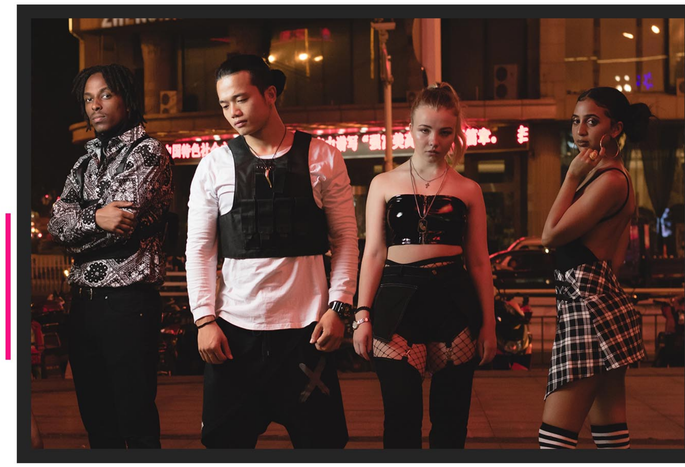


Message from the
Editor-In-Chief

Walter Munashe Chanaka

editor-in-chief

To begin, I would like to thank my predecessors for their hard work in promoting the Olive Media. I am humbled to take on the duties of Editor in Chief. I am pleased to be able to contribute to this flourishing association. I'm also extremely proud to work with an excellent team of editorial board members. This is an editorial team fully committed to this excellent association and committed to its success.

Olive Media's success is due to the efforts of writers, editors, videographers, designers, photographers and TV presenters, who offer their valuable time. The Olive Media has gone through an exciting year. Most of our readers and viewers have probably recognized some significant developments, while others have probably gone unnoticed. This editorial therefore is a good opportunity to summarize recent developments and not only a retrospective on last year.

Since 2016 when I joined Olive Media, I have seen and experienced positive changes that have increased the popularity. In 2017, we introduced Olive TV and since then it has been growing. In addition, Olive Daily has developed new and exciting columns. It is our hope to continue improving.

I always tell those who are close to me that we should be comfortable and proud of who we are. Many of us come from challenging backgrounds but when we meet our colleagues, we want to keep up with certain standards, which in turn will force us to get into deeds that we will wake up regretting the next day. So, it is important to know who you are and where you come from. There is a saying that states, "You do not have to burn yourself trying to warm the next person". We might face hardships here and there but it is important to keep your head high and stay focused on your goals.

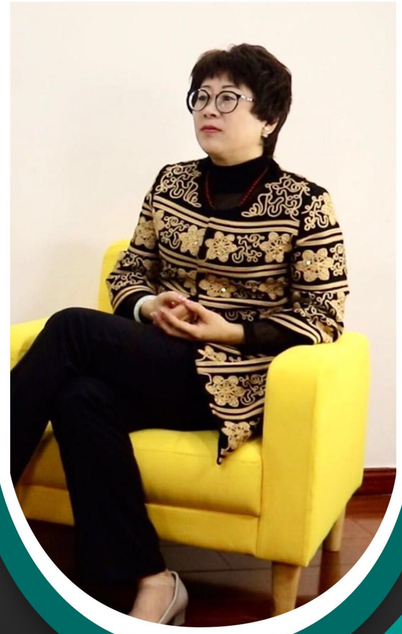
So, my advice is stay true to yourself, be humble and remain persistent. This has always been the secret to my achievements.

Academic Achievements:
2016/17 Excellent Students' scholarship
2017/2018 Excellent Students' scholarship
2018/19 CSC scholarship for Outstanding Students in China

Social Achievements:
2016/17 Star of Sport (athletics coach)
2017/2018 Star of Art (Media)
2017- 2019 Olive Tv Director
2016-2018 Athletics Head Coach
2018 IBSA Vice President

Some may wonder why I listed my achievements. The reason is as I often tell my team, "Education comes first and volunteering second. However, for you to be an excellent student you need both". It is my hope that we all remember the reason we flew all the way to China. Our parents are sacrificing so much for us therefore let us appreciate their efforts and make them proud. China is a land full of opportunities but we have to choose wisely and always remember in 4 to 6 years we will be in a different place. Our choices today affect our lives tomorrow. So, ask yourself, will it be worth it in the end?

Message from the
Dean



Jing Gao

A warm welcome to you all and best wishes for the action-packed academic year ahead of us. As always, it is my utmost pleasure to share a few wise words to the new and continuing students and urge them on along the path of education. Of course, as the saying goes "all work and no play makes Jack a dull boy", we are encouraged to partake in non-academic edifying activities and hobbies as well. I particularly love travelling, swimming, playing volleyball and watching television, to mention a few.

I always ensure that I utilize my hobbies to my advantage, especially in acquiring knowledge which allows me to socialize and communicate with my students better, hence resulting in a win-win situation. I encourage students to follow suit especially when learning the Chinese language. It will be a great way of integrating fun into learning.

Furthermore, I urge all the students to apply the "Why, What, How and Where" mentality in effectively planning and achieving all the goals that they set in any field of life, be it academic or social. China is a nation filled with opportunities, having been given the opportunity to study here, I recommend all students sharpen their critical thinking, creativity, communication and collaboration with Chinese people and their fellow international colleagues. A strategy best known as the "4C's". Only then will students have maximal output from their study and living experience here in China.

The Overseas Education College and Jiangsu university at large are ready to help students who have realized their dream to soar and achieve great heights. Let no one be left behind in this positive movement. For the excellent students, please share your success stories. Encourage the other students and be their example. Let everyone work together in the spirit of our two mottos; "One team, One dream" and "Dream to succeed, Together we can!".

It is very much possible to support one another so that everyone whether leaving China or remaining in China after graduation, will be capable of positively impacting the world and their communities.

Additionally, let us all keep in mind that we are far from home and as much as we are all adults, the Overseas Education College plays the role of our guardians in our home away from home. Always obey and follow the school, city and country's rules and regulations very carefully to avoid jeopardizing your study and living experience here in China.

I would like to end with a wise Chinese proverb, 一只蜂酿不成蜜一颗米熬不成粥 (Yī zhī fēng niàng bù chéng mì yīkē mǐ áo bù chéng zhōu) , Only one bee cannot produce all the honey, only one grain of rice cannot produce the entire meal. In order to achieve anything worthwhile, we need to stand together and join our efforts. I wish you all a fruitful academic year!

Dean's fruitful visit to Africa

dean

PROGRAM IN FOCUS:

CORPORATE FINANCE

What is corporate finance?

The term **'corporate finance'** likely elicits the idea of managing the finances of a corporation or company. Well, this is correct. However, this generalization does not highlight the critical role that corporate finance has in ensuring the survival of a company. In fact, corporate finance covers a broad spectrum of financial regulatory activities. Some of which include; capital structuring, capital investment, financial sourcing and management of the tools used to allocate financial resources.

Additionally, the essential role of corporate finance in business is to manage the financial activities of a company by meticulously planning the capital investment decisions. The ultimate goal is to increase the value of the company.

For example, a company valued at $250 000 may be faced with making a decision on whether to invest $25 000 in a proposed restaurant. At first glance, this may seem like an easy decision since $25 000 is a miniscule amount compared to the value of the company.
However, utilizing corporate finance knowledge would lead one to realize that the restaurant business has a high failure rate within the first three (3) years. Therefore, making such an investment may not be wise for the long-term benefit of the company. Hence, the function of corporate finance is one of the most important factors in ensuring the success of a company.

Is corporate finance actually a good major?

If you find the following benefits to your particular liking then studying corporate finance is absolutely a good major:

- **Specific focus:** Majoring in corporate finance will direct your attention to the latest financial theories and international business standards, specifically focusing on corporate finance. Therefore, learning the general principles of business will not be necessary.

- **Fast track to leadership:** Working as a professional in this field, you would be in direct contact with executives from many corporations. It presents the opportunity to make an impression on business owners. Therefore, it helps you in standing out amongst other business majors.

- **Increasing job prospects:** Internationally, many businesses from small to large are all beginning to appreciate the need for financial advising, management and analysis. So, fortunately this field enjoys growing job opportunities.

- **Wide variety of job opportunities:** Where exactly can a corporate finance major seek employment?. Well, the job variety is quite large. Many financial articles cite the following as potential employers:

• Brokerage firms
• Insurance companies
• Commercial and investment banks
• Credit unions and private banks
• Investment services • Financial planning services
• Personal financial planning for individuals and private organizations

Are you thinking about majoring in corporate finance?

If you are interested, then you should consider Jiangsu University's offers below:

Degree Available	Tuition (RMB)	Duration (Years)	Scholarships Available
1. Bachelor	18,000	4	1. JSU Presidential Scholarship (10,000 RMB on first year tuition)
2. Master	22,000	3	2. Jiangsu University Presidential Scholarship (20,000 RMB / year on tuition)

INTERVIEW
WITH MANDELLA OSEI-ASSIBEY

What does an actual corporate finance major have to say?

There is nothing better than obtaining information straight from the horse's mouth. After all, he/she will have direct knowledge of the topic along with interesting perspectives. Let us find out what this particular student thinks about his major:

Why did you choose to study corporate finance?
I have always been interested in discovering how corporate organizations manage their finances, so during my undergraduate studies, I focused my research on corporate finance in the local government sector in Ghana.

What opportunities did you get by studying corporate finance?
It opened my eyes to the excitement and wider benefits of accounting and finance. I had the chance to work at the Department of Finance in a District Assembly as an Assistant Budget Analyst after my bachelor's degree. That inspired me to take up the challenge of a master's degree in the same field in order to acquire more knowledge to help in my career growth.

What do you intend to do with your major in the future?
I want to be an independent researcher. After my master's degree, I hope that I would have acquired enough knowledge, which will open up innovative lines of inquiry in this field. I want to use the knowledge as a foundation for a fruitful research career but I am also interested in the wider development opportunities included in this master's program. My focus now is to be in academia but I am keeping my options open to any opportunity in the finance sector.

COLLEGE NEWS
News on Campus

OECIANS CELEBRATE 2019 JSU CAMPUS MARATHON

This year's JSU marathon held on April 13, 2019, was both exciting and exhilarating for all those who participated. The roads buzzed with numerous participants in neon pink shirts making their way to the finish line. Notably, many OECians participated this year and actually completed the grueling race to the finish line. Quite a few OECians such as Abdelrazak, Sule, for example, even braved the intimidating 16km marathon (6 laps).

OECians in TOP 8

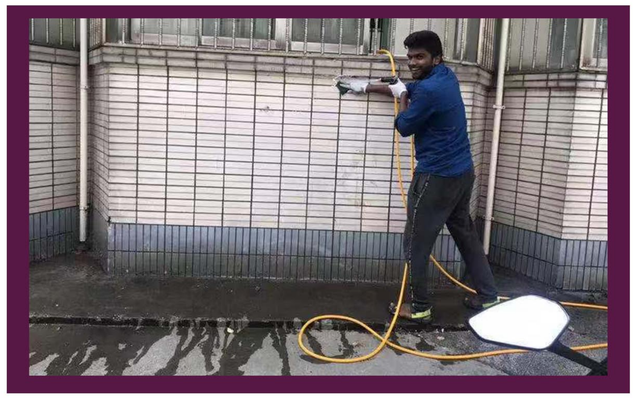
16 Km (Males): No. 4 - Husseini Sulemana

8 Km (Males): No. 5 - Isaac

8 Km (Females): No. 8 - Sabrina

OECIANS SHOW DORM STAFF APPRECIATION

There is a common saying which goes; "A home is where the heart is". And what better way is there for us to show appreciation for the place we have come to call home than to dedicate some time to help maintain it. On 27th April, a group of OECians volunteered for a clean-up exercise that was organized by the Hand-In-Hand Association (HIH). The aim was to encourage students to appreciate their surroundings by assisting the apartment management staff with cleaning up the facilities within the C7, C8, C9 and G6 apartments.



SPICES IN SEASON - COOKING COMPETITION

Spices in Season competition was held by Jewels International Ladies Association on May 1st 2019 in the C7 kitchens. The 11 competitors began prepping their workstations at 2:00 pm. The competition was stiff as each contestant was tasked with churning out scrumptious and inviting dishes made from a "mystery ingredient" that was only revealed at the beginning of the event, through random selection by our master chefs. Each contestant received the following main ingredients: an onion, a carrot, a bell pepper, chicken breast, cabbage, lettuce, garlic and tomato. They were also given various spices as well as cooking oil. The mystery ingredients included dragon fruit, butternut, cheese, pineapple and eggplant.

OEC DEANS FRUITFUL JOURNEY TO THE CONTINENT OF AFRICA

From March 27th to April 4th, a JSU delegation, which consisted of Prof. Gao Jing, the dean of OEC and Mr. Huo Jianwei, the deputy director of JSU General Office paid a visit to Zambia and Botswana, in order to promote "Study in JSU" programmes. During the visit in the two African countries, JSU representatives tremendously extended the prestige of JSU and substantially fostered the collaboration with local government sectors as well education institutions of various levels.

ATHLETICS AND FUN GAMES DURING QINGMING HOLIDAYS

On April 6th, during the Qing Ming holidays, the International Students Sports Association (ISSA) held a fun mixed athletics sports event open to all OECians. Those who attended participated in a range of sports. The detailed results from all events are below.

Sack race (females)

1st position: Tanu 13.28sec

2nd position: Nvedeta 15sec

Sack race (males)

1st position: Tiffu 8sec

2nd position: Sushant 9.22sec

Rope skipping (females)

1st position: Kiki

2nd position: Percy

Rope skipping (males)

1st position: Mujeeb

1st position: Kingsley

2nd position: Shubham

Dodge ball

1st position: Team Kingsley

2nd position: Team Avinash

Group points for mixed events

1st position: Team Avinash 17pts

2nd position: Team Yugindar 13pts

100m foot race

Boys

1st position: Wisdom

2nd position: Mansuur

Girls

1st position: Naiya

2nd position: Pranati

200m foot race

Boys

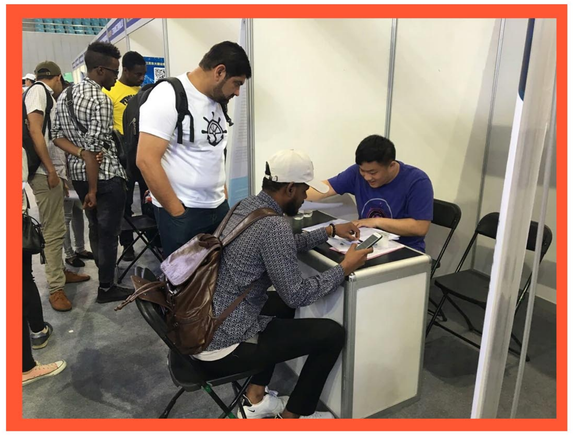
1st position: Ajmal

2nd position: Wisdom

Girls

1st position: Angela

2nd position: Sasha



OECIANS ATTEND JIANGSU'S BIGGEST INTL STUDENTS JOB FAIR

On the 22nd of May, 2019, about 100 international students from Jiangsu University together with staff from OEC attended the 2nd career fair of "Going Global" Enterprises for International Students in Jiangsu. There were 97 enterprises participants with more than 1500 overseas jobs and over 3000 foreigners went for the job fair. 97 companies including Huawei and CRRC Nanjing Puzhen Vehicle Company Limited came to the recruitment site. The aim of the job fair was to recruit foreign students with the necessary acumen and capability who are either graduating this year or in 2020.

OECIANS CULTURE EXPERIENCE- CHANGZHOU ORIENTAL SALTLAKE

On April 20th, over 80 CSC students of Jiangsu University visited Oriental Saltlake in Changzhou City under the organization of OEC. In the Oriental Saltlake resort, students experienced paper curving, scripture copying, and shadow boxing under the guide of specialists and OEC staff. This one-day trip has largely enriched students' extracurricular life and enhanced their understanding of Chinese traditional Culture.

5TH MEDICAL SYNAPSE UTILIZES PROBLEM BASED LEARNING

The JSU 5th Medical Synapse with the theme "To invest PBL among JSU students" took place on the evening of 27th May 2019 at JTQ 210. Being the 5th of its kind, SYNAPSE has become IMSA's most successful and anticipated event for the past 4 years.

The competition was made up of 7 teams and 33 students comprising of both pharmacy and medical students. The evening started off with a speech from Prof Jing Gao, Dean of OEC who reminded the audience of the OEC slogan "Dream to succeed, together we can". Michael Afriye, president of IMSA, gave an introduction of the program.

First Prize : Alcohol Withdrawal Syndrome

COLLEGE NEWS
News on Campus

OECIANS MARK INT'L DRUG CONTROL DAY | SAY NO TO DRUGS

"Unless we cease demand for illicit drugs, we can never fully tackle cultivation, production or trafficking."

The day as an event is celebrated worldwide with much conscious fervor to make people aware and emphasize the hazards of drug addiction and illegal trafficking. A problem which is a major deterrent to humanity and a poison to the well-being of the youth. This is what invigorated the Zhenjiang Public Security to take up a task in order to create awareness on drug abuse to the entire populace. Sunday 2nd June, 2019 was the day scheduled to hold this event. The event commenced with a grand style opening ceremony at the Zhenjiang-Dashikou Plaza where approximately 1200 participants from all over Zhenjiang communities, including almost 40 foreign students from Jiangsu University. The occasion was adorned by experts from the Zhenjiang Narcotics Control Commission of which they conscientized us on the importance of abstaining from any form of drug addiction. Since being under the influence of any illegal drug or alcohol poses serious risks to a person's health and safety, and jeopardizes self-integrity.

OEC STAFF REPRESENT JSU@ EDU. EXPO | NAFSA

From 26th to 31st of May, under the delegation of Jiangsu Provincial Department of Education, the CPC Secretary of OEC, Professor Xie Zhifang and Mr. Wenhao Wu attended the biggest education exhibition in the world—the 71st NAFSA (National Association of Foreign Student Affairs) Annual Conference in Washington D.C., US. During the 5 days, the two OEC representatives had meeting with the sister universities of Jiangsu University as appointed, and unfolded friendly and constructive talks with potential partners, including education administrative authorities, overseas higher education institutions and other relevant organizations. In addition, OEC representatives are invited to visit the China Embassy in USA, Washing DCI high school, and George Washington University.

OECIANS JOIN 5TH INT'L DAY OF YOGA CELEBRATION @ ZHENJIANG

Zhenjiang hosted a grand curtain raiser event to launch the celebration of the 5th International Day of Yoga (IDY) on June 23rd, 2019, which was jointly organized by Consulate General of India, Shanghai along with Zhenjiang Municipal People's Government.

The event was launched at the Zhenjiang Nanshan Scenic Spot and nearly 1000 yoga lovers from all over Zhenjiang city, including 60 foreign students from Jiangsu University, participated in the Yoga celebrations. The IDY launch in Zhenjiang was graced by Mr. Wei Hongyang, Director of Foreign Affairs Office of Zhenjiang Municipal People's Government and Mr. Anil Kumar Rai, Consul General of Consulate General of India.

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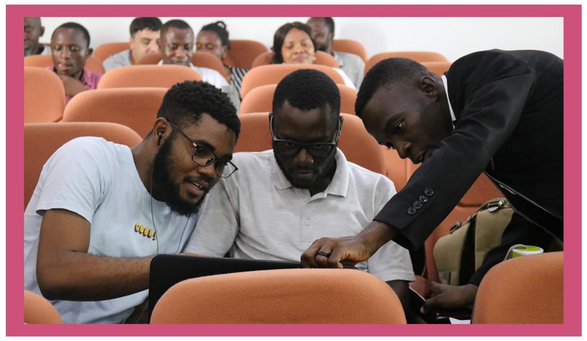
OECIANS EXCEL IN INNOVATION & ENTREPRENEURSHIP COMPETITION

Innovation and Entrepreneurship Competition for Overseas Talents 2019, Special session for foreign students in China was held in Hangzhou from 31st May to 2nd June. OECians from Jiangsu University School of Management participated in this years' innovation program. Innovation building activities are very important to students as they get to take up challenging roles and aspects that will build their intellects aside class work. It also gives students the chance to develop their social status. The competition comprised of 3 stages with 25 universities across China bringing in 163 projects. Our team was paired in the same category with Tsinghua University, Ningbo University, Beijing Garment University, Shenzhen University and other renowned universities. Ebenezer Ababio Tetteh and Patience Mensah Acquah represented the university in this year's competition in Hangzhou on their project, The LITTLE SMILE INITIATIVE under the supervision of Associate Professor Borah Prasad Siba and Associate Professor Zhiwen Li (Owen) of the School of Management. The project seeks to promote life expectancy amongst the elderly across the populace of the African Continent through the provision of smart exercises and technological tools to facilitate healthy living.



SEMINAR ON STRUCTURAL EQUATION MODELLING (SEM) ANALYSIS USING AMOS

The PG Academic Club organized it's second workshop to assist Master's and Ph.D students in theirs research. The workshop was on Structural Equation Modelling (SEM) Analysis using AMOS. Mr. Courage S. K. Dogbe and Mr. Wisdom W. K. Pomegbe who are both Ph.D student from the School of Management were the resource persons for the day. Topics treated were:

1. Assumptions of SEM
2. Exploratory Factor Analysis (EFA)
3. Confirmatory Factor Analysis (CFA)
4. Mediation Analysis
5. Bootstrapping
6. Moderation Analysis

LIFE MENTORSHIP PROGRAM

Is it necessary to have a mentor? These were a few questions that Dr Ade asked the audience to begin the event under the theme "Life Mentorship" . He further explained that everyone regardless of their status need mentorship through the various stages of life ranging from academics to career or spiritual wellbeing so that you can overcome life obstacles thereby making life easier. Dr Siba then gave a short presentation where two teams were required to build a word from mixed letters - EXCUSES and SUCCESS. He encouraged students that if they want to succeed they were not to give excuses under any circumstance

OECIANS & INTELLIGENT AGRICULTURE

On 2/3 June 2019, 60 students with numbers of teachers and the vice dean of Jiangsu University went for an academic trip in Jiangsu Province to visit the agricultural mechanization companies and exchange Chinese and foreigner's experiences in the real world. In the first day, we started the trip JSU on (2nd June) at 8:30 am and we arrived at 1.30 pm in Yuncheng City. We planned to visit the Jiangsu Sheng Huang Hai Nong Chang Co. Ltd. company and also to see its products and farm.

PICTORIAL NEWS

OEC WIN 2019 PRESIDENTS CUP/JSU SOCCER TOURNAMENT

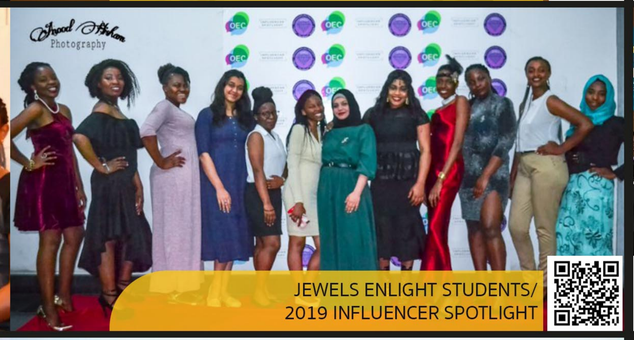
YOU ARE WELCOME FRESHMEN EVENT BY - HEART

INTERACT WITH EXECUTIVES OF YTO GROUP

OEC WIN 2ND IN JSU ANNUAL FEMALE VOLLEYBALL TOURNAMENT

TRAINING FOR NEWLY ELECTED LEADERS

JEWELS EXECUTIVES RETREAT WITH ENTREPRENEUR MINNIE



JEWELS ENLIGHT STUDENTS/ 2019 INFLUENCER SPOTLIGHT

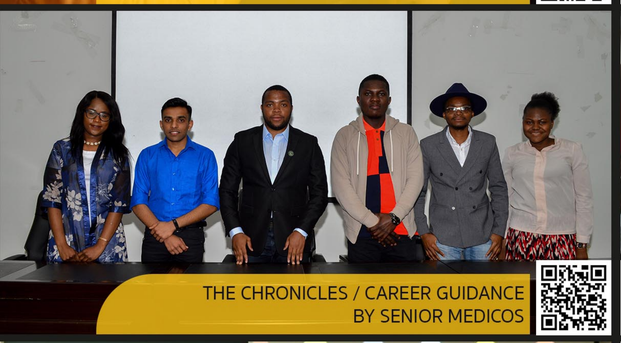
HANDING OVER CEREMONY/MEET THE NEW STUDENT LEADERS

LOVE SENT TO MY HEART BY HEART PSYCHOLOGY ASSOCIATION

EAGLES WIN 2ND IN 2019 JSU BASKETBALL TOURNAMENT (FEMALES)

HALA FC WINS 2019 OEC SOCCER TOURNAMENT

IMSA CAREER GUIDANCE FORUM AND BASIC LIFE SUPPORT TRAINING



THE CHRONICLES / CAREER GUIDANCE BY SENIOR MEDICOS

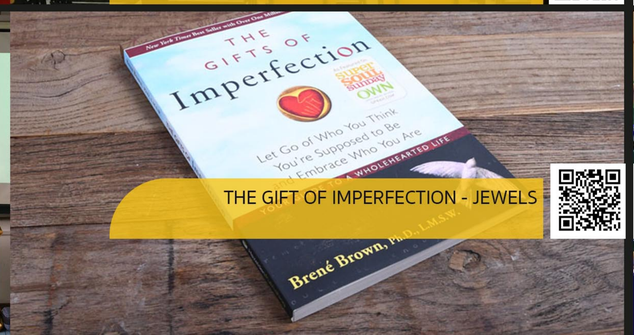
ENTERPRISES CAREER OPPORTUNITIES AND STUDENT INTERACTION

AGRIC. CORNER / AGRICULTURE AND SUSTAINABLE DEVELOPEMENT

WOW CLUB CLASSES / SELF EDUCATION BY STUDENTS FOR STUDENTS

WHALE CLOUD COMPANY CAMPUS RECRUITMENT JOB FAIR

LAYOUT OF YOUR HOME - SINO FOREIGN ENGINEERS MAKE MODELS



THE GIFT OF IMPERFECTION - JEWELS

OECians LOOPERS COMES 4TH IN 2019 TABLE TENNIS TOURNAMENT

Medical Segment

Chronic Stress - Ways of dealing with it.

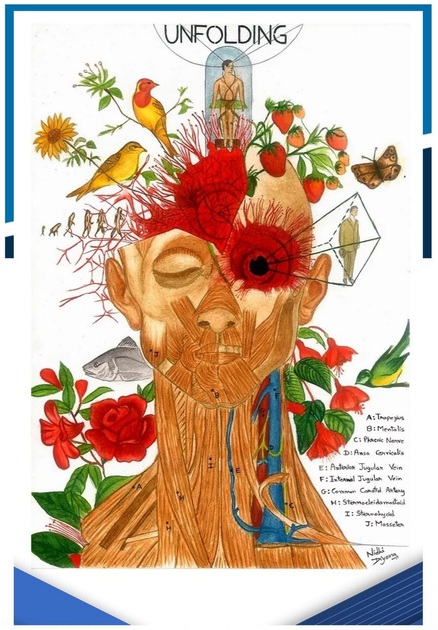
Stress is a common phenomenon in our lives. At one point or another everyone has experienced it at varying degrees, depending on the situations they face. It affects people from all walks of life, especially students and those in the work force. But what is stress anyway? And how does it affect our well-being?

Stress can simply be defined as the response created by the body to the mental and physical demands it endures. This response is what we have come to know as the 'fight or flight' response which occurs when the body perceives any threat. Once the body perceives a threat, the information is passed on to the brain and the hypothalamus-pituitary-adrenal cortex axis is activated.

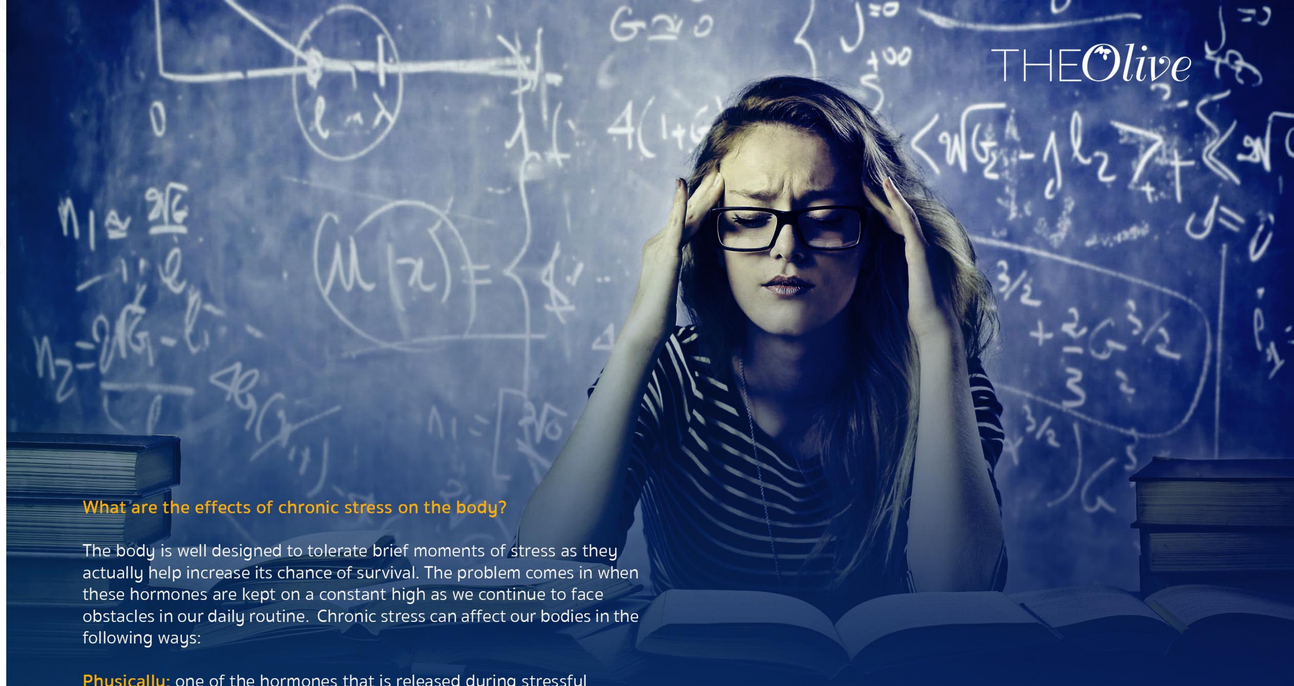
Information is passed down from this axis through the work of various neurotransmitters such as cortisol, epinephrine, norepinephrine and dopamine, which all have different effects on various organs in the body. Some of the observable effects of stress include; increased breathing and heart rates, a dry and bowel discomfort.

As uncomfortable as being stressed sounds, it is not all bad and can actually be beneficial in some instances. Stress increases our level of alertness, by redirecting the use of the body's blood supply from organs that do not readily require it for example the skin and the gastrointestinal tract, to those that need more blood- the heart, lungs and brain.

It is this survival instinct that kept us alive back in the days of hunting and gathering and it continues to help us today as we adapt to our ever-changing environment. Stress becomes harmful when it is experienced continuously and as such permanently affects the physiology of the body.



by Nidhi Diyora



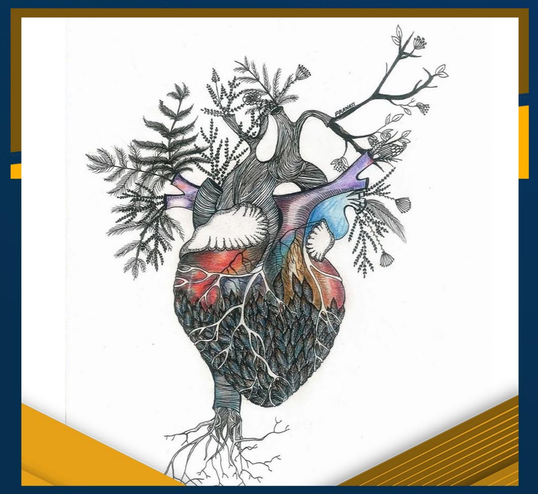
What are the effects of chronic stress on the body?

The body is well designed to tolerate brief moments of stress as they actually help increase its chance of survival. The problem comes in when these hormones are kept on a constant high as we continue to face obstacles in our daily routine. Chronic stress can affect our bodies in the following ways:

Physically: one of the hormones that is released during stressful situations is cortisol, which is an immune-suppressant (depresses the immune system). This could leave the patient susceptible to illnesses. As mentioned earlier, stress restricts blood flow to the GI tract and if continued for long periods of time it can lead to stress ulcers. Other effects of chronic stress include insomnia, sexual dysfunction and cardiovascular complications.

Mentally: Small amount of stress is good for the mind as it helps keep it alert and stay focused on one particular task. Too much stress on the other hand has side effects, which could include; increased inability to concentrate or make decisions, forgetfulness, anxiety and fatigue as tasks that at first seem minor all of a sudden seem insurmountable. Having an increased level of stress hormones could also lead to anxiety disorders as the mind is kept on high alert most of the time.

Emotionally: Chronic stress affects people's emotions in different ways. Some people tend to feel more irritable or agitated while others tend to feel insecure or depressed. These feelings, though rarely discussed openly, are a common experience amongst a large number of students. One of the reasons they are rarely talked about is because of the stigma attached to them. In an age of social media where it is 'all smiles and bliss' it can be very difficult for one to understand that it is okay to feel down sometimes and that life is indeed full of ups and downs.



How can it be overcome?

- **Recognizing stress inducers:** The first step in combating stress is to know what is actually causing it and this varies depending on the stage of life we are going through. Some of the major causes of stress in students include:
  - examinations
  - returning to study
  - poor housing
  - overcrowding
  - poor time management
  - deadlines
  - debt
  - noise
  - procrastination
  - difficulty in organizing work
  - pressure of combining paid work and study
  - adjusting to life in a new environment or even country
  - difficulties with personal relationships (e.g. breaking up)
  - balancing the demands of a family with studying

- **Planning or properly managing our events:** Having a plan, especially one that is written down can help us schedule our tasks in a way that we are able to complete them in good time and avoid any last minute stress. It can also prevent the problem of overloading our work schedule as we are able to keep track of our tasks.
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- **Taking time to breathe/rest:** There is saying that goes; 'learn to take breaks and not to give up.' Finding some activity to release the tension can be of benefit in the end as it helps us to take time to analyze the task at hand from a different angle. Taking a break can be anything from watching a movie, reading a book to simply doing anything that brings you joy.

- **Exercising:** working out has been shown to be very helpful in combating stress as it helps us release built up tension. Working out also keeps us distracted from our worries and as such keeps us from worrying about the tasks we have to complete.

- **Talking helps:** voicing our stressful experiences with trusted mentors and colleagues, helps ease the burden a great deal. Talking about our experiences not only helps us get the help we need, but also enables us to realize that we are not alone and that stress is indeed something we can overcome.

Postgraduate Spotlight

Overpopulation As A Global Environmental Issue

By Husseini Sulemana (MSc. Environmental Science and Engineering)

The general definition of overpopulation is an undesirable condition where the number of existing human beings exceeds that of the carrying capacity of the Earth. It can also be viewed as a scenario where a population cannot be maintained due to the rapid depletion of non-renewable resources or a degradation of the environment to the point that it is incapable of providing life anymore. Although human overpopulation is not an imminent global threat at the moment, it is definitely prevalent in certain areas today.

There are numerous reasons why overpopulation seemingly arises from out of nowhere. Overpopulation can be a direct result of an increase in birth rates, a decrease in mortality rates, better medical facilities, an increase in immigration, an unsustainable biome, or other factors. As these factors get tallied up, the risk of overpopulation grows higher and becomes a more plausible scenario.

We have more than seven billion people on the planet right now and that number is expected to reach 9.7 billion by 2050, and 11.2 billion by 2100. While that might not sound like a bad thing, we live on a planet that can only support roughly 10 billion souls, which means we are less than a century away from overpopulation becoming a serious and even life-threatening problem.

As the world's population rises, the amount of resources available for survival decreases. In fact, the population has grown to an unsustainable level. Human overpopulation is among the most pressing environmental issues, silently aggravating the forces behind **global warming, high release of carbon dioxide & other gasses into the air, environmental pollution, habitat loss, the sixth mass extinction, intensive farming practices, and the consumption of finite natural resources, such as fresh water, arable land and fossil fuels, at speeds faster than their rate of regeneration.** However, ecological issues are just the beginning of this menace.

Fortunately, renewable energy sources are a great way to combat carbon emissions. By raising the amount of sustainable energy such as wind power and solar power, the resources needed can be sustainably sourced, reducing carbon emissions. You cannot change the population, but you can change what the population emits into the environment.

PSYCHOLOGY SPOTLIGHT

Writers: P. Mc Kenzie & Mansuur Husien
OEC HeART: Samuel Edwin Nelson & Amina Elgujja

JOURNEY TOWARDS SELF-ACTUALIZATION

From the moment we exit our mothers' womb to the moment we breathe our last breath, human beings gradually shift from one stage of life to another. We experience some of these stages physically while the more important stages are often experienced mentally and emotionally. As we grow, our psycho-social needs, as outlined by many psychologists such as Maslow, increase significantly.

Abraham Maslow introduced a pioneering theory in 1943 when he published his paper, 'A Theory of Human Motivation'. Maslow explains that humans have a strong urge or need to achieve 'self-actualization'. He further defines self-actualization to be "the desire for self-fulfillment, namely the tendency for him [the individual] to become actualized in what he is potentially". In short, everyone has an in-built need to accomplish something (self-actualization). What that something actually is varies from one individual to the next. Nevertheless, our journey towards self-actualization involves intimate knowledge of our personal deficiency and growth needs.

As outlined in Maslow's pyramid of needs below, the journey courses through several key aspects of life.

From the pyramid, the first four levels in ascending order can be categorized as our deficiency needs. They result from a lack of something such as sufficient food, safety and/or love. When each need is fulfilled, we become intrinsically motivated to achieve the ascending need. Achievement of these fundamental needs are necessary for the successful journey towards self-actualization. For example, we need to feel a sense of love and belonging in order to develop our self-esteem and become productive members of society. In contrast, growth needs are not related to inadequacy; rather they are related to our in-built desire to achieve more. For example, status, recognition and wealth. We should be able to see that coupling of these needs are important for achieving success. For example, a tired and hungry student will not be able to focus in a classroom. Thus, he/she will have difficulty reaching his/her true potential. In addition, children and young adults need to feel emotionally and physically safe in most environments to progress and reach their full potential.

WHAT DO YOU **SEE?**

*From Rorschach's Ink Blot Test

With an understanding of Maslow's Hierarchy of Needs, we should be able to reflect on our lives and highlight key areas we may need to work on. This should lead us to realize there are certain aspects of our behaviour that need rectifying. What these areas are will naturally vary from one individual to the next. Fortunately, Maslow outlined several characteristics of self-actualizers as listed below:

- Problem-centered (not self-centered)
- Able to look at life objectively
- Concerned for the welfare of humanity
- Strong moral/ethical standards
- Establish deep satisfying interpersonal relationships with a few people
- Accept themselves and others for what they are

While we can make use of this template to adjust our behaviour, we should maintain Maslow's central idea; **"that human motivation is based on people seeking fulfillment and change through personal growth [and that] self-actualized people are those who were fulfilled and doing all they were capable of".**

A Message from HeART Psychology Association of International Students:

Our association assists the OEC Psychology Center with activities and events that ensure the comfortability of international students in Jiangsu University. These programs are aimed at helping students adapt to campus life, overcome homesickness and culture shock challenges among others. We also intend to increase mental health awareness among students and to support OECian's psychological well-being through the peer support team.

ACTIVITIES: You are welcome, HeART Breakfast with Yoga, Culture Shock, Mandala Competitions, Adjustability Surveys etc.
OEC HeART: The ART of Hearing.

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POST-GRADUATES CORNER
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Spotlight with

BUDDIGA ARUN KUMAR

Professional Questions

Give us a Brief introduction about yourself?

I am from a romantic coastal city of India, Visakhapatnam. In 2006, I arrived in China to pursue bachelor's degree at Jiangsu University (JSU) and later finished my master's degree at JSU. As a student, I was involved in student activity managements and also one of the founders of the Olive Media and some other student associations. Being in China gave me new experiences personally and professionally. I got closer to many cultures, traditions and mindsets which made me a person who is more tolerant, diverse and patient.

How did you get to work in OEC?

JSU has always been providing platforms for overall development of students. My story is not an exception. Especially when the Dean of OEC, Prof. Gao Jing noticed that I can design, she gave me opportunities to design for JSU events. It gave me more motivation to improve my hidden talent although I never formally learned graphic designing. After successful organization of student events, the Olive newsletter and other JSU promotional materials, I got an opportunity to work in Jiangsu University in 2015 (OEC admissions officer). I personally think, if you put your full efforts without expecting any immediate rewards, your hard work will be recognized and rewarded one day.

What is the most important part of your job?

Currently in OEC student affairs office, most of my job consists of working with the student body. My work involves close connection with the student associations, student leaders and campus events. Together, we work to improve campus life by making it more colorful and beneficial. Every year I see new student leaders come and go, but in general, they are all very dedicated and selfless. I am very proud to have them in the team as we provide successful platforms for all students. Another major role I play at JSU is to manage the OEC WeChat. It is very popular source of useful information for OECians. OEC WeChat is now one of the best in China among colleges for foreign students. My other duties include management of the OEC website, guiding Olive Media, publicizing admissions information among other things.

What influences you to be a designer?

Perhaps my interest in arts is by birth. My mother is an artist and she has always hoped I would master any form of arts. I have attended training in singing, music, painting etc. but unfortunately, I had no interest in them so it did not last long. However, the gene of creativity I have from my family triggered me to be a designer eventually. I would emphasize, interest is more important than talent. If you have the talent but you do not have passion towards it, then it will not last long.

If you wanted to encourage innovative ideas how would you go about it?

The theme of thinking, defining and creating is all the art of innovation. My ideas or the ways I work always begin with thinking on what to do.

Step 1: Making the meaning in what you want to do.
It is something you will change status quo, and you should know that when you change the status quo, you will also be successful. And if you start off with a sole desire to be successful, probably you won't make meaning, you will not change the status quo and you won't be successful and you will probably... fail. So I always determine how to make meaning, how can to change the status quo.

Step 2: Jump to the next curve:
The next thing is the matter of perspective and the new perspective should be to jump curves. For design ideas, I often think at night before I sleep, I try to fix a theme and then picturize the whole concept in my mind before I go to design next day. It's something like Sherlock's mind palace where many things happen in an imaginary world in mind. I try not to stay on the same curve or to do things the way they have always been done. I set a target for myself to do things at least 10% better. Different people have their own ways of getting things done, but it does not mean that there is only one way of doing things. I try to frame the work, define the load and then see how it can be done, if there is new way to get it done better and efficient (at least a way that is suitable to me or my working conditions).

If you want to create an environment where motivation can thrive, what is the first thing you would do?

Well, as a passion I would certainly motivate people around me to be creative and bold.
You heard the song, from Bobby McFerry, "Don't worry, be happy" but what innovators do is "Don't worry, be crappy". This is also my motto I wish to share to people around me. When you jump to the next curve, it is ok to have elements of crappiness to your revolution. I am not saying you should create crap. I'm saying you should create things revolutionary, innovative, on the next curve even with some element of crappiness to it. PS: Medical Students, ignore this slot! LOL!.
So, when I have an environment with creative people who are not worried to be crappy, I think the results will be exponential. More than what I could do alone!

Student Affairs Questions

How can students best prepare themselves for the future?

As a student, education should be the highest priority. Getting to classes on time, trying to get the best out of the teaching resources is the best thing a student should be good at. After making sure you are satisfying the academic purpose of being a good student, I encourage students to get ready for the future world by embracing overall development. When you enter the society after college: you should be a good leader, wise communicator, creative organizer and noble volunteer. These are something you can access through student associations and events. Try to be a more social person during your college life. From my experience, many of our successful alumni were student leaders or active student coordinators. The two are really inter-connected. Academics and personal development are two factors, which cannot be separated in order to be a successful person.

What do you expect from OECians

Try to be yourself, do not copy others. Think outside of the box and make your own plans and decisions. If you are not creative or do not have your own ideas, you will end up being an accessory which is programmed, just like a computer. Beware that artificial Intelligence is becoming more dominant in the future, so I suppose being a creative human can show advantages to withstand it.

Personal Questions

What is your greatest motivation?

To be frank, I am my own motivation. I always think I can do better but I do not compare myself with others. The fact that others being successful might not be a factor in my life. But I will be honest to myself I do evaluate my own performance and ask if anything can be changed. At the end of the day, I try to do better than what I did previously.

How would you describe your personal style?

Well, I would start with my biggest drawback. Sometimes I am too quite or talk less and may give a feeling of being too cold (although I don't mean to be). However, people who get along with me or know me for a long time will understand I am a rather easy going person.
I have a simple lifestyle and have a lot of plans for the future. I like to be self-supported and see myself as a future entrepreneur.

Keynote to students, do you have any advice to students?

Never wait for the opportunities to come looking for you nor wait for someone to come and help you. We should set ourselves in a position to create opportunities and help others.
Try to get closer to China by understanding the economic prosperity and dynamic policies. Learning Chinese Language and access to better China opportunities are two best assets of JSU experience.

International Culture Festival '19

Cultural diversity came alive in the morning of May 18th at Jiangsu University! The annual International Culture Festival (9th ICF) presented a lovely display of cultures from all walks of life. The library grounds were filled with vibrant color and teeming with life as students showed up in their cultural attires and exhibited a variety of heritage objects. Many people beamed with smiles and excitement as they got the chance to experience other cultures firsthand.

Several notable dignitaries graced the occasion with their presence: Qu Zhenyuan, Director of the 6th Council of China Association of Higher Education; Yan Xiaohong, President of Jiangsu University; Zhao Yutao, Vice President of Jiangsu University; Jin Lifu, Director of publicity department of Jiangsu University and leaders from Foreign Affairs Office of Zhenjiang Municipal People's Government, Zhenjiang International Exchange Center, Exit-Entry Administration Department, Zhenjiang Municipal Public Security Bureau, Zhenjiang Customs Inspection Department etc. and representatives from companies. Leaders from JSU's departments and colleges also graced the event.

Prof. Yan Xiaohong gave an opening speech and thanked the Chinese and foreign students for their contributions to the progress of the university, and hoped that with common ideals, we could explore the opportunities, strengthen exchanges and mutual learning among different countries, nationalities and cultures, and work together in a diverse, equal and tolerant cultural exchange atmosphere.

Mr. Wei Hongyang, Director of Foreign Affairs Office of Zhenjiang Municipal People's Government wished the culture festival a great success and quoted that Jiangsu University has responded positively to the "Belt and Road" initiative, adhered to the internationalization strategy and set up a bridge for international exchanges and cooperation. He also said that the International Cultural Festival has also become the brand event for the university's opening to the outside world. He hoped that Chinese and foreign students would better integrate into Zhenjiang's vivid lifestyle, become the ambassadors of friendship for cross-cultural exchanges, and play a better bridge role in the process of internationalization of Zhenjiang city.

Thanks to over 200 Chinese and overseas volunteers from Chinese Students Union and Hand-in-Hand Association. Without whose sincere hard work even in rain and wind, the ICF would have not been as successful as it has been. Thanks to Olive Media team for covering the ICF event from the beginning till end.

CREDITS:

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摄像：Olive TV: Kudakwashe、 Tatenda、 Walter 汪洋

CAPTURED MOMENTS

CAPTURED MOMENTS

A Word On Success

Success is likely the most sought after goal in life. It gives a person an air of confidence, a sense of well-being and a flair for leadership. However, success has different meanings to different people. Is success the achievement of professional goals? Is it the achievement of affluence and popularity? Or perhaps success is the attainment of a life of ease complete with people to love who love us in return?

Many dictionaries such as Oxford define success as 'the accomplishment of a desired aim or purpose'. This definition implies that the achievement of success begins with the individual. Since everyone has different aims, goals, and purposes in life. Therefore, before we attempt to achieve 'success' we must first look within ourselves to determine what goals we want to accomplish. We must determine what our aims are and at least attempt to define our purpose in life.

This may sound like a simple thing to do. But this will require self-awareness. In a study performed by Green Peak Partners and Cornell University in which 72 company executives were studied revealed that "a high self-awareness score was the strongest predictor of overall success." A point to note is that self-awareness is not exactly self-consciousness. Self-consciousness is an exaggerated form of self-awareness. It is a constant preoccupation with oneself. In contrast, self-awareness is much more insightful. It is the honest knowledge of one's character, feelings, motives, and desires.

In fact, a quote by Debbie Ford says self-awareness is "the ability to take an honest look at your life without attachment to it being right or wrong." This means to be self-aware, we must be able to step outside of ourselves, detach our subjective emotions and examine our character. This should lead to us pondering questions such as; how do I feel about this? Why did I do that? What do I really want?

If an honest assessment is done, it can lead us down several paths on which we can mold ourselves into success-oriented people. Is it difficult to achieve? Yes, because as humans we have an insatiable urge to portray ourselves in the most favorable light even when our conscience is aware this is false. Nevertheless, we should rest assured for this dilemma has intrigued psychologists and philosophers for centuries. Many of them recommend we be self-aware about all aspects of our thoughts rather than being aware of the current emotion(s) we are feeling.

In the end, much like everything else, it comes down to who we are as individuals. Do you want to be successful? Then we should attempt to be honest or as the ancient Greek Aphorism says, "know thyself".

Written by:
P. Mc Kenzie

PHOTOGRAPHY COMPETITION

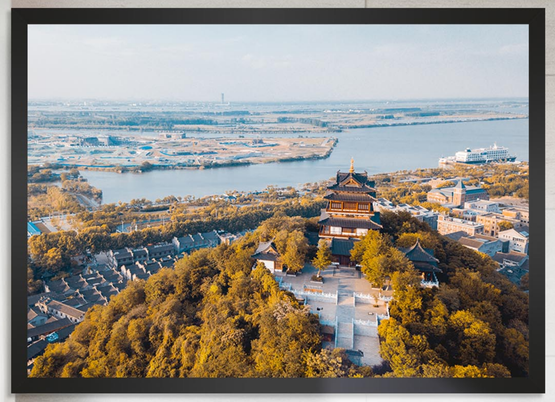
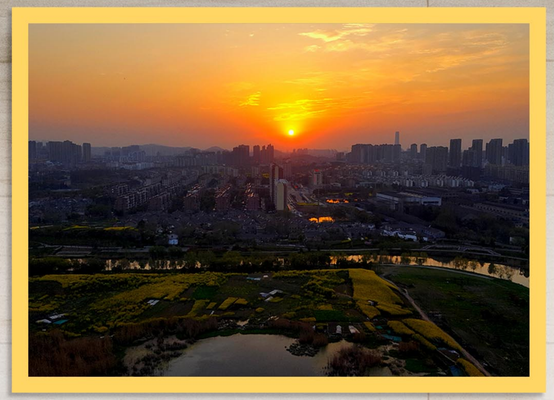


Photo by: Paul

Photo by: Hasan



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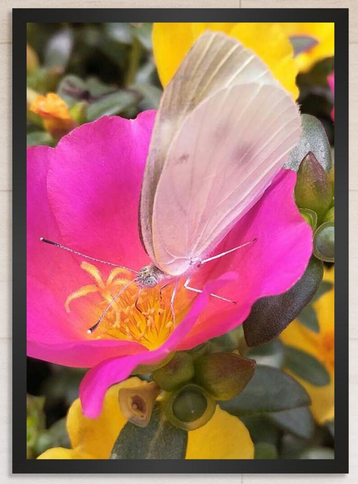

Photo by: Ismail Hussam

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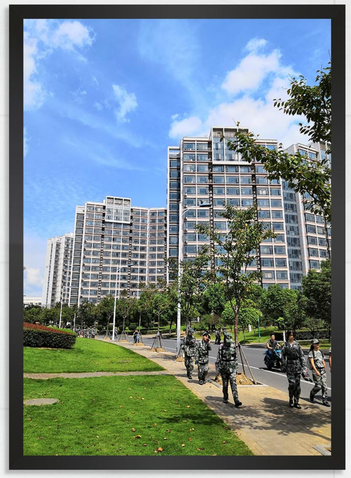


Photo by: Nisha

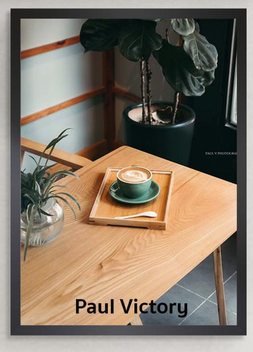
MY MASTERPIECE

Pranati Chaurasia

Pranati Chaurasia

MD Imran khan

MD Imran khan



Paul Victory

Fatima Abba El-Gujja

Sanjay Balasubramaniam

Fatima Abba El-Gujja

Sanjay Balasubramaniam

MD Imran khan

Fatima Abba El-Gujja

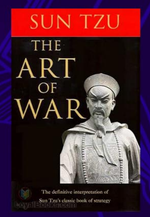
THE POWER OF A BOOK

Did you know that Bill Gates bought the most expensive book ever sold for a whopping $30.8 million? It was Leonardo Da Vinci's Codex Leicester. Did you know that during Nazi-Germany thousands of books were ceremonially burned in public? This was intended to prevent people from learning other ideologies. Did you know that after invasions one of the first acts of governance is to destroy manuscripts? Would be conquerors accurately concluded that people without knowledge of their history have no identity and therefore can be easily manipulated.

So why are these things significant? The answer lies in the fact that some people understand the power of written words while many people still do not. Sure, you may say everyone knows reading is good for us. However, what remains undisclosed is the mystic ability of a book to revolutionize the world by empowering people with knowledge.

Suggested Books

- The Diary of a Young Girl by Anne Frank
- Quotations from Chairman Mao Tse-tung by Mao Zedong
- The Art of War by Sun Tzu
- Encyclopedie by Jean le Rond d'Alembert
- Le Petit Prince by Antoine de Saint-Exupéry
- And Then There Were None by Agatha Christie



Society has come a long way from the dark days of illiteracy and one-dimensional thinking. In fact, the status-quo was challenged during the Enlightenment period also called the 'Age of Reason'. This was a movement during the 18th century that included heavy-weight thinkers such as Voltaire and John Locke who illuminated the capabilities of human intellect while emphasizing the need for reason, individualism and skepticism. The Enlightenment was a direct challenge to traditional ideas, norms and views ranging from society to nature. These free thinkers communicated their ideas through written works such as Encyclopedia and Discourse on Inequality which were published and widely distributed by a team of 150 scientists and philosophers.

If one were to analyze the history of the world, I believe everyone would recognize how monumental and influential these books were in molding society into what it is today.

It is because of these written works that we now understand the earth is spherical (specifically; oblate spheroid) rather than flat as previously believed. This knowledge encouraged men to sail west in search of new lands because they no longer feared falling off the edge of the earth. Today, this seems quite silly but that is because the Enlightenment pushed us to exercise our cognitive abilities and change our mode of thinking.

It further proved to be productive when it culminated in the French and American Revolutions, which gave birth to the nations France and the USA respectively. Nevertheless, it must be noted that this all began with a book. In fact, several elements of the books during the Enlightenment were incorporated into the American Declaration of Independence. In addition, they were also used in France's quest for liberty and equality for all. Both of which ultimately proved to be successful and has irreversibly transformed the world.

The transformative power of a book is also evident on much smaller scales. An anecdote that exemplifies this is the case of Malawian, William Kamkwamba, who rose to international fame in 2006 after he built a wind turbine using scrap materials. In reality, William himself revealed he built the electricity-generating machine after reading a book titled, Using Energy. Sure, this may not be beneficial for the rest of us but it absolutely changed his community. Today they no longer live at the mercy of nature. The farmers, because of William, can plant and sell their crops all year round, thereby, improving their standard of living. Nevertheless, we should appreciate the fact that a book empowered this young man with enough knowledge to introduce life-saving changes in his community.

Written by:
Pheona Mc Kenzie

Special Feature

CHAVAN
Rohankumar Shashikant

Nationality: Indian
Major: MBBS 2016
Position: Olive Media Head of Photography; On-field Secretary of ISSA

What is your greatest dream? To be a successful person and to build a multi specialist hospital where poor and needy people can get free treatment and medication.

Name 2 things you can't leave your home without. a. Hugging my dog b. My spectacles.

If you had the power to instantly change something, what's one thing in this world you would change? The mentality people have towards animals. Some people just don't like animals but animals have a heart and they're more loyal than a person. Not all animals are good, I agree, but not all animals are bad as well.

What do you enjoy most about what you do? The smile on people's faces when we win an event. It's nice to see the pictures on some articles and WeChat posts where people are happy and enjoying the events that we organized for them.

Any advice for fellow students? Set a goal and don't stop until you achieve it. Even if you fail don't dwell too much on your loss instead start afresh. Trust and believe in yourself. I get motivated by reading a poem called 'If' by Rudyard Kipling.

HUSEIN
Mansuur

Nationality: Ghanaian
Major: Masters in Environmental Science, 2017 Spring
Position: Olive Media Editorial Board Member, Writer

What is your life motto? What must be done needs to be done well because I am an ambitious person. When I aim to achieve something I will go through all odds to achieve it. I always used to tell my younger mates 'Do the right thing, at the right place, at the right time'.

If you could be any animal in the world, which animal would you be and why? An eagle, reason being when I have a focus I try to achieve it irrespective of the odds I face. Just as an eagle that is soaring in the sky spots its prey, it focuses on it and then grabs it.

How do you stay positive all the time? I try to be self- motivated because you shouldn't wait for conditions to determine how happy you become. With that you're rest assured whether in a good or bad mood, you [illegible] yourself in a positive [illegible].

Any advice to other writers? Firstly, it's important to research on the topic you are to write on. Just to get an idea on how to write it. Secondly, try to put yourself in the shoes of your reader. Consider your audience so you can ensure that what you're writing will benefit your readers and also interest them. Another thing is take note of the contextual frame of what you're writing.

If you could have dinner with one person, living or dead, who would it be? The owner of Manchester City, Sheikh Mansour.

YANG
Jin

Nationality: Korean
Major: Chinese Language, 2018
Position: Olive TV editor, Jewels book Club Secretary

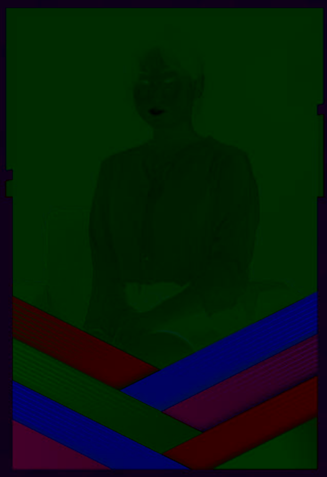
What is your greatest dream? I just want to live a happy life and live a life that can inspire me. I want to live a happy life with the people that I love and my pets.

Who inspires you? My mom because she is my mentor. I can whenever I want to do something very passionate about a lot of things and I love her passion. When I spend time with her it gives me a new energy.

What is your passion? I read a book about responsibility. In the book it said you might think that serendipity, misfortune doesn't concern you at all but actually it does. Maybe you're one of the factors without realizing it. After I read that book I thought of it's possible I want to help others and try to make them happy. Maybe I can do a small thing with my friends to help the world around me.

What is your greatest fear? Tunnels and narrow, dark places. They make me nervous.

What is the greatest lesson you've learnt from being in China? Having an open mind. I think it's important to experience a lot of things even though you are not used to it you should have courage. Sometimes when you think it's uncomfortable I try to tell myself that this is interesting. If you have that mind set you will be fine anywhere you go. It also helps you make new friends.



CATHERINE

Nationality: Indonesian
Major: Chemical Engineering & Process, 2018
Position: Olive Media Editorial Board Member, Writer

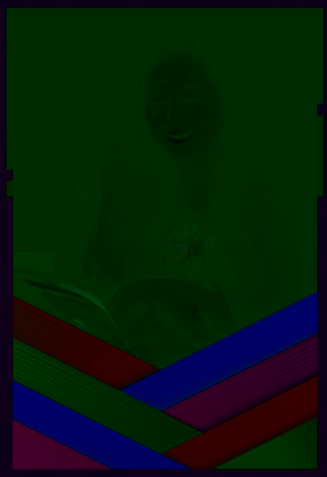
Who inspires you? My dad because he's very hardworking and he always tries his best so his family can be happy. He is very affectionate towards his family and basically he has got every thing (laughed).

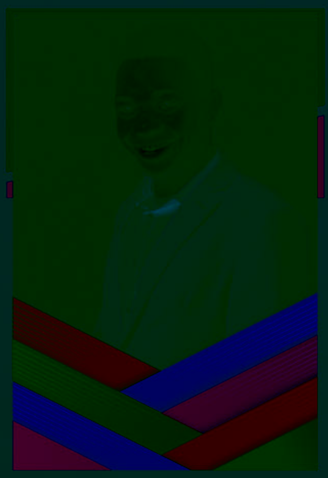
What is your greatest fear? Failure, but I overcome it by reminding myself that they're big and we can always do better next time.

If you could be any animal in the world, which animal would you be and why? A puppy, they play and look so happy all the time, and they're wholesome. You need to be happy all the time.

What are some tips you have for learning Chinese? Be familiar with the tones. Sometimes taking in a different tone can give a different meaning and be very misleading. So definitely pay attention to them.

What's something that people would be surprised to know about you? Some people think I'm loud, others think I'm quiet, but I am both.





KAMBALA
Isaac

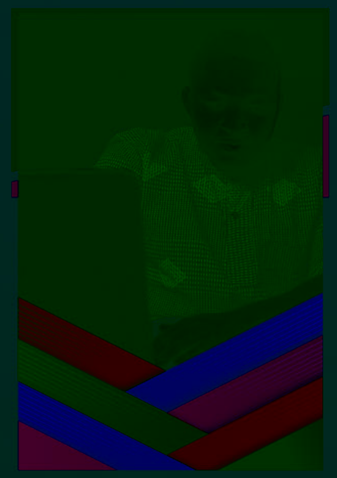
Nationality: Malawian
Major: Civil Engineering 2015
Position: Olive TV Editor & Videographer

What is your greatest dream? After starting videography I realized that I really enjoyed it, so I look forward to starting my own media and sound company, not just for fun but as something I can do for a living.

Name a movie you feel describes your life. Gifted Hands, because the early parts of my life were a bit rocky and I had to decide whether to remain the same or better myself. Now every time I want to do something I am to be better than before.

What is the greatest lesson you have learnt while studying in China? Meeting a lot of different cultures has has showed me that no matter where you are, treat people well and make friends because people are the key to your success and can help push you forward. There is no person that I know who achieved what they have achieved without people.

What advice would you give someone in the same field as you that is starting from scratch? There is nothing easy to do in this world, but that doesn't mean it's impossible to do. If someone is able to do something even if it's just one person, it means that something is possible. You shouldn't feel limited to introduce something into the world. If you want to do it, you can do it.



BRAM
Andrew

Nationality: Ghanaian
Major: Masters in Mathematics, 2018 Spring
Position: Olive Media Head of Design

How do you stay motivated? I am motivated by my purpose. Based on my talent in design and the passion I have for it, I'm driven to that line as I am always distracted. In identifying my purpose, I'm motivated to press on and do the very best I can.

How do you stay creative? In order to boost my creativity I use online resources to keep up with new trends to help improve my work as a designer.

What is the most difficult aspect of what you do? For designers, keeping the client happy is the most difficult aspect of the job, because every client has their own vision and ideas on what they want for their product. Therefore it is our duty to correctly represent what they want in a graphical form. This can sometimes be difficult because of misunderstandings and misinterpretations when the idea is explained.

How did you get into design? I had a small background in art when I was in junior high school. Much later on when I was filling my undergrad I tried in for the designer in a choral [illegible] that I was in. This is how I started.

What Is A Cashless Society?

And What Are Its Implications?

Researchers define a cashless society as "an economic state whereby financial transactions are not conducted with money in the form of physical banknotes or coins, but rather through the transfer of digital information (usually an electronic representation of money) between the transacting parties. Cashless societies have existed from the time when human society came into existence, based on barter and other methods of exchange, and cashless transactions have also become possible in modern times using digital currencies such as bitcoin." Examples of such cashless transactions include Alipay and WeChat which most if not all of us use on a daily basis.

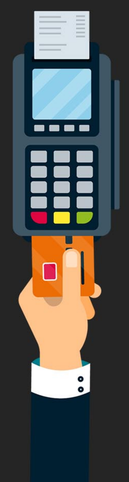
While we all use cash from time to time, due to the efficiency and convenience of cashless transactions the majority of the population understandably prefers paying through their phones or cards. Some countries are even taking steps to turn their societies completely cashless. For example, Sweden will stop accepting cash as a form of payment in 2023 making it the first official cashless society in the world. This raises the question, what are the implications of a cashless society?

PROS

- Lower crime because there's no tangible money to steal
- Less money laundering because there's always a paper trail
- Less time and costs associated with handling paper money as well as storing and depositing it
- Easier currency exchange while traveling internationally

CONS

- Exposes your personal information to a possible data breach
- If hackers drain your bank account, you'll have no alternative source of money
- Technological problems can leave you with no access to your money
- The poor and those without bank accounts will have difficulty paying and receiving payments
- Some may find it harder to control spending when they don't see physical cash leaving their hands
- Banks may start charging fees to compensate for possible negative interest rates



The Pros explained:

I think it is fair to say that at one point or another in everyone's life money has been misplaced or stolen. It is not always easy to keep track of our cash but with the absence of cash, losing money by thievery or carelessness becomes more complicated than it used to be. In the age of the internet and technology, it should not come as a surprise to anybody that anything you do online is recorded. Due to this, a cashless society would make eradicating crime a little easier as it would be more difficult to make transactions undetected without the anonymity of cash.

There would be less resources used to print bills and make coins, lower physical security costs as banks and businesses would no longer store and transport large amounts of cash. Lastly imagine travelling to your favorite destination and not having to worry about changing money, currency exchange rates, and losing or getting your cash stolen whilst in a foreign country. That sounds like a dream vacation to me.

The Cons explained:

Internet security is one of the hottest topics nowadays. Everyone is worried about who has access to their information, how they can use it and even what information of theirs has been collected on some servers somewhere, and introducing finance to the topic makes it even more complicated. We are now even accustomed to reading and hearing about stories of fraud, hacking and stealing via internet transactions. Those who feel unsafe using online banking still use cash, so what happens when cash is no longer an option?

There are other potential cons like fees, interest rates and technological issues but a huge con that is becoming more apparent by the day is a cashless society's impact on inequality. It is not a coincidence that the countries closest to having cashless societies are the richer ones, the "first world countries" the privileged ones, a portion of the world population still does not have access to the internet and such societies would put such people at an even larger economic disadvantage than they are already at.

Even those who have access to the internet may not possess or be able to afford the high-tech devices equipped with the features compatible with cashless transactions. The last con is one we have all probably felt already, it is easier to spend a 100 yuan on Alipay than it is to spend it in cash When you spend with cash, you feel the "pain" of every cent you spend. But, with electronic payments, it is easy to swipe, tap, or click without noticing how much you spend. Consumers will need to renew their efforts to manage spending.

As multiple nations progress towards being cashless societies, many questions remain unanswered. A lot of systems and infrastructure have to be put in place before we can completely eradicate the use of cash ,until then we can only speculate on what a reality without cash looks like.

Writer: Gugulethu J Nyathi

OLIVE HUMOUR

FEATURING: THE SIMPSONS

JOKES

1. I don't think being friend zoned is a thing. But i imagine it would feel a lot like when amusement parks let me buy a ticket and then tell me i'm too fat for the rides

4. Relationships are a lot like algebra.

Have you ever looked at your X and wondered Y?

2. A woman gets on a bus with her baby. The driver says: "Ugh, that's the ugliest baby I've ever seen."

The woman walks to the rear of the bus and sits down, fuming. She says to the man next to her: "The driver just insulted me."

The man says: "You go up there and tell him off. Go on, I'll hold your dog for you."

5. I want to re-enact a scene from Fifty Shades of Grey.

You know the one where she gets a job straight out of college?

3. My old aunts would come and tease me at weddings. "well Lucy? do you think you will be next?"
We settled this quickly once I started doing the same to them at funerals.

6. Teacher: Brian, what is the chemical formula for water?

Brian: H-I-J-K-L-M-N-O.

Teacher: What are you talking about?
Brian: Yesterday you said it was H to O.

7. I was on a flight the other day and I found I'd been seated next to a beautiful young woman.

As I sat down next to her I said, "Does the airline charge you extra for sitting next to good-looking men?"

She said, "Yes, but I wasn't prepared to pay."

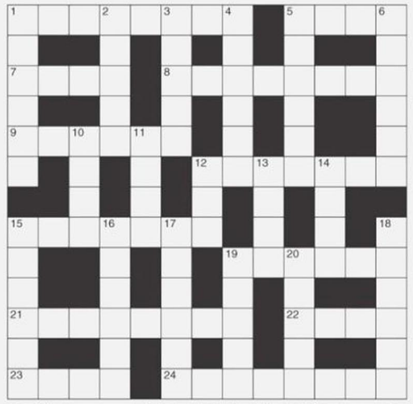
LAUGHTER IS THE BEST MEDICINE BUT, IF YOU'RE LAUGHING WITHOUT A REASON, YOU NEED **MEDICINE!**

ACROSS

1. US volcano, Mount ... (2,6)
5. Supersonic planes
7. Taj Mahal city
8. Cambridge & Oxford universities
9. Treeless Arctic zone
12. Coniferous tree found in Europe
15. Vienna is there
19. Croatian capital
21. Peninsula in southwest England
22. Manchurian river
23. Central attraction of Piccadilly Circus
24. Region that includes Japan, China and Korea (4,4)

DOWN

1. Roughly built settlements, ... towns
2. Large African antelope
3. Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
4. Underground train system
5. City of northwest India
6. People from Stockholm
10. Scotland's monster lake, Loch ...
11. German industrial region
12. Washington-based spy group (1,1,1)
13. Italy's Leaning Tower of ...
14. Kuwaiti ruler
15. Native American tribe
16. Sport played at Wimbledon
17. Earth's glacial period (3,3)
18. Portugal and Spain
19. Bantu peoples of Natal
20. West African nation



TRY OUR **ALL ARROUND THE WORLD** PUZZLE!

RANDOM, BUT INTERESTING, FACTS

1. Leonardo Da Vinci was ambidextrous

2. Jellyfish, or jellies as scientists call them, are not fish. They have no brain, no heart, and no bones.

3. Scientists say that the best time to take a nap is between 1 p.m. and 2:30 p.m. because that is when a dip in body temperature makes us feel sleepy.

4. The brain of an ostrich is smaller than either of its eyes.

5. It is considered rude to write in red ink in Portugal and some Asian countries.

6. Russia did not consider beer to be alcohol until 2011. It was previously classified as a soft drink.

7. A cockroach can survive up to 9 days without its head.

8. Hearing is the fastest human sense. A person can recognize a sound in as little as 0.05 seconds.

BRAIN TEASERS

Q1: Two girls played and completed five games of chess. Each of them won the same number of games and none of the games was tied. How did it happen?

Q2: A girl is sitting in a house at night that has no lights on at all. There is no lamp, no candle, nothing. Yet she is reading. How?

Q3: Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

Q4: How many months have 28 days?

Q5: Using only addition, how do you add 8's and get the number 1000?

Q6: I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

Q7: What English word has three consecutive double letters?

Q8: What disappears as soon as you say its name?

Q9: A is the brother of B. B is the brother of C. C is the father of D. So how is D related to A?

ANSWERS ARE ON PAGE 50

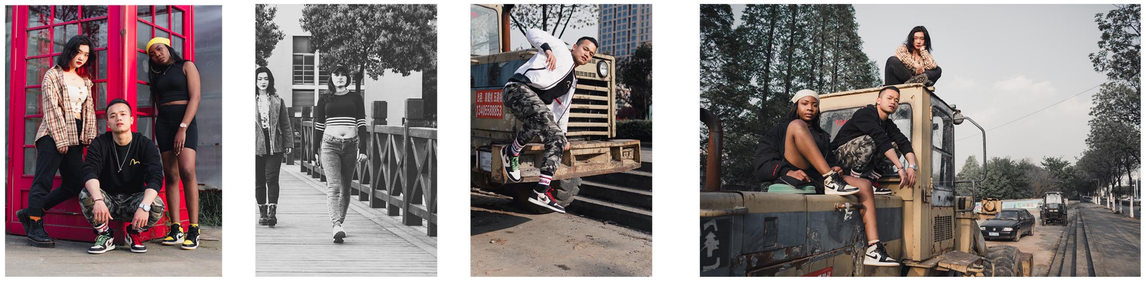
OLIVEDAILY X TRENDSETTERS

Trendsetters is aiming to fill the gap between foreign students by creating a new language through Fashion. It gives everybody the opportunity to showcase their own sense of fashion through photography by hosting photoshoots hence breaking the boundaries and separation between foreign students and Chinese nationalities.

Director, Writer, Visuals (The Olive Media): Cladette
Director (Trendsetters): Lesley
Photography: Paul V Photography

Denim Wear

HypeBeast



Smokey Summer

Spring

One POT RECIPES

LASAGNA

The easiest 30-min lasagna you will ever make in a single pot – no boiling, no layering, nothing – the pasta gets cooked right in the pan!

INGREDIENTS

- 1 tablespoon olive oil
- 3 Italian sausage links, casing removed
- 1 (14.5-ounce) can diced tomatoes
- 1 (8-ounce) can tomato sauce
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper flakes, optional
- 8 ounces farfalle pasta
- Kosher salt and freshly ground black pepper, to taste
- 1 cup shredded mozzarella cheese
- 1/4 cup freshly grated Parmesan
- 1 cup ricotta cheese
- 2 tablespoons chopped fresh parsley leaves

INSTRUCTIONS

- Heat olive oil in a large skillet over medium-high heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
- Stir in diced tomatoes, tomato sauce, oregano, basil, garlic powder, and red pepper flakes; season with salt and pepper, to taste.
- Bring to a simmer and stir in pasta and 2 cups water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through about 13-15 minutes.
- Remove from heat. Stir in mozzarella and Parmesan until well combined. Using a small cookie scoop, top with dollops of ricotta and cover until heated through, about 2-4 minutes.
- Serve immediately, garnished with parsley, if desired.

STUFFED PEPPER SKILLET

One Pot Wonder Stuffed Pepper Skillet is a simple, one skillet meal that's beefy, cheesy, sweet, and savory like traditional stuffed peppers and ready in half the time.

INGREDIENTS

- 1 lb. extra lean ground beef
- ½ cup uncooked rice
- 1 (15 oz.) can petite diced tomatoes
- 1 (8 oz.) can tomato sauce
- 1 cup beef broth
- 2 medium sweet bell peppers seeded and chopped
- 1 small yellow onion chopped
- 2 tbsp. packed brown sugar
- 1 tsp. Italian seasoning
- 1 tsp. salt
- ½ tsp. ground black pepper
- ½ tsp. minced garlic 1 clove
- 1 cup shredded Italian cheese blend

INSTRUCTIONS

- In a large skillet over medium-high heat, break up the beef with a wooden spoon. Cook until no pink remains about 8 minutes. Drain the excess fat.
- Add the rice to the cooked beef. Cook until the rice is golden brown (2-3 minutes), stirring occasionally.
- Add the remaining ingredients, except for the cheese. Stir well. Bring to a rolling boil. Reduce the heat to medium-low and cover the skillet.
- Cook, stirring occasionally until the liquid is absorbed and the rice is tender. It will take 20-25 minutes for white rice and 40-45 minutes for brown rice.
- Top with cheese. Cover the skillet and let it rest for 5 minutes to melt the cheese.

CREAMY CHICKEN & NOODLES

This One Pot Creamy Chicken and Noodles is an all-time favorite. Full of tender noodles, chicken and veggies in a creamy sauce and cooked in one pan for easy clean-up, this recipe is a weeknight dream.

INGREDIENTS

- Chicken breast
- Onions
- Carrots
- Celery
- Cream of Chicken Soup
- Milk
- Fettuccine Noodles
- Cheddar Cheese
- Herbs & Spices (thyme, parsley, garlic)

INSTRUCTIONS

- Sauté the vegetables and chicken with salt and pepper until the chicken is almost cooked through. A little pink is ok; it will continue cooking later.
- Add the liquids, dry pasta and seasonings.
- Bring it all to a boil and cook for about 20 minutes until pasta is tender.
- Optional – Sprinkle with cheese and cover for 5 minutes to melt. Garnish with fresh parsley

Written by:
Georgia Mawuena Godsway

BUSINESS FUN FACTS

Written by: Aisha Alexis Subria Thompson

The world of business is a fascinating and scintillating environment that is conducive to growth, development, creativity and an abundance of innovative ideas, as such, it is always changing. In business, as technology evolves rapidly, large and small companies face the challenge of keeping pace. With every new trend business owners are in danger of being left behind and losing out to their competitors, they then need to consider major industry shifts, new marketing strategies and new technologies that will significantly impact the way they operate going forward. If you believe that starting your own business feels like a gamble, you are probably right. There are no guarantees in life. But as Albert Einstein once said, **"A person who never made a mistake, never tried anything new."**

FUN FACT

I don't think of work as work and play as play, it's all living.
Richard Branson

Did YOU KNOW?

1. WAL-MART AVERAGES A PROFIT OF $1.8 MILLION EVERY HOUR.
2. THE WORLD'S 100 RICHEST PEOPLE EARNED ENOUGH MONEY IN 2012 TO END GLOBAL POVERTY FOUR TIMES OVER.
3. CHINA IS THE WORLD'S LARGEST PRODUCER OF CEMENT. IN 2 YEARS, CHINA PRODUCED MORE CEMENT THAN MOST COUNTRIES DID IN THE ENTIRE 20TH CENTURY.
4. CHINA HAS THE 2ND LARGEST NUMBER OF BILLIONAIRES IN THE WORLD (US 1ST) AND ADDS MORE THAN 40 EACH YEAR.
5. MORE PEOPLE IN THE WORLD HAVE MOBILE PHONES THAN TOILETS.
6. IT COSTS SIX TIMES AS MUCH TO START A SMALL BUSINESS IN INDIA AS IT DOES IN THE USA.
7. GAMBLING GENERATES MORE REVENUE THAN MOVIES, SPECTATOR SPORTS, THEME PARKS, CRUISE SHIPS, AND RECORDED MUSIC COMBINED.
8. APPLE'S IPHONE AND IPAD RETINA DISPLAY IS ACTUALLY MANUFACTURED BY SAMSUNG.
9. SEVENTY PER CENT OF SMALL BUSINESSES ARE OWNED AND OPERATED BY A SINGLE PERSON.
10. SAMSUNG ACCOUNTS FOR 20% OF KOREA'S GROSS DOMESTIC PRODUCT (GDP).
11. IF YOU HAVE $10USD IN YOUR POCKET AND NO DEBTS, YOU ARE WEALTHIER THAN 25% OF AMERICANS.
12. THE VOLKSWAGEN GROUP OWNS BENTLEY, BUGATTI, LAMBORGHINI, AUDI, DUCATI, AND PORSCHE.

TECHNOLOGICAL
ADVANCEMENTS IN BUSINESS

Written by: Aisha Alexis Subria Thompson

"The advance of technology is based on making it fit in so that you don't really even notice it, so it's part of everyday life" - Bill Gates

Owing to this era of endless innovation, the only prediction for the future you can be 100% guaranteed of is that future of business will look very dissimilar to what it looks like today. There has been monumental progress regarding the use of technology, it is therefore reasonable to expect that by the year 2020 more and more technological advancements will be deeply entrenched in both business and consumer activities.

AI for Everybody

It is apparent that there is an Artificial Intelligence revolution impending. Artificial intelligence has so far been mainly the plaything of big tech companies like Amazon, Baidu, Google, and Microsoft, as well as some start-ups, where it has created efficiencies and produced new products and services. Right now the use of AI is dominated by a relatively few companies, but as a cloud-based service, it could be widely available to many more, giving the economy a boost. Machine-learning tools based in the cloud are bringing AI to a far broader audience. Cloud-based AI is making the technology cheaper and easier to use. Microsoft, which has its own AI-powered cloud platform called Azure, is teaming up with Amazon to create Gluon, an open-source deep-learning library. Gluon is supposed to make building neural nets—a key technology in AI that crudely mimics how the human brain learns—as easy as building a smartphone app.

IoT becomes BIoT

There is no underestimating the potential for fast growth in our hyper-connected world. One prime example of this is the Internet of things (IoT), which involves adding smart sensors to connected devices. IoT has begun to carve a niche for itself in everyday life with the growing adoption of systems like Google's Home and Amazon's Alexa. These devices will continue to integrate more aspects of the home into one harmonious system by utilizing the internet, allowing a user to control anything from their air conditioning to their security system via voice command and a small personal assistant; this enables users to do things like ask Amazon's Alexa to turn off the lights or order a pizza.

The Combination of IoT with blockchain —or BIoT—ushers in a whole host of new services and businesses. Blockchain, one of the underlying technologies for the hot cryptocurrency bitcoin, can make IoT devices even more useful. It creates a digital record across hundreds or thousands of computers, vastly reducing the risk of hacking. For example, BIoT is an ecosystem that connects you to devices and devices to each other; it can be used to track shipments of pharmaceuticals and to create smart cities in which connected heating systems better controls energy use and connected traffic lights better manage rush hour traffic.

Apple has announced its plans to roll out the HomePod this year and Samsung is reportedly working on their Bixby technology in order to compete with the success of the Google and Amazon systems. You can expect that one of these devices will be simplifying life in your home and the homes around you by 2020.

The year of the bots

We all have gotten use to speaking with bots whenever we call to make airline reservations or to confirm our bank account balances. The use of natural language bots will expand from use as automated customer service agents to become routine for daily living. Home bots will be programmed to do more than just respond to requests, they will have the ability to provide timely information such as, "It's time to take your medicine", "don't make that purchase or you will be over your credit limit" or "your parking meter expires in two minutes." Bots will help with the children, act as financial investment advisors, and be value-added from the brands you trust. With phones staying in our pockets, businesses will likely spend more on creating chatbots in the future than on apps in an effort to better serve their customers.

Augmented reality goes mainstream

Pokémon Go unleashed a billion-dollar demand for augmented reality (AR) entertainment, and major technological brands are taking notice. Thanks to the introduction of affordable augmented reality glasses, our phones will remain in our pockets and Heads Up Displays (HUD) will improve how we work, shop, and play.

Imagine walking down the street in a foreign country, for example, and having the entire store signs instantly translated into English thanks to your trendy new sunglasses. HUDs, best known today as the instrument gauges that fighter pilots monitor on their visors or windshields, will make this a reality, as this technology is expected to become standard in consumer eyeglasses.

Plans are in place to revolutionize our entire shopping experience, as AR will customize in-store experiences with mannequins that match your body type and display enough virtual inventories to rival any online site. Merchants will create AR experiences with their packaging so that demonstration videos can appear when you look at the product on the shelf or celebrity spokespeople can magically stand in the aisle to pitch the product. Virtual pop-up stores are planned to appear anywhere that crowds are gathered (in a stadium, a busy street corner, or even inside the subway). These non-brick and mortar retail locations will bring new opportunities for merchants to create engaging shopping experiences anywhere with accessible bandwidth.

Wi-Fi will become a thing of the past as Li-Fi, a new light-base wireless connection with data speeds 100 times that of Wi-Fi, will bring high-definition virtual objects into stores. With Li-Fi and AR, consumers can see limitless virtual inventory in store, at scale, at any given time.

The real promise of AR is to bring people the information they need without having to ask for it. With just a wave of your hand, a car salesperson can change the model, colour, and customized features of the car "sitting" on the dealership's showroom floor. Combining real and virtual objects will not only enhance but transform all our out-of-home experiences. Just imagine that sports stadiums will be brought into the 21st century with personalized HUDs of players on the field. Imagine watching a live football game in the stadium and seeing personalized stats floating above the fantasy sports players you follow. In the same breath if you choose to watch from home, AR has the potential to bring the excitement of life-size matches into your living room.

OEC Alumni Success Story

Pooja Bharadwaj

We are proud to have you as part of Jiangsu University's Alumni Please briefly tell us about yourself.

I am Pooja Bharadwaj, a 2018 medical graduate from Jiangsu University. I was crowned Tiara Miss India 2019 and will be proudly representing my country-India on a global platform. I am more than honoured to be a JSU Alumni.

How does it feel winning such a prestigious honour?

I am absolutely ecstatic. It is totally surreal! Coming from a medical background, the Pageant world has always seemed to be very glamorous but I would say the crown is not only made of pretty stones but rather a lot of discipline, commitment, passion and definite courage. The courage is to step out of your comfort zone!

How do you think Jiangsu University contributed along the path to your success as Tiara Miss India?

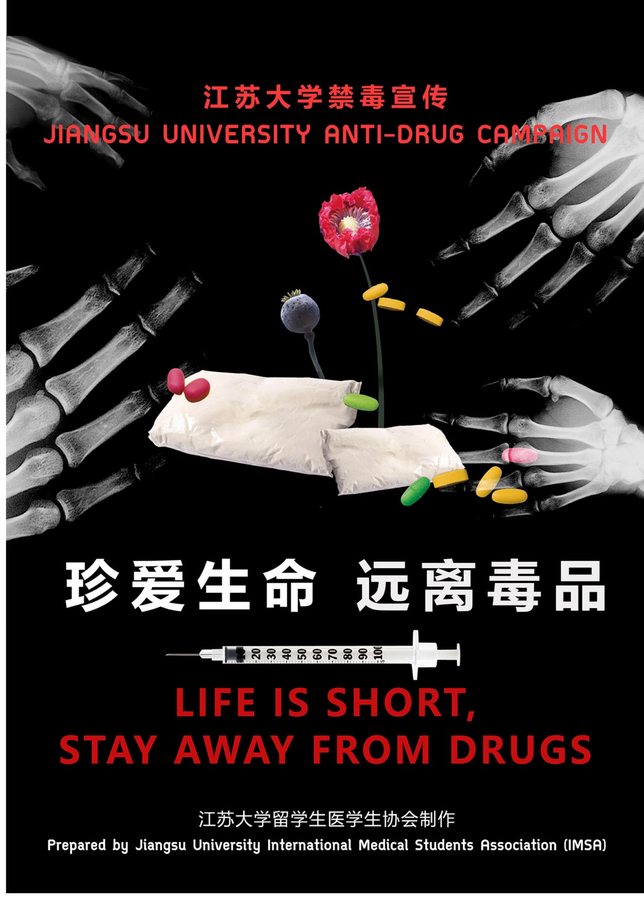
I truly believe that a major part of my success could be attributed to JSU. Not only academically but all the amazing experiences I encountered in JSU. From being a part of my lovely Olive media team(which gave me an opportunity to work behind the camera covering events , to be in front of the camera hosting & anchoring) , to being on the stage, helping me overcome my stage fright & discovering my love for the microphone and stage , to being a part of the sports team. Also, the encouragement we received as students to be good representatives of our countries and making us realise how much of a huge responsibility we hold as ambassadors of our nations; not only at cultural festivals events but every second of the time we were abroad.
Also, haven made so many amazing friends from all parts of the world, some of which I am truly grateful for having in my life. It served as a platform to learn about various beautiful cultures and traditions whiles sharing my values and cultures with them. JSU Indeed helped me grow in various aspects of my student life.

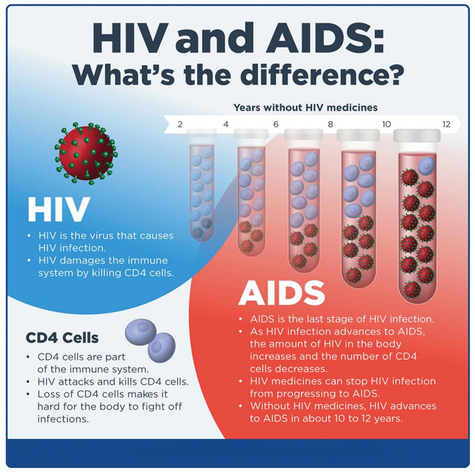
What is your objective opinion towards beauty pageants?

I would say beauty pageants had a mixed response in earlier times but in the recent years we can see that they are not only about having a pretty face but rather a soul with purpose. That is the purpose to make the world a better place. This is because it provides you with a platform to promote your social cause. It also helps women feel more empowered and to be good role models.

As the new Miss Tiara India, what is your advice for lovely ladies like you that would like to follow along this path?

Go for it. Do whatever you want to do with zero expectations and good intentions. We are all here to make a difference and there is nothing that shall stop us, so keep your heads up and stay confident, I wish all the lovely ladies out there the very best luck.





GET TESTED,
BEFORE ITS TOO LATE..

The Jiangsu University International Medical Students Association (IMSA) and JEWELS Association for Ladies in association with OEC of JSU have contacted the Center of Disease Control and negotiated a discount package for testing Sexually Transmitted Diseases (STDs) such as ***HIV, Syphilis, Hepatitis A and Hepatitis B.***

Price: 100 RMB only

PRIVACY OF RESULTS ASSURED!

You can get tested and receive results personally.

Where to get tested: 镇江市出入境检验检疫局，地址: 东吴路84号

Yellow Pages

Jiangsu University Overseas Education College Information Guide

- Services on Campus
- Useful locations
- Associations on Campus
- OEC Contact Details

"One-Stop Service Center"

This facility provides comprehensive services at one center to avoid students having to visit multiple departments for administrative services. OEC provides services to international students at Counters #21 and #22.

- **Location:** Beside overseas students canteen
- **Residence Permit:** Tuesday & Thursday
- **Accommodation (on & off campus); Student ID Card Registration; Student ID Card Application; Submission of the Bank Deposit Slip:** Monday Morning, Wednesday Morning & Friday
- **Tuition Fee Inquiries:** Tuesday
- **Transcripts:** Wednesday Morning (PG Transcripts & Pre-Graduation Monday Afternoon & Thursday (UG Transcripts & Pre-Graduation Certificates)
- **Inquiries on Teaching Affairs:** Monday Afternoon & (UG Inquiries)
- **JW202 Application:** Tuesday & Thursday (if lost)

Popular Study Locations

School of Pharmacy
Behind C7/8 dorms
WiFi
Air Conditioning

JingJiang Building
Near G6 dorms
WiFi
Air Conditioning
Canteen nearby

JSU Library
Cafeteria area
WiFi
Air Conditioning

School of Medicine
Behind C7/C8 dorms
WiFi
Air Conditioning

SMSLM
Behind C7/8 dorms
WiFi
Air Conditioning

Cafe
Near C5 dorm
WiFi
Air Conditioning

Associations on Campus for Overseas Students

Olive Media (Olive T.V., Olive Photography & Olive Daily)
- News & Entertainment

IMSA (International Medical Students Associations)
- Seminars, competitions & other activities primarily for Medical & Pharmacy students

AIES (Association of International Engineering Students)
- Workshops & other activities primarily for engineering students

IBSA (International Business Students Association)
- Business related events & training

ISSA (International Students Sports Association)
- Sports & fitness

HIH (Universal Hand In Hand Association)
- Volunteering & charity work

JEWELS (International Ladies Association)
- Involved in women's' welfare

OEC HeART (The ART of Hearing Psychology Association)
- Manages psychological welfare of all students

DIVERSITY CLUB for Performing Arts
- Fosters cooperation between Chinese & International students through talent.

SAM (Society of Agricultural Mechanization)
- Manages opportunities in agricultural mechanization

PG Academic Club (Post-graduates Academic Club)
- Maintains academic welfare of post-graduate students

OEC Offices & Contact Details

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937230153@qq.com

Me & China

Moments cherished by international students of Jiangsu University and Chinese locals.

OECIANS PLANT TREES FOR A GREENER COMMUNITY

On March 5, 2019 Jiangsu University's OECians from Ghana, Cameroon, Pakistan, Nigeria, Malaysia etc. visited a local community of Runzhou District in Zhenjiang City. By planting trees with community volunteers, the OECians gave their support to developing a green planet as they helped in contributing to the community's environment protection.

OECIANS GIVE HAIR CUT TO LOCALS

On March 8, 2019 falls the Chinese traditional custom "Shaving the Dragon Head" which is the second day of the second lunar calendar. Jiangsu University OECians visited a community hall at Runzhou District of Zhenjiang City to experience the custom of having the first haircut of the Chinese Year. They used their skills to give voluntary haircuts for residents while experiencing local folk customs.

OECIANS EXPERIENCE TEA CULTURE

On April 14, 2019, Jiangsu University OECians from Ghana, Pakistan, Uganda, Zimbabwe and Congo visited Linyin Tea Expo Garden in Guantangqiao Village, Runzhou District, Zhenjiang City. They learned to pick spring tea, experience tea art and feel the charm of tea culture under the guidance of tea artists.

OECIANS PAINT TO SUPPORT GREENER WORLD

On April 21, Jiangsu University OECians from Ghana, Pakistan, Morocco etc. visited Heiqiao community of Jinshan Street in Zhenjiang City. They painted pictures representing environmental protection on the wall with children to express their wishes to protect the earth's environment and build green home. This event was to mark the arrival of World Earth Day, which is celebrated on April 22 every year.

OECIANS JOIN HANDS FOR TEACHING AID

On July 7, 2019, more than 60 Chinese and foreign university student volunteers from the "Big Eye" Jiangsu University Teaching-Aid Team went to Gansu, Jiangxi and Anhui Provinces to carry out a one-month summer public welfare education campaign to care for the left-behind children in the local countryside. Every year, Jiangsu University joins "Big Eye" to assist in teaching-aid for the needy. This way they give their contribution and show love to society.

OECIANS VOLUNTEER AT COMMUNITY CLASSES

On July 1, 2019, the "Summer Classroom" in Jingji Road Community of Zhenjiang City began for children. OECian volunteers from Jiangsu University joined the Chinese volunteers to assist the community classes. They volunteered to help children learn English conversation and read classical poems. The volunteers are also eager to regularly guide children and carry out popular science, literary and sports activities to enrich their summer life.

2019 JSU

Autumn Graduation

CLASS OF 2019

BACHELORS

BACHELORS IN BUSINESS ADMINISTRATION

MUGISHA JEAN GENTIL
HERMELA WELDEMARIAM HALEFOM
FREDRICK OWUREKU AKUFFO
BESIR YEABESERA AYELE
EMMANUEL TAPIWA MAPENGO
NIPIEAL WORKU WOUBE
NITEKA NANCY DANIELLA

BACHELORS IN CIVIL ENGINEERING

MUGISHA MAGNIFIQUE
MOHAMOUD OSMAN NOUR
IZERE NANCY SHEILA
RANASINGHEGE YENUSHI YASUNDARA
DUSABE BENIGNE
NDHLOVU CLIVE
ABDULLAH HASAN ALI ALI GAAMOM
UMER FAROOQ

BACHELORS IN CHEMICAL ENGINEERING AND PROCESSES

AIMEE LAURA NIKUZE
NKUM FRANCIS
SHEKHA ABDULRAHMAN SALIM ISSA

BACHELORS IN COMPUTER SCIENCE AND TECHNOLOGY

OFOSU GABRIEL AKUOKU NKETIA
BAKRY HOZAIFEH
NSENGI BUYBUY JONATHAN
MOREMEKIMANG TAPIWA MOLAI
NZAMWITA BORIS
GETAHUN AMANUEL TSEGAYE
BESIR ALAZAR AYELE
MD SHAJEDUL ISLAM SHOMIT

BACHELORS IN INTERNATIONAL ECNOMY AND TRADE

JOELLE MWUNGERE
NGWENYA RUFARO AYANDA
MIZINGA MWANGALA. MUNALULA
SVENJA SABRINA TAENZER
COSTA BEENZU KARABASSIS
HAWA SALOU
SONAM DORJEE LAMA
MILDRED KURAI WACHENUKA

BACHELOR OF MEDICINE AND BACHELOR OF SURGERY

MANOHARAN PAVITHRA
VENKATESAN VASUDEVAN
SELVARAJ BHAVITHRA
SUNDARAMOORTHY SHANMUGA PRIYA
VINODHKUMAR GUNTALA VIJAYASRINIVASAN
LUJAIN KHALDOUN MOHAMAD GARHAT
UMUBYEYI MUPENZI VANESSA
MAPALO MWAMULIMA
NICOLA CHIMANIKIRE
KITTISUK SRIMAHADTHAI
VENKATACHALAM RADHAMANI DINESH KUMAR
BAKULUMPAGI ALEX BENON
PIRAYA BUNJUN
CHEEVANIJKUL SOMPOCH
ANNIE-MARY TAFADZWA DENGURA
GHETIA RAJKUMAR AKA NIRAVKUMAR JAYANTILAL
GUTTULA MOUNIKA
KAKOOZA SHADIA USTAAZ
KANSAGARA ANJAL KISHORBHAI
MAJAKA KUDZAI NYASHA
SIBONGILE MAKONA
MANAVADARIYA RAJ KIRITBHAI
MENDPARA PRIYANK VITTHALBHAI
MUSAH BILALI
NKANSAH FESTUS OPPONG
PREETI SINGH
SAMANI SMIT BHUPATBHAI
SUPHAMITMONGKOL PEECHADAPORN
SHEILA TAKYIWAA-GYEDU
TOUNAOUA MAHAMANE RAHOUFOU
USMAN USMAN MUHAMMAD
UTHUKUZHY VILSON SANGEETHA
VADSAK ROMIT PARBATBHAI
ZALAVADIYA ANILKUMAR MAHESHBHAI
CHANDPARA PRAKASHKUMAR PUNABHAI
KOLLANGUNTA LEENA
PAIKATTIL SELVA SHERIN
NAIDU SUGANYA BABURAMESH
MANKINA AJAY
GUMMADI HARSHITHA
THAMANAM MARY SANTHI TEJA
NDHLOVU ZINDABA
JANE CHEWE MWABALENGILE
CHIBANDA KONA
SINGH PRATAP SAURAYA
ILANCHELIAN PRIYADHARSHINI
MOMBESHORA TATENDA ANESU
KANDAMUTHAN SACHIN
MUGISHA SEMANEGU ROBERT
MOHAMED SULEIMAN MOHAMED
BHUVA SEEMA SURESHBHAI
SYEDA AMTUL TANVEER ANSARI
DIVYA JYOTI RAI
SYEDA AMTUL SHIREEN ANSARI
EMMANUEL TEYE TETTEH
KONDAVEETY JEEVITHA
REDDIMASU MOUNIKA ANIL JOSNA
SISINYOUS ZERIHUN MENGESHA

BACHELORS IN MECHANICAL ENGINEERING

SHEILA RUTH CHILONGA
SAJID ALI
HASNAIN ABBAS

BACHELOR IN PHARMACEUTICAL PREPARATION

ZIGABE BILLY DE QUENTIN
NGOMIRAKIZA ROBERT FLORIS
IRUMVA GAIE HUGUETTE
HAMMOND QUARCOO FIONA

MASTER

BUSINESS ADMINISTRATION (MBA)

SARA AWEL SEMAN
QUACHEY KWEKU TENKORANG
ALEXIS ANDRE JACQUES GIRARD
BERFU UCAN
EPEZAGNE ASSAMALA INGRID RUTH

PUBLIC ADMINISTRATION

KAMARA AMINATA MALDULNATU
LARIBA PAKMONI
RUTH APPIAH

FOOD SCIENCE AND ENGINEERING

KWAME ATTAFUAH AMPOFO
OFORI DONKOR PRINCE
KWABENA AGYEMANG
JOHNSON NANA ADWOA NKUMA
RAYA MASOUD SEHEMU
YARED ATAKLIT MEKONEN
DAVID OSEI WUSU
TINASHE ARCHBOLD MAGOCHA

CIVIL ENGINEERING (STRUCTURAL ENGINEERING)

SYED HASSAN ALI SHAH
SHOAIB AHMED
NZINGA MAYUKA RUTH
OLIVER C. WAKA

MATHEMATICS

ABDULLAH
WAQAS ANWAR
ERIC SYLVESTER MWANANDIYE

ENVIRONMENTAL SCIENCE AND ENGINEERING

SAEED RANA MUHAMMAD YOUSAF
ERIC OWUSU ASAMOAH

POWER ENGINEERING & ENGINEERING THERMOPHYSICS

ASAD ALI
MUKHAMBET YERKEBULAN
OSMAN HIFNI ABDELRAZIG SALIH

MECHANICAL ENGINEERING

SOURAV GHOSH
EMMANUEL AGYENIM BOATENG

AGRICULTURAL ENGINEERING

IBRAR AHMAD
CHIKANGAISE PRINCE

APPLIED ECONOMICS

MOHAMOUD SAID MOHAMED
NADIRA MOHAMOUD AHMED

ACCOUNTING

MBROH NANCY
ANYIGBAH EMMANUEL

OTHERS

DABUO FRANCIS TANG **(BUSINESS ADMINISTRATION)**
OKINE ANDREWS ALLOTEI **(COMMUNICATION AND INFORMATION SYSTEMS)**
ZOTOO ISIDORE KOMLA **(LIBRARY INFORMATION AND ARCHIVES MANAGEMENT)**
SOLANGE ELIZABETH GUERRERO RODRIGUEZ **(FOREIGN LINGUISTICS & APPLIED LINGUISTICS)**
DONGMO TEMGOUA FRANCIS TOSCANIC **(BASIC MEDICINE)**
OMAR ABU RISHA **(STATISTICS)**
VANKHALSKA TETIANA **(EDUCATION)**
FLETCHER EMMANUELLA ESI **(BIOLOGY)**

DOCTOR

MANAGEMENT SCIENCE AND ENGINEERING

PATRICK BOATENG SARPONG
KINGSLEY APPIAH
THOMAS BILALIIB UDIMAL
ANKOMAH-ASARE EVANS TAKYI
ELIKEM CHOSNIEL OCLOO
HIRA SALAH UD DIN KHAN
DANIEL QUACOE
ANN DODOR
OBOBISA EMMA SERWAA
ABDUL RASHID ABDUL RAHAMAN
ZINET JAMIE ABDULLAHI
SHUMAILA NAZ
AYAMBA EMMANUEL CAESAR
MUHAMMAD IMRAN
GULZARA TARIQ

FOOD SCIENCE AND ENGINEERING

FREDERICK SARPONG
AYIM ISHMAEL
ZESHAN ALI
MUHAMMAD TAYYAB RASHID
MUHAMMAD ZAREEF
MUHAMMAD ARSLAN
MD.MEHEDI HASSAN

COMPUTER APPLICATION TECHNOLOGY

SELASI KWAME OCANSEY
NELSON RUWA
ADJARDJAH WINFRED
HILARY ACKAH-ARTHUR
ABEO TIMOTHY APASIBA
ARFAN ALI NAGRA

MECHANICAL ENGINEERING

PHILIP BAIDOO
PHILIP YAMBA
ANTHONY AKAYETI

POWER ENGINEERING & ENGINEERING THERMOPHYSICS

ADU DANIEL
DESMOND APPIAH
UZOEJINWA BENJAMIN BERNARD
SUNDUS ZAFAR
MAJEED KORANTENG OSMAN

AGRICULTURAL ENGINEERING

ZAKARIA ISSAKA
SAMUEL JOE ACQUAH
SUNDUS ZAFAR
SAMUEL APPAH

CONTROL SCIENCE AND ENGINEERING

WILSON OSAFO APEANTI
ASGHAR ALI
PRINCE HARVIM

ENVIRONMENTAL SCIENCE AND ENGINEERING

RASHEED HAROON UR
ULLAH NABI

CLINICAL LABORATORY DIAGNOSTICS

TANDRA NITIN
MICHAEL ADU-FRIMPONG

OTHERS

MIAN KHURAM AHSAN **(POWER ELECTRONICS AND POWER DRIVES)**
LUKUMAN WAHAB **(TRAFFIC AND TRANSPORT ENGINEERING)**

OECians' GRADUATION Party

"It's not a "goodbye", it's just *"see you later"*"

On the 23rd of June 2019 , the Graduation party for our graduates was held by Jiangsu University Hand-in-hand volunteers association of OEC at the international canteen. The graduates came dressed to the nines and ready to celebrate. The Graduation party was also attended by OEC leaders and staff. Graduates also invited some of their favorite teachers, family and friends to celebrate one of the most important achievements of their lives. It was a night of fun and food, and was started off by a speech by our Vice Dean Mrs. Cai Zhaohui, she encouraged the graduates to keep in touch and make a difference in the world.

Soon after the Vice Dean's speech, The MC Angel called of the most awaited OEC tradition **"The Annual Graduation Awards"**. The awards were the recognition to excellent graduates, their love and passion to what made them popular on JSU campus during the recent years.

2019 Graduation Award Winners

Best Athlete - Moreme
Best Artist - Divya
Best Student Rep. - Sheila
Best Volunteer - Kuzalo
Highest GPA - Sabrina
Most SCI Articles - Adu Daniel
Graduate King: Mr. Isaac
Graduate Queen: Dr. Priya

Mr. Zou from OEC admissions office greeted the graduates and encouraged them to promote JSU to their friends and family.

The party continued with buffet snacks, live band and dance....

THE POWER OF A SMILE

A smile is one of the most powerful gifts that you can give to another person. That one simple gesture has the ability to lift another into a feeling of intense satisfaction, erase solitude, and remove physical and emotional pain. You have the power within you to create a smile and there is tremendous influence in that expression. Sharing this one can be the nicest thing you do because this expression is a universal language of kindness. Every individual understands what an upward tilting of the lips means. Whenever you smile at someone else, they are very likely to start smiling too because a smile is an 'infectious'.

However, many people do not realize the power of a smile. It can work magic. When you smile at another person you do not only let them feel that they are accepted and appreciated but you also, give them encouragement as well. This simple expression has the power to calm fear, insecurity, hurt, and anxiety. It has the power within it to change the world.

Research has shown that there are a number of health benefits contributed to smiling and laughing. In addition to improved health, these simple facial expressions and common human behaviors can have a distinct positive effect on life. When you smile you release neurotransmitters called Endorphins. These Endorphins are strong enough to actually reduce stress and cause a nice warm fuzzy feeling of wellbeing. It can make you feel better, make you more attractive, and you can make the world a better place.

It is therefore not astonishing that the vice Dean Prof. Cai uses this incredible gift of smile to transform her students to bring the best out of them. As one of her students, it is virtually impossible to erase those awesome memories of her beautiful smiling face.

Those smiles bring us encouragement, hope, motivation and inspiration to work hard and stay focus knowing that we have someone we can always look up to.

Whenever you knock at the door of her office with any kind of problem, the smile she receives you with is so marvelous that, it makes you feel relax and calm. She gives you a listening ear with continuous pretty smiling face by the time she finished communicating with you, your problem is solved.

The next time you feel stress, anxious, unhappy and culture shock don't resort to bad company, hard drugs or alcohol for a source of relief just walk in to her office have a cup of tea with her and feel the power of her smile. Remember is free and 'infectious', you will leave and also put smile on others faces whiles the smile 'infectious' will continue to infect all our community.

I would like to express my sincere appreciation to Prof. Cai for her continuous smiles that brought countless of success, hope and encouragement to the students and all OECians. As the semester begins, I'm encouraging you all to emulate the culture of continuous smile of the vice Dean and learn to also, put smiles on others' faces. Start with smile and end with smile to make the life around you more beautiful.

Written by: 马平

BRAIN TEASER ANSWERS

A.1: The two girls weren't playing against each other and they played with different competitors.
A.2: The woman is blind and she is reading Braille.
A.3: They were a grandmother, mother and daughter.
A.4: All 12 months.
A.5: 888+88+8+8+8=1000
A.6: A map
A.7: Bookkeeper
A.8: Silence
A.9: A is D's aunt.

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Coffee With Olive

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How to be innovative & creative as a student
with Dr. Arun - Patron, Olive Media

S03E02
Etiquette
with Ms. Aisha Alexis Thompson

S03E03
How to intern in Chinese Hospitals
with Dr. Abdul-Nazif

S03E04
Culture Talk
with OECians, Various Countries

S03E05
Setting Goals (S.M.A.R.T)
with Mr. Felix Kwame Nyarko

S03E06
China Experience
with Ms. Gugulethu Jemaine Nyathi

Environmental Issues
with Mr. Emmanuel Eyeson Nkudede

S03E08
Importance of Friendship
with Ms. Isimbi Badaga Diane

JIANGSU UNIVERSITY ACADEMIC CALENDAR
2019-20 SEMESTER 1

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MONTH
1	8.26	27	28	29	30	31	9.1	2019
2	2	3	4	5	6	7	8	SEPTEMBER
3	9	10	11	12	13	14	15	
4	16	17	18	19	20	21	22	
5	23	24	25	26	27	28	29	
6	30	10.1	2	3	4	5	6	OCTOBER
7	7	8	9	10	11	12	13	
8	14	15	16	17	18	19	20	
9	21	22	23	24	25	26	27	
10	28	29	30	31	11.1	2	3	NOVEMBER
11	4	5	6	7	8	9	10	
12	11	12	13	14	15	16	17	
13	18	19	20	21	22	23	24	
14	25	26	27	28	29	30	12.1	DECEMBER
15	2	3	4	5	6	7	8	
16	9	10	11	12	13	14	15	
17	16	17	18	19	20	21	22	
18	23	24	25	26	27	28	29	
19	30	31	1.1	2	3	4	5	2020
20	6	7	8	9	10	11	12	JANUARY
21	13	14	15	16	17	18	19	
22	20	21	22	23	24	25春节	26	
23	27	28	29	30	31	2.1	2	FEB.
24	3	4	5	6	7	8	9	

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