

SHANTOU BEAT



ENGLISH LANGUAGE CENTER
英 语 语 言 中 心

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October 2021

English Language Center, Shantou University



Be passionate about renewal

By Scofield & Penny

People always like beautiful things, such as the sudden flash of a meteor shower or the sudden opening of flowers, which will undoubtedly make people delighted. But when the meteor crossed, or the flowers withered, people's mood was fleeting. It seems that the beauty in their hearts dissipated at that time. This is the law of nature. Beauty is timely. Nothing can be gorgeous all the time. So our human growth experience is the same. We can't always do smooth sailing. Sometimes we may have some setbacks. This seems to echo an ancient Chinese saying that nirvana is reborn. Therefore, the answer to success or beauty is undoubtedly renewal.





Judges

As it happens, this year is a memorable year. 2021 is the 100th anniversary of the founding of the Chinese Communist Party, and 2021 is also the 40th anniversary of the founding of Shantou University. Looking back, STUers pay tribute to the predecessor at this particular node. Looking forward to the future, STUers are full of confidence at this special moment. In the bloom of spring, the 2021 STU English Speech and Singing Contests took place on Friday, Apr. 23rd at 7:00 pm and Saturday, Apr. 24th at 7:00 pm, respectively to give STUers a chance to prove themselves how to set out for a new start.

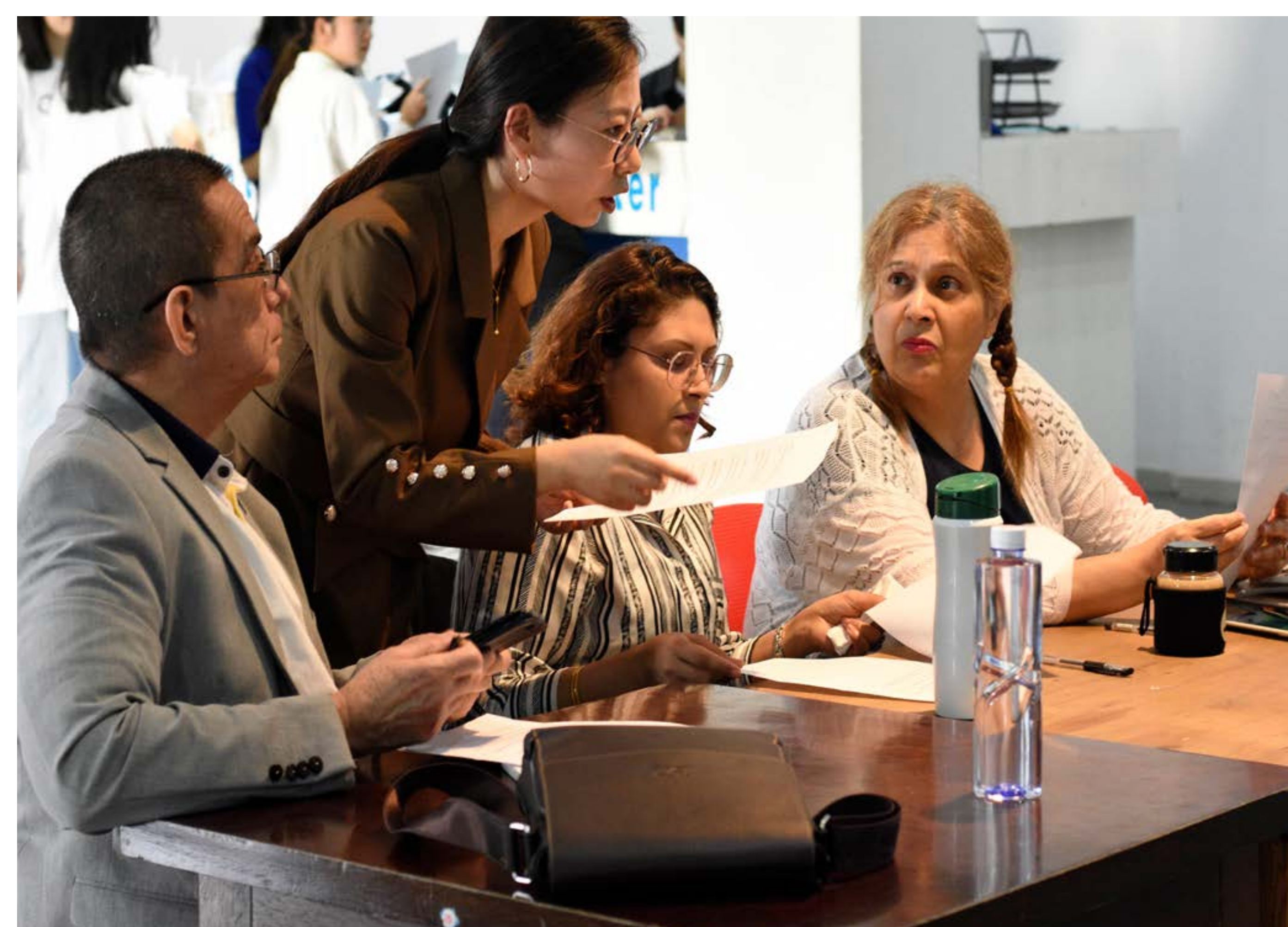
On that night full of graceful music, the main melody on the stage of the studio was the love of youth. In this hearing feast, you would recognize the boy who adheres to the road of music originality or the girls who dare to challenge and pursue their dreams. Their youthful charm on the stage and their vigorous vitality in the interview let us know that they are playing their own youth melody with their lives.

Or you are interested in the performance of

the speech stage with language charm. In front of the audience, you could see the practitioners' confidence, standard accent and rigorous language logic. But the answer they keep shining on the stage is always full of passion. You can meet those girls who want to be perfect, constantly improve their own accent or dream of becoming international journalists. And there is no doubt that they are both practitioners who face life passionately.

In the few nights about the renewal, the practitioners' impromptu stage performance also made us understand the importance of time management for college students. As college students, what should we think or do?

Quickly open our newspaper with your understanding of the renewal, your desire for two English competitions or your doubts about how to solve time management! The answer is right behind!



Judges

Always Be Passionate

By Phoebe & Font

For some students, delivering a speech in public is so frightening that it could make them keep sweating as if they were suffering a heatwave of nearly 46.7 degrees, which broke the Canadian heat record in 2021. However, for two girls who are always passionate, it is their showtime.

Smiling confidently, raising hands naturally, Raina is standing on the stage and giving her speech: "Be passionate about life. Dig out some tiny things in daily life to decorate the life and give ourselves power". The light is falling on her brilliantly, and her eyes are shining

Always being passionate seems to have become more and more difficult for the youth. Some of the elders are worried that the young generation is content to be ordinary. Many young people allow themselves to become mediocre. Lacking passion for life, they give up the chances that are sitting right under their noses, not daring to take a step forward to challenge themselves.

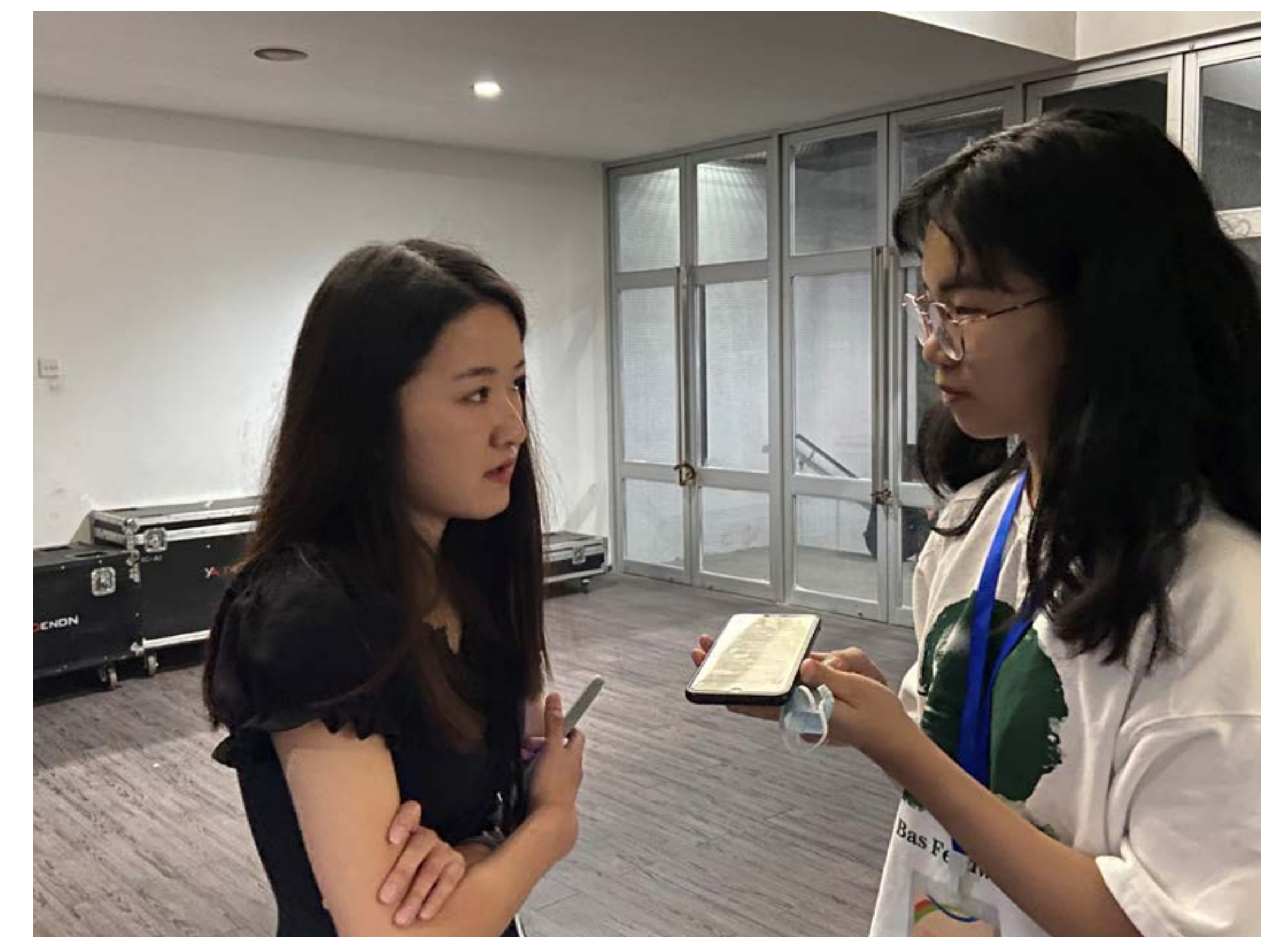
However, in the Speech Contest on April 23rd, when Tinsley and Raina stood on the stage, sharing their ideas confidently, their great passion was very inspirational to many STU students present at the event. Being passionate and challenging yourself sometimes means a lot of effort and hard work. When being asked how to organize language and control speech time, Raina replied, "I have to practice it over and over again. Each time it's different but it can also help me memorize the right part of my speech work". To prepare for the contest, both Tinsley and Raina spent a lot of time practicing. Raina, for example, did many training to learn how to minimize her Chinese accent by listening to music and watching TV, she also used her body language to help in her speech.

No difficulty can stop the step of chasing the dream. No frustration can trap a passionate heart.

While Raina is working hard for her English improvement, Tinsley who began to major in both English and Journalism in her second semester at STU



Font & Raina



Tinsley & Phoebe

is simultaneously fighting for her dream of becoming an international journalist and studying hard in both her majors.

Being the journalist in the last year's competition, the contestants' words, such as "be confident and just go for it", inspired Tinsley and drive her to choose "Every challenge is a chance to renew" to be her topic. "I have had stage fright for so many years, 20 years since I was born. So I immediately think of this to be my topic". After realizing this drawback that may

block her path to her dream, with great passion, she began to challenge herself and try to overcome it, "I voluntarily answer questions on the class and just go on stages as much as possible". And now, we are the witnesses of her achievement.

"I wanted to be a journalist when I was young," Tinsley said with a smile. Though being a double-major student means Tinsley becoming much busier and facing feelings such as confusion and loneliness, she is still enjoying it. "I know how to use like, Ps, Pr, and how to be a journalist. I think this is important because my goal has never changed." And now, she has caught up with her Journalism classmates in photography

and won their approval. Smiling brightly, she said, "practice really works".

Always live with passion and be brave to try everything you want. Those are what students can learn from Tinsley and Raina. As Tinsley said, "Every challenge is a chance to renew". Just take the challenge bravely and go ahead without hesitation, for that is the best way to live our short lives.

Today, Tinsley is still chasing her dream while Raina never misses an opportunity to improve her English. They are both enthusiastic about life, with their eyes sparkling, they look to the future confidently.

TIME Management

By Gabrielle&Cecille

The numbers on the screen are continuously jumping, and the time is decreasing minute by minute. Spotlight and eyes are focused on the contestants. Silence fills the air.

"The impromptu speech makes every participant



Gabrielle & Miranda

nervous, because of the unpredictable topic and very short preparation time," said contestant Miranda.

The second and third parts are the most exciting parts of the contest. Contestants need to prepare for the two minutes' impromptu speech in a short time, then they

are required to answer the question raised on the spot by the question master in one minute.

In this limited time, contestants need to face many different challenges.

"As for me, the most difficult part was the impromptu speech. Because I am so nervous, I can't translate my words into English fluently," contestant June stated.

"The impromptu speech is not just about your oral English ability, but about your logical thinking and your ability to handle the performance," contestant Miranda uttered.

Imagine, were you a contestant, how should you utilize your finite time in the tense atmosphere and try your utmost to complete it? Furthermore, how do we perform tasks in a limited time in our daily lives?

One approach that stands out is time management, which refers to the use of skills, techniques and tools to help people finish work and spend time more efficiently.

Why is time management so important to college



June & Cecille

students? When students can't allocate the time properly, it is tough to complete the task in a finite time. This kind of fatigue and procrastination will not only cause students to have a negative attitude towards learning, but also put too much pressure on themselves, and even produce anxiety, physical tension and depression, as well as other serious problems.

In contrast, the ability to manage time plays an important role in preventing learning burnout and improving academic achievement. What's more, efficient time management means better self-discipline and emotional control. What follows are many good ways to allocate your time.

First of all, we need to have precise goals and clear directions, which can assist us to fulfill our expectations.

Therefore, it is necessary for us to make a time scheme

before we start our work. Setting the deadline for each step to minimize laziness and procrastination. As the saying goes, 'Don't put off till tomorrow what should be done today.

And we can also decide which to do first, priority to deal with urgent tasks, which can relieve our tension and calm us down.

Moreover, it is definitely significant that we should stay focused during our working hours and hide the fun stuff until the assignment is done. If you have a low constraint on yourself, you can ask others to remind you to stay focused.

These are just some general approaches and basic tips. As a matter of fact, if we were contestants who are running out of time, but still not accomplished, we ought to distinguish between what is vital and what is not. Then demonstrate the highlights initially, allowing as much time as possible for an integrated conclusion. In the high-pressure atmosphere of the venue, grasp every second to maximize our presentation.





By Vincent,Angel&Lulu

On a quiet but eventful night, Shantou University will host a wonderful singing competition, which is an auditory feast, and the competitors will try their best to prepare for the competition, including our interviewees—Elser, Kristina and Candy.

Elser, a veteran singer who has composed plenty of songs, has been singing since his childhood. He has always enjoyed singing very much; therefore, when he entered high school, he created a music account to publish his songs. Due to his unremitting efforts, he has become a somewhat famous singer. Now, in order to create more excellent songs, he chooses to cooperate with other singers, the song called lonely people quietly put down the paddle was created by him and his friend. His friend is a girl who went through some sorrowful experiences, so this song includes her hope for the future, and she hopes that this song can take away her bad mood. Of course, it is not easy to succeed, in order to do better in music Elser mentioned that he will spend half an hour composing and practicing songs every day. Finally, he said that he will stick to the road of music no matter how many difficulties lie ahead. Success doesn't come easily. Let's applaud his efforts.

A beautiful song came into the audience's ears, and an energetic girl in a cowboy coat was singing her own song on the stage. Her name is Kristina. She had successfully reached the final and was competing for the first position. At the end of the competition, she won second prize.

Kristina, a freshman who loves singing and is self-motivated, when asked why she took part in the competition answered: "Because I think it is a really good chance to challenge myself. And it is an opportunity to improve my singing skills as well". Kristina has also been participating in singing competitions since junior



Elser & Lulu

high school. She mentioned that singing is an important part of her life, and it can always make her happy and keep the sunlight in her heart, that's why she often listens to songs in her daily life and always takes part in singing competitions.

When asked about her winning thoughts, Kristina said modestly: "I did not think I could get the second prize. I did not think I could go into the second round. Maybe I am a little bit lucky." At last, she explained that she would continue to take part in the singing competitions and that next year, she wanted to move on and improve herself.

The spotlights on the stage danced with the songs, and the wonderful rhythm and sound surrounded our ears. The sunny girl's name is Candy. Although she didn't successfully reach the final, she still is very competitive and eager. Candy, a happy girl who dares to try and break through constantly. When she heard about this competition, her first thought was to participate. Then she practiced constantly. Days of hard work and the accumulation of time finally came together to this wonderful song that finally blossomed on the stage.



Vincent & Candy



Kristina & Angel

Candy is also a person who does not give up easily. Although she did not win, she said she was also proud to be able to compete with excellent players.

"It was a good game. After this, I can meet many people who sing well in the contest, I dream of being one of them," answered Candy when asked what she thought of the competition. Finally, she said she would continue to take part in the singing competition next year to win the tempting awards.

Where there is a song, there is a dream, and where there is youth there will also be beautiful songs. That's what the three of them told us, young college students. Let us sing the melody of youth and pursue dreams like them.





Get rid of
melancholy

Be the king
of
your own
world



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