

S H A R P !

№9, May, 2018

Finally! Official time to suffer begins!

We can cry in halls, panic out loud, whine and nobody will judge us or be surprised. Everyone knows, what is going on. But, honestly, we don't really have time for anxiety and worry. And, hey, if something goes not in the way you imagined it should, so what? Just keep going and do what you think you have to.

- Your Sharp!

SHORT LIST OF THINGS YOU SHOULD DO BEFORE THIS SEMESTER ENDS

1. Old school sleepover (and movie marathon)

Grab your sleeping bags, dig through the loft for your board games and relive your childhood with an old school sleepover and movie marathon. Pick a theme – it could be Harry Potter films, Disney only, Musicals, The Dark Knight Trilogy – get everyone to bring plenty of sweets, and don't turn the lights off until at least 3am.

2. Open mic or comedy night

Even if you're not musically talented yourself, open mic nights are a great way to experience some new (and free!) music or comedy. And it's nice to support local artists! Open mic finder will be able to help you track one down nearby.

3. Learn something new

There are thousands of free podcasts available online, covering everything from sports to fiction to true crime to history. They're an easy way to learn without even thinking – listen while you're on the bus, out for a walk, cleaning your bedroom, packing for uni.

4. Make a movie

Fancy yourself on the silver screen, or prefer to be behind the camera? Making a short film is easier than ever – and you can do it on your phone! Start with an idea, choose a scriptwriter, director and star. Bring some props and have fun!

5. Explore the town in a new light

Most major cities have a walking tour, and a lot of them are free. These are a great way to explore new little nooks and crannies you may not have discovered before, and you just have to give a tip afterward. Pretend you are a foreigner and take a guide from 34mag.net.

But, of course, you can manage your own list.

I SPEAK POLISH WHAT'S YOUR SUPERPOWER?



It will be easier to understand Parseltang

If you are not like this silly Gryffindors and prefer green and silver colours for your sitting room, you'll definitely be interested in Polish. Just try to say out loud **szczęście** (haha! too easy for us!) and don't be surprised if snakes start to share their feelings with you.



Grzegorz Brzęczycki

It's not an old joke, it's a classic. Train your tongue with the worldwide famous tongue twister: **Bezwzględny Grzegorz Brzęczycki wyruszył ze Szczyrzeszyna przez Szymankowszczyznę do Pszczyń. I choć nieraz zalewała go żółć, niepomny następstw znalazł ostatecznie szczęście w źdźble trawy.**



You almost know it

Just look through previous two points. I know you understand it and there is no need for translation. But if you do need it, then it's a good reason to learn it.

KEEP CALM AND LEARN LATIN



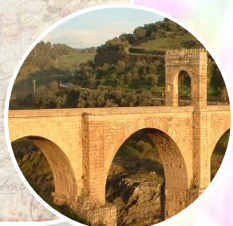
You can scatter Latin phrases into conversations

Although Latin may be considered a dead language, the usage of abbreviations and shorthand Latin phrases proves that Latin is relevant in its contemporary usage and is still alive in many contexts.



Communication with dead is very important!

I'm not joking! How dare you not take this seriously? But if you ever get into trouble while playing with ouija, you'll remember my words. I don't even mention Supernatural or Harry Potter spells.



Your friends will think you are crazy in an interesting way

While you may favour a more practical, modern language, you'll find that there's also a lot of respect for classical languages, and the word 'Latin' will stand out a mile on your CV. Did you know that C.V. is an abbreviation of the Latin phrase "curriculum vitae", which means "course of life"?

ARE YOU TIRED? TAKE A GAP!

There are many stories about gap years and in most cases people think, that it's something bad and life is too short to do things like that. SHARP! met a very talented and hard-working second-year student of our faculty, who destroys all the stereotypes about it.

[SHARP!]: Hello, Olga! So, you've returned after a gap year this year. Was it a pity to lose a whole year? Why did you decide to take it?

[Olga]: Well, maybe for somebody it could be a waste, but I won that time. I'd made a specific plan on what I was going to do. I set a target and went forward for it.

[SHARP!]: Oh, and what did you do?

[Olga]: I was working on personal growth.

[SHARP!]: Sounds amazing, could you tell us about it in details, please?

[Olga]: At first I wanted to recuperate, so I joined a gym. Also I'd been dreaming about giving some extra time to yoga, and only the gap year helped me with that. So, I attended classes two times a week for 4,5 hours a day (mornings and evenings) and was incredibly happy about it. On Sundays my family and I go to the sauna in our holiday home. Later I decided to leave the gym and attended a swimming pool.

[SHARP!]: Unbelievable. I can't even visit P.E doubles regularly and after them I feel like I'm going to die immediately. Are you seriously calling THAT a rest?

[Olga]: Yeah. *laughing* Actually, physical activity combined with mental activity and rest in right proportions is what we all need, I was trying to gain knowledge as well as I could to enter the university, and to receive the highest marks in my high school certificate, then I was doing my best in the first year. By the end of the second semester I was exhausted. It was necessary to have a rest, take a pause. I wanted to live for myself and do things myself.

[SHARP!]: Those were good intentions. I support your decision. Nobody and nothing are as important in your life as you are. But what about your parents? Were they against your decision?

[Olga]: No, they themselves suggested taking a gap year! They saw how tired I was, and I wasn't capable of doing anything without giving a 100%. My eyesight has deteriorated because of sleep deprivation and a huge burden. After three months of proper sleep it recovered to 1,0.

[SHARP!]: Ah, it looks like some kind of magic *smiles*. Weren't you afraid to forget all the stuff you had learned?

[Olga]: Not at all, because I'd planned to learn languages by myself. You know, I think, this year of self-education was so effective because I did and learnt things I wanted to do and learn not because I was afraid to get a bad mark. Our psychophysical state is very important. If you are sad, angry, worried and upset, then you can't focus on your studies. But if you are happy, relaxed and curious, you will learn fast. I've never regretted taking a gap year.

[SHARP!]: Nice to hear it! Thank you for your honesty. It was nice to talk to you. Bye!

[Olga]: Thanks to you too!

ONE, TWO, FREDDY'S COMING FOR YOU...



Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. It's very common practice for the students to sacrifice their sleeping time to do EVERYTHING. Even if it's not possible.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. The damage from sleep deficiency can occur in an instant or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Studies show that a good night's sleep improves learning. Whether you're learning math, how to play the piano or practicing your English sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

Sleep also plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.

Getting enough quality sleep at the right times helps you function well throughout the day. People who are sleep deficient are less productive at work and university. It takes longer to finish tasks, have a slower reaction time, and make more mistakes.

After several nights of losing sleep—even a loss of just 1–2 hours per night—your ability to function suffers as if you haven't slept at all for a day or two.

Lack of sleep also may lead to microsleep. Microsleep refers to brief moments of sleep that occur when you're normally awake. Do you remember such a thing in the horror film about Freddy? You can't control microsleep, and you might not be aware of it.

If you're listening to a lecture, for example, you might miss some of the information or feel like you don't understand the point. In reality, though, you may have slept through part of the lecture and not been aware of it.

As a result, sleep deficiency is not only harmful on a personal level, but it also can cause large-scale damage. For example, sleep deficiency has played a role in human errors linked to tragic accidents, such as nuclear reactor meltdowns, grounding of large ships, and aviation accidents.

Of course, exams don't have such global meaning, but, remember, that sleeping is preparing too.

**YOUR FUTURE DEPENDS
ON YOUR DREAMS.
SO GO TO SLEEP.**



Good luck and take care of yourself!

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