

# FORWARD

*Warsaw Montessori High School*



PHOTO BY SYLWIA WIELGASIEWICZ



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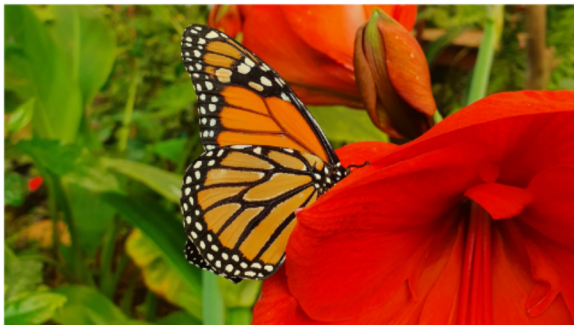
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## **Paradoks pandemii**

*By Amelia Przeplasko*

Pandemia koronawirusa wymusiła na wszystkich podjęcie wielu wyrzeczeń. Dla każdego z nas była to całkowicie nowa sytuacja, z którą musieliśmy sobie jakoś poradzić. Z dnia na dzień zostaliśmy zmuszeni do porzucenia codziennych zajęć i przyzwyczajęń. Z tego powodu początkowo zapanował wielki chaos. Wszyscy czuliśmy się zagubieni a nasze życie uległo dezorganizacji. Jednak okres lockdownu ciągle się wydłużał i każdy stopniowo zaczął oswajać się z nową sytuacją. W efekcie ludzie wyrobili w sobie nowe nawyki i zwyczaje, co ściśle wiązało się z ograniczeniem kontaktów interpersonalnych. Z upływem czasu dawne sposoby funkcjonowania straciły rację bytu a ludzie zaczęli traktować pandemiczną rzeczywistość, jako nową normalność.

PHOTO BY MAJA GORAL



Podczas długiego okresu zamknięcia niecierpliwie czekaliśmy na możliwość powrotu do szkoły. Jednak gdy ten dzień nadszedł, nikt nie okazywał zadowolenia. Dlaczego? Prawdopodobnie wszyscy uświadomili sobie, że powrócą wczesne poranki, zamartwianie się o wygląd oraz długie stanie w porannych korkach. Tym samym zakończy się niefrasobliwe spędzanie całych dni w piżamie, późne śniadania oraz wstawanie pięć minut przed lekcją...

Paradoksem jest to, że uciążliwa pandemia, stała się komfortową rzeczywistością. Początkowo paraliżujący strach przed zarażeniem i śmiercią zamknął nas szczelnie w domach, a z czasem przymusowe odosobnienie stało się codziennością. W czterech ścianach poczuliśmy się bezpiecznie i stopniowo odnaleźliśmy się w nowej sytuacji. Okazało się, że całkiem nieźle dajemy sobie radę i niektóre czynności, wcześniej niemożliwe do wykonywania z domu, zaczęliśmy z powodzeniem realizować zdalnie. W chwili gdy przed nami stoi widmo powrotu do szkoły, zamiast radości wielu z nas odczuwa strach przed tym, za czym jeszcze do niedawna tęskniliśmy. Powrót do normalności może paradoksalnie okazać się bardziej przerażający od początkowo niemożliwego do wyobrażenia życia w pandemicznej izolacji.

## Use effective learning techniques to improve your efficiency

by Dorota Luczyńska

Nobody really teaches us how to study; we tend to choose our own studying techniques based on our intuition. As a result, many students are left behind by the educational system that some people find utterly in crisis. The impropriety of the educational model finds its ground in the period it was established. At those times, there was no opportunity to examine different learning processes. The vast breakthrough came only about 10 years ago, when tomography and scanners were used to investigate brains during learning. This determines how to study advantageously and what to avoid during this process. As one entity, will not alter an educational system, the way to improve students' efficiency is to make them aware of various study techniques that have high utility.

Learning using most popular techniques -highlighting, summarization and rereading- not only is characterized with low utility, but also may lead to boredom. Boredom results in death of neurons, which indicates the importance of choosing effective studying techniques by both students to learn and teachers to study. Educators base principally on



PHOTO BY BERENIKA TARGOS

learning that encourages elaborative studying, whereas activities that require retrieving and reconstructing are used less frequently. Practicing retrieval is meaningful, as it evokes the internal motivation that arouses passion and is the fundamental factor to success in studying. It promotes effective conceptual learning about science and allows students to conceive inferences better.

Firstly, I would like to focus your attention on the subsequent studying methods: rereading, highlighting and summarization. These techniques are often used by students, despite having low utility. Highlighting does not require lot of time and analysis of the given material. The main aspect that would argue for the benefit of this method is the ability of a student to select the most important material. As it occurs students actually are more prone to remember material they have underlined; however, only if they can properly choose the information that has to be highlighted. According to professor John Dunlosky, most people have problems with this. Highlighting is proved to have no higher effectiveness than simply rereading. Underlining is also said to worsen the ability to make inferences in the text. In case of the IBDP, students are supposed and inclined to make different connections between various topics and are directed to think critically, so highlighting may not be the option that you would want to opt for.

Rereading is also rated to have low utility and be less effective than other learning techniques. Many often choose it because of little time demands, no need of involving cognitive effort or specified preparation. After passive rereading the material multiple times, students tend to believe that they have actually achieved a deeper understanding of the topic. In reality, these are the words that they become familiar with, and the idea of comprehension is only a false assumption. Some may also get easily bored with this method and so the utility of rereading will decrease even more.





PHOTO BY SYLWIA WIELKASIEWICZ

Summarization and making notes technique depends strongly on your ability of summarizing. As many high school teenagers, learners are not skilled in that, it usually has low utility.

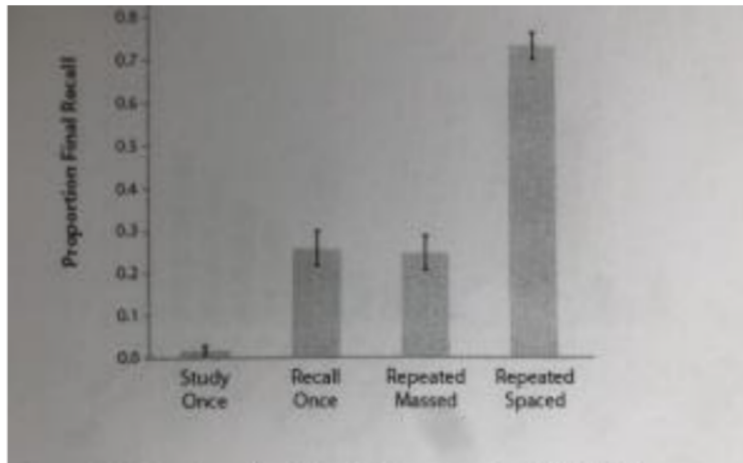
On the contrary, I will discuss active recall and spaced repetition, which are methods that will boost your productivity and strengthen your academic performance. Recent advances in the science of learning

have proved that repeated retrieval helps people create integrated representations of complex problems, which are crucial for drawing inferences.

Spaced repetition is spacing out study efforts over a longer time period rather than concentrating it in a short time period. Students often avoid it because of procrastination. On a daily basis, even those with good intentions tend to focus more on urgent tasks rather than on non-urgent ones. Here comes the question that you may want to ask yourself: Do you study for future courses and real-world use or just to pass a particular test? Distributed practice will help you make inferences beyond the course and for a longer time period, while they do not actually require more studying. Referring to a research by Kapricke & Bauernschmidt, 2011, students were supposed to learn a list of words in several ways. In one instance students simply read the words once. In the second instance students learned the material once, but to the point where they could recall all gained information. In the third instance students after favorably acquiring data were asked to retrieve the information three times in a row. In the last conditions student were also asked to retrieve data three times; however, throughout a relatively long-learning session. What was examined in the experiment, was the ability of students to remember words after a week. In the first condition recalling produced highly ineffective memorization. After recalling once there was a vast increase in the performance. Retrieval three times in a row did not bring the satisfactory results. The repeated Spaced Repetition can only prove how effective this method really is.

If you want to put this method into practice, based on professor Dunlosky 2013 studies I would schedule specific times in every week, in which you study for each class. What is important is that these blocks do not have to be long and tiring, as even 30 minutes every day would be sufficient to improve your performance in the long-time period. You have to keep to these schedules for a longer-time period, for a course at least a semester. This method has also shown how to interact the forgetting curve, and by each time we interrupt the forgetting curve we extend our memorization period and we are more likely to encode the information into our long-term memory.

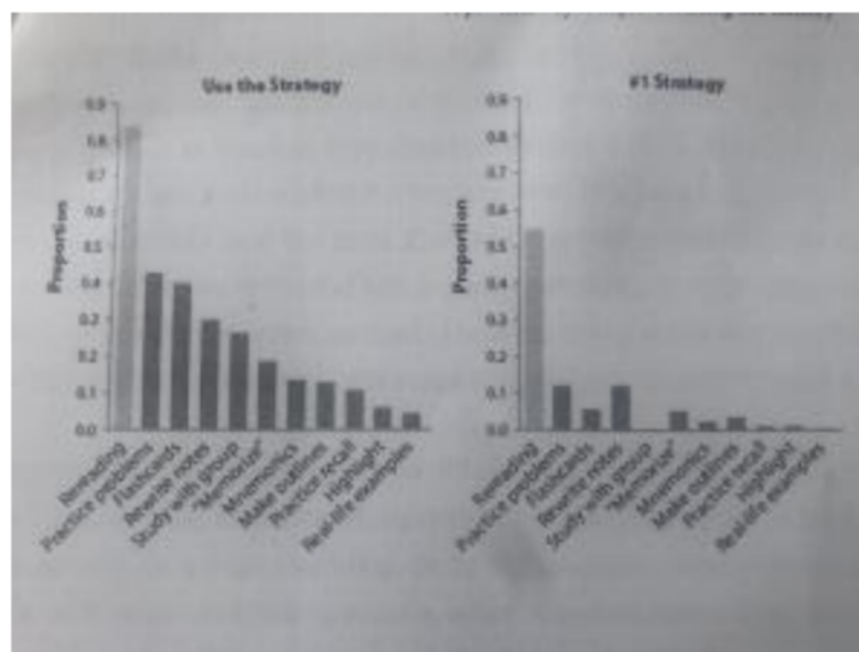




Practice recall is by far the most unappreciated method that enhances learning in a variety of settings and contexts. Students are often afraid of it as they approach it as a test and not a practice test, which is actually a great way to remember much a data. How to properly implement retrieval practice? It is any kind of testing, quizzing that involves retrieving

knowledge from memory. Flashcards, student generated questions, instructor-supplied questions, low- stakes online quizzes are all examples of practice testing. Active recall is based on desirable difficulty, which means that if a student strives harder to retrieve information from memory, subsequent retrieval will be easier and so their mental organization will strengthen.

Rereading, highlighting, making notes/summarizing are not efficient learning techniques. They are often chosen by students because of little time demands or incomprehension. Students also believe that rereading and highlighting gives them the deeper understanding, where in reality they only become more familiar with the words used in the texts. Spaced repetition and practice recall may seem challenging at first, but they will definitely improve your performance and allow you to maintain knowledge for your future.



# Yuri Gagarin – a man beyond a space hero

by Antoni Bańkowski

Over 60 years ago, a man was launched on top of a ballistic missile and reached space for the first time in the history of mankind. His name was Yuri Gagarin, and he was more than just a space hero. There was just something about him that made people love him as if he was their own son. Who was he, how did he reach space, and why is he different from American astronauts?

Gagarin always emphasized his rural origins and denied having any noble ancestry. He was born in a small village as the third of four children. He first became interested in aeronautics when he witnessed a crash landing of a military jet. This unusual event made him join a Flight Club, where he flew alone for the first time in 1955. After only a few years of improving his flight skills he voluntarily requested to be considered as an astronaut candidate. He was chosen from over 200 other contenders to become a member of the first soviet group of astronauts.

In the morning of April 12, 1961, the Vostok 1 capsule on top of a modified R7 missile at the Baikonur launch complex in Kazakhstan was ready for launch. Gagarin was being transported to the launch pad, when he asked the bus driver to stop so he could relieve himself. He urinated on the back tire of the bus and was ready to continue his journey.



Having arrived, he entered the capsule, ready for the launch, but a problem with the hatch seal was found, and technicians had to spend an hour to repair it. Yuri was calm, unlike the launch director Sergei Korolev. He asked for some music to be played over the capsule's communication system, while he waited to go into space.

The hatch was eventually repaired and the spacecraft was ready for launch. As the powerful rocket engines roared and Gagarin was lifted into space, he radioed "Poyekhali!". After two minutes the Vostok's window was uncovered and Yuri observed the Earth from above for the first time. As the last engine was shut down, the spacecraft reached orbit. Gagarin transmitted a message stating that he was feeling very well (there were a lot of concerns about a man's health in an environment with no gravity). Soon after that radio contact was lost, as the capsule passed the horizon of Soviet radios. While Vostok was passing South America, news about its launch was broadcast on Radio Moscow.

During the descent into Earth's atmosphere, the Vostok service module did not separate as intended, instead held by a bunch of wires. Luckily, the wires broke a bit later, allowing for a safe reentry. Gagarin experienced eight times the force of gravity but he did not fall unconscious as most people would have. At an altitude of seven kilometers Gagarin ejected the spacecraft and landed safely using his own parachute as planned. Vostok crashed into the earth in front of two girls from a local village, who later described it as a giant metal ball falling from the sky.

After the legendary flight of Vostok 1, Gagarin became a sort of mythological figure. He was presented as a prime example of a citizen, and people just fell in love with him. His flight is celebrated in various ways to this day. The most notable one is Yuri's Night, a worldwide event, which takes place on the anniversary of Vostok 1's flight. Also, every time astronauts are launched from Baikonur Cosmodrome, they urinate on the back tire of the transport bus to pay Yuri respect. His meaningful quotes still inspire people today and still apply to modern times, such as

**"Orbiting Earth in the spaceship, I saw how beautiful our planet is. People, let us preserve and increase this beauty, not destroy it!"**

Yuri Gagarin is completely different from the American astronauts. For instance, the Apollo 11 crew members are recognized as brave men who reached the moon, but not exactly an example for common citizens. These astronauts are only recognized by their achievements. They do not retain this mythical aura Gagarin has.

Obviously Yuri would not be this figure without his achievements, but there was something more about him. People loved his positivity, his fearless cheery face, always smiling, with no sign of regret. Some may say that his image has been created by Soviet propaganda, and it might be partially true. Still, he was different from other Soviet national heroes; he felt more authentic. After all, it is not usual for people to calmly sit on top of a military missile, smiling and listening to music.





# Poem Analysis: Blackberrying by Sylvia Plath

by Natalia Kruk

## Blackberrying Sylvia Plath

Nobody in the lane, and nothing, nothing but blackberries,  
Blackberries on either side, though on the right mainly,  
A blackberry alley, going down in hooks, and a sea  
Somewhere at the end of it, heaving. Blackberries  
Big as the ball of my thumb, and dumb as eyes  
Ebon in the hedges, fat  
With blue-red juices. These they squander on my fingers.  
I had not asked for such a blood sisterhood; they must love me.  
They accommodate themselves to my milkbottle, flattening their sides.

Overhead go the choughs in black, cacophonous flocks—  
Bits of burnt paper wheeling in a blown sky.  
Theirs is the only voice, protesting, protesting.  
I do not think the sea will appear at all.  
The high, green meadows are glowing, as if lit from within.  
I come to one bush of berries so ripe it is a bush of flies,  
Hanging their bluegreen bellies and their wing panes in a Chinese screen.  
The honey-feast of the berries has stunned them; they believe in heaven.  
One more hook, and the berries and bushes end.

The only thing to come now is the sea.  
From between two hills a sudden wind funnels at me,  
Slapping its phantom laundry in my face.  
These hills are too green and sweet to have tasted salt.  
I follow the sheep path between them. A last hook brings me  
To the hills' northern face, and the face is orange rock  
That looks out on nothing, nothing but a great space  
Of white and pewter lights, and a din like silversmiths  
Beating and beating at an intractable metal.



Sylvia Plath – a poet, novelist, a mother, a feminist, a wife, a daughter, a woman. Born in 1932 in Boston, U.S., Plath grew up to be a role model for many people, especially girls. She is best-known for works such as the novel *The Bell Jar* and poem collections, *The Colossus and Other Poems* (1960) and *Ariel* (1965). Living in the mid-20th-century surely affected her perspective. Through her writings Plath depicted the topic of alienation, as well as self-destruction, which

she often drew from her personal experiences and the situation of women at the time. Being just thirty years old, overwhelmed and depressed, the artist committed suicide in 1963.

The title of the poem *Blackberrying* refers directly to the activity involved in it – blackberry picking. The piece of poetry is narrative, since from the very first stanzas, the speaker begins describing a painterly picture of a path in a forest or a field, with blackberry bushes on both sides. Plath brings out the colourful landscape through the use of expressive language ("blackberry alley, going down in hooks", "Blackberries / Big as the ball of my thumb, and dumb as eyes / Ebon in the hedges, fat / With blue-red juices"). The author mentions seven main colours: black, red-blue, green, blue-green, white, orange, and pewter. This stylistic treatment allows the readers to simulate their imagination.

The speaker is the only human character in *Blackberrying* and it is most likely a female, which can be associated with the authoress herself. This is supported by the fact that Plath shares her struggles and own experiences in the poem. The comparison between the size of a blackberry and the speaker's thumb also indicates the speaker has petit, feminine hands. Despite there being only one actual human being in the presented forest scene, the blackberries are given human characteristics as well ("Blackberries / (...) dumb as eyes", "fat / With blue-red juices", "I had not asked for such a blood sisterhood", "they must love me"). This makes them a crucial part of *Blackberrying* and denotes the speaking figure can interact with them. Later on, Plath shows that the blackberries translate into explaining the subject of life and death, as well as the inevitability of death.

Dark-coloured blackberries have a resemblance to "dumb eyes", which may be interpreted in different ways. First of all, it can be taken literally, as in a person who is not intelligent. Second of all, it can be understood that someone is unable or unwilling to speak. Third of all, the interpretation can be acknowledged as a metaphor. "Dumb eye" are equal to blind eyes, which does not mean people who are literally blind, but rather don't choose to see the important and more complex aspects of life. They do not care to think more deeply about the meaning of life and death, nor their future. They simply exist. There are only "blue-red juices" (compared to

human blood) running through them. They do not know the moment they will be picked from their bush and collected by the speaker into a bottle and die.

Plath mentions a “blood sisterhood”, for which she did not wish for. The “blood sisterhood”, oftentimes referred to as “blood brotherhood”, is a potential allusion to a ritual, where two or more people make a slight cut in their skin, in order to bleed a



little and join their wounds together. This practise is traditionally done by people who want to symbolically tighten their connection between each other. Plath uses this analogy to manifest the similarities between herself and the blackberries, simultaneously participating in the ritual (“These they squander on my fingers”).

In my opinion, the speaker wants to describe her current situation in life. She may identify with the blueberries herself, since Plath was suicidal – the wild fruits are unaware how fast they will die, but they do know it can be anytime. She may also see herself as vulnerable, lonely, and depressed, because she comes to an end of the blueberry bushes and is left alone. Over and above, it is my belief that “the choughs in black” are in the poem, and in the path of the speaker, to warn her of the cruelty of life, being the symbol of it themselves.

Overall, the whole path through which the speaker strolls resembles the cycle of life, specifically Plath’s life. The beginning could render her earliest years, when she was a carefree child. As time goes on, she has to make paramount decisions, after which the landscape of the path changes. From the beginning, the speaker hopes to arrive at the sea, her final destination.



However, subsequent to the appearance of the choughs she doesn’t believe so any longer (“I do not think the sea will appear at all”), indicating her resignation and gradual surrender. The bushes of berries disappear, leaving the speaking figure depressed in an unpropitious atmosphere.

In the very last stanza, Plath unveils a wall of rocks, instead of the sea. She is filled with void. To her, life is already senseless and valueless. There is only emptiness. We know from the authoresses biography that she was suicidal and depressed. To me, Plath perfectly expressed and delineated the ups and downs, struggles and meanings of life and death in her poem Blackberrying.

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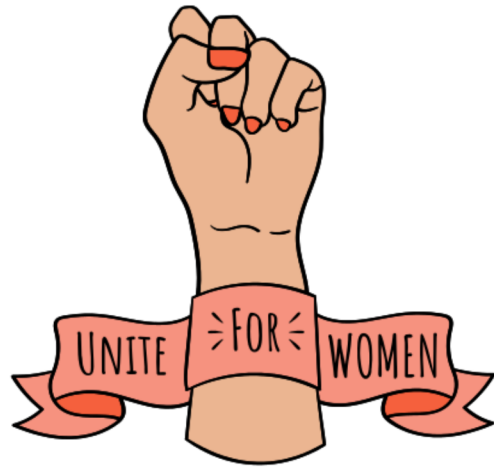
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# Meeting of Turkey's president Recep Tayyip Erdogan with the chief of the EU Commission Ursula von der Leyen

by Lena Niedaszkowska

Have you heard anything about the recent meeting of Turkey's president Recep Tayyip Erdogan with the chief of the EU Commission Ursula von der Leyen? Are you keen on feminism, especially in politics? Do you know what the Istanbul Convention is about? If the things I mentioned here are close to your heart then this essay is for you. So let us begin with a crucial piece of information which you need to have for a better understanding. The meeting was arranged after Turkey announced its withdrawal from the Istanbul Convention, and because the



European Union was concerned about the safety of Turkish women and children. They called this appointment to discuss the details behind this medieval decision. Seems quite casual, doesn't it? Unfortunately, there is so much more to this case than it being a formal "get-together". Two circumstances are to be considered: why is the resignation from the Convention so hazardous for Turkey and how was Ursula von der Leyen treated by Erdogan and his team at the meeting?

On March 20th, Erdogan made an announcement that Turkey is withdrawing from the 2011 Istanbul Convention which prevents and combats violence against women, ironically as you have noticed already, it was opened for signature in Istanbul, Turkey. As of this day it has been signed by 45 countries plus the European Union. The Convention establishes a series of acts characterized as violence against women, these are offenses such as: psychological violence (Art. 33); stalking (Art. 34); physical violence (Art. 35); sexual violence, including rape, explicitly covering all engagement in non-consensual acts of a sexual nature with a person (Art. 36), forced marriage (Art. 37); female genital mutilation (circumcision) (Art. 38), forced abortion and forced sterilisation. It is not so difficult to notice that those crimes are unacceptable, however the issue for the conservatives in Turkey, and sadly in Poland, with this agreement is that the Istanbul Convention describes gender as socially constructed roles which are characterized by certain behaviors considered appropriate for men and women. Notwithstanding the scientific and psychological background for this statement, they do not fancy it; to those people it goes against everything they believe in. They think there is no such thing as gender identity because "you are what you were born". Moreover,

the Convention includes measures to protect victims without discrimination on any ground such as sex, gender identity, race, sexual orientation, and social or national origin. Erdogan claims that he rejects the agreement based on it trying to normalize homosexuality, which to his mind is sick. What is even sadder is that Turkey is already facing a so-called femicide (women being murdered just for being female). According to Turkey's „We will stop femicide Platform“, about 300 women were killed last year, mostly by their partners, and about 171 more women were found dead under suspicious circumstances. As long as this convention did not help them as much as there was a need for, it still was a bridge connecting their country to more civilized societies of this world.

The meeting itself took place in the Turkish Presidential Palace on March 30th. Ursula von der Leyen was left without a chair as her male colleague (Charles Michel) was obnoxiously given a cozy place next to Erdogan, ready to take official photos. This occurred even though she is a politician of higher status than Charles Michel. She ended up seated on a side sofa several feet away, and lower than the two men. Furthermore, her position was mirrored on the other side of the room by Turkey's foreign minister, Mevlut Cavusoglu, whom she outranks in every way. Some people may say it was by accident, nonetheless, previous meetings of this style when two European Union male politicians were sent to meet with Erdogan, including the Polish Donald Tusk, they were taken care of at the same level of priority, seated both next to the Turkish President.

Now, as long as this incident reflects a currently ongoing battle for Turkish women's rights, it also represents the EU's inability to create a united front in dealing with a country who is a powerful neighbor and a candidate to join the bloc.

To conclude I have to say that it truly hurts my soul how our world is constantly regressing instead of progressing, in many matters. What is also quite terrifying to me is that Poland is on its path to become what Turkey is, a nightmare for women and minorities. Well, we are not a dreamworld either but it for sure can get worse. I hope not, but who knows. I wish people had more empathy, especially those in power, because as their decisions might not affect them directly, they for sure have a lot of influence on average citizens. Politicians such as Erdogan are safe and sound sitting in their rich palaces while people on the streets have their lives in danger. That's just heartbreaking.



SOURCE:BBC NEWS

# Photo Competition

PHOTO BY MARYSIA ROZYCKA

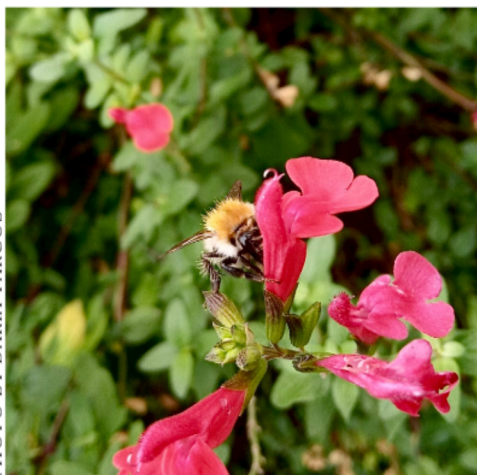


PHOTO BY SYLWIA WIELGASIEWICZ



PHOTO BY MARYSIA MORACZEWSKA

PHOTO BY DARIA TARGOS





# Calendar

by Lena Niedaszkowska

## MAY BY LENA NIEDASZKOWSKA

- 1 May 1930** - Pluto is named (planet).
- 2 May 2011** - The U.S. killed Osama bin Laden
- 3 May 1494** - Columbus first noted that he managed to spot Jamaica
- 4 May 1975** - Margaret Thatcher became the first female Prime Minister in the U.K.
- 5 May 1818** - Communism founder- Karl Marx was born
- 6 May 1889** - The Eiffel Tower is opened to the public
- 7 May 1945** - Germany surrendered thus the European Second World War ended
- 8 May 1886** - Coca Cola was invented and Paramount Pictures was established
- 9 May 1862** - American General David Hunter, gave an order to free the slaves in multiple states without presidential nor congressional approval
- 10 May 1994** - The day of Nelson Mandela's presidential inauguration in South Africa
- 11 May 1981** - Singer Bob Marley died
- 12 May 1937** - George VI was crowned in London as the new king, he was later succeeded by his daughter - Queen Elizabeth II
- 13 May 1950** - First Formula One Grand Prix race is held.
- 14 May 1948** - Israel announced its independence as a state
- 15 May 1940** - The first McDonald's opened in California
- 16 May 1929** - First Oscars (The Academy Awards) were held
- 17 May 1954** - The U.S. Supreme Court unanimously ruled that segregation of public schools "solely on the basis of race" denies black children "equal educational opportunity"
- 18 May 1804** - Napoleon Bonaparte became Emperor of France, snatching the crown from the hands of Pope Pius VII during the actual coronation ceremony, and then crowning himself
- 19 May 1536** - Anne Boleyn, the second wife of Henry VIII of England, is beheaded for cheating on Henry
- 20 May 1932** - Amelia Earhart became the first woman to fly solo across the Atlantic
- 21 May 1881** - The American Red Cross was founded by Clara Barton
- 22 May 1813** - German composer Richard Wagner was born
- 23 May 1846** - The first American female attorney Arabella Mansfield was born near Burlington, Iowa. She was certified in 1869 as an attorney
- 24 May 2001** - 15-year-old Temba Tsheri is the youngest person to climb to the top of Mount Everest
- 25 May 1977** - Movie Star Wars is released for the first time
- 26 May 1940** - The Dunkirk evacuation began in order to save the British Expeditionary Force trapped by advancing German armies on the northern coast of France
- 27 May 1937** - 200,000 people celebrated the grand opening of the Golden Gate Bridge (San Francisco) by strolling across it
- 28 May 1961** - Amnesty International was founded by London lawyer Peter Berenson
- 29 May 1453** - The city of Constantinople was captured by the Turks, who renamed it Istanbul. This marked the end of the Byzantine Empire as Istanbul became the capital of the Ottoman Empire
- 30 May 1922** - The Lincoln Memorial in Washington, D.C., was dedicated. It portrays Abraham Lincoln sitting in a chair
- 31 May 1930** - Oscar winning American actor Clint Eastwood was born



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