

Hello friends

Having discussed various options in our group, we chose to focus on students currently studying at Tartu Tamme Gümnaasium. Only later did we understand that it wasn't the easiest task at all. Why? Well, many students appear to have quite different ideas about life. Also, they are eager to complain but not that eager to contribute. Still, as we wanted to find out how we should prepare ourselves to have more say in our society, we wanted to find out

- a. how young people understand their current role;
- b. why active learning matters;
- c. is stress a bad or a good thing;
- d. why students like to party.

We gathered information through face-to face conversations with our classmates, and through the Internet.

About young people in Estonia and the EU

Young people matter both in Estonia and in the European Union. In Estonia, we have free education and health benefits. As European citizens we can study and work in any Member State. Moreover, we can broaden our horizons by travelling and participating in various youth projects. We have e-state and ample opportunities going electronic. However, there are also those among young Estonians who are not sure what they want, and those “not in education, employment or training”. For those people we can only advise to stick their neck out and go after their wildest dreams. “Where there's a will, there's a way,” as the well-known saying goes.

About active learning

Active learning engages students in various ways. Such activities as group work, open discussions and debates, public speaking and presentation allow students to better remember what was covered in class. Also, active learning engages students' emotions and the three major senses (sight, touch and hearing) with the subject at hand. We agree with the common knowledge that people remember better the things they actually do rather than passively read or hear. We also believe that we learn more when we teach each other rather than let somebody else do the job.

About stress

In 1936, Hans Selye defined stress as “the non-specific response of the body to any demand for change”. There is good stress and distress (having little or no control). While it is an important function of our bodies, stress often teaches us what not to do, rather than what to do. So when it comes to studying, stress should be minimized and heavy workload reduced. However, it's easier said than done. Stress seems to be something you can't normally avoid. Therefore, if you are experiencing stress, imagine, how it gets you closer to your goals rather than freaks you out. Use stress wisely to motivate yourself rather than give up!

About partying

Going to parties is very popular among students. It can relieve stress, but the main reason for going to parties is socializing – meeting friends and new people. Students also like dancing and relaxing together. Our group agrees that partying is good for the society because it makes students more active and thus more eager to learn.

In conclusion

We believe we have done a good job because we've chosen a topic that is as important to young people everywhere as it is to us. In the future, we'd like to develop our skills in teamwork. Also, social studies interest us quite a bit. Thank you.



*Aare, Elisabeth, Richard, Birgit,
Markus, Erik, and Elery*

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