

Week 01

Adolescent Anxiety

Narrator: Conversation 1
 Alberto: Hey, Ana! What's wrong?
 Ana: I've got a big test coming up, and I am kind of freaking out about it! I just don't know what to do! I feel like I haven't done enough in this class so far and now I am just stuck. On the last exam, I drew a blank when I looked at the exam and did poorly. This is all overwhelming! This test is worth 25 percent of our grades, and if I don't pass with flying colors...
 Alberto: Hold on. First of all, breathe. It is normal to feel anxious before an exam. I am sure that you are more prepared than you think. What class is it for?
 Ana: History.
 Alberto: Is there anyone in your class that you can study with? Perhaps they can share their notes with you? You could also talk to the guidance counselor.
 Ana: Ok. You are right. I need to think about this and get some mental clarity before I hit the books. I am not in this alone. Thanks for listening, Alberto.
 Alberto: Glad I could help!
 Narrator: Conversation 2
 Dr. Salazar: My name is Dr. Salazar, and I am a licensed psychologist specializing in adolescent behavior. In today's conference, I am going to spotlight how anxiety affects even the most unflappable teenagers and identify strategies for helping them cope.
 Anxiety is a common reaction to everyday events. It can be beneficial at times as it might motivate us to study harder for an exam or to practice more arduously for a sporting event. However, severe anxiety is bad, and it is more prevalent in teenagers than ever before. From increased pressure to get into prominent universities to being accepted by peers on social media, there are many causes for the escalating levels of anxiety, and more and more students are a bundle of nerves. But there are recommendations for how to help...

At the Doctor's

Narrator: Conversation 1
 Dr. Morales: Alejandro, you tell me that you have been having insomnia and irritable bowel movements. How long has this been going on for?
 Alex: For about three weeks. I also have a hard time concentrating in my classes. My teachers are constantly reminding me to concentrate, so much so that I am concerned about my grades.
 Dr. Morales: Do you have any major events coming up?
 Alejandro: I am going to take the standardized university tests in about two months. I started preparing a month ago.
 Dr. Morales: Hmm... There appears to be a connection between the time you started studying and the time you started experiencing your symptoms. They could be physiological manifestations of your concerns regarding the outcomes of these examinations.
 Alejandro: I hadn't made that connection, but it would make sense.
 Rubric: Conversation 2
 Liliana: What did the psychologist say?
 Alejandro: Well, he inquired about my symptoms and then asked me about any major events in my life. I remembered that I started studying for our exams around the same time that I started feeling under the weather. He said that I have a lot on my plate and my insomnia and anxiety might have been triggered by the exam preparation.
 Liliana: That would make sense. I think everyone in our class has been a bit on edge recently.
 Alejandro: You are probably right. Fortunately, I am not at a breaking point...yet.
 Liliana: What did he recommend?
 Alejandro: Well, he mentioned that...

Week 02

Ask an Expert

Radio Host: Welcome to “Ask an Expert,” where each day, a professional joins our show and answers to your most pressing questions. Today we have Dr. Zitlal, a psychology professor from the state university. Our first question comes from Alice, who asks, “A friend has an anxiety disorder. How can I help her?”

Psychologist: What a considerate friend you are, Alice. Hopefully, your friend is already receiving professional support, such as cognitive-behavioral therapy, in which she is learning short-term skills on how to live with her anxiety. However, as a friend, it is important to encourage her to socialize. When people with anxiety become isolated, it can worsen their symptoms.

Radio Host: Fascinating, Doctor. Miguel asks, “My doctor prescribed anti-anxiety medication, but what would you recommend for a more holistic approach?”

Psychologist: Don’t be reluctant to trust your doctor. I have to warn you that it is dangerous not to consult your doctor before trying any alternative treatments. Personally, I believe that medication and a healthy lifestyle go hand-in-hand. For example, reducing or cutting out caffeinated beverages and smoking are essential as they both exacerbate anxiety. Getting enough sleep is also key to providing your body with the energy to control your response to particularly unnerving episodes.

Radio Host: Ahh... James asks if there are any particularly effective strategies for managing an especially agonizing moment for his teenage son.

Psychologist: Relaxation techniques can help reduce anxiety if you feel anxiety rising within. Encourage him to try closing his eyes and visualize a peaceful setting or try meditation. If he is a more physical person, yoga has worked wonders for many sufferers.

Radio Host: That is all the questions we have time for, doctor. Thank you for your insight. Join us tomorrow when...

More Harm than Good

Talk Show Host: Welcome back, everyone. As you know, we have been talking with Ms. Garcia and Anais about how to help Anais handle her panic attacks. We also have Dr. Barnes to provide counseling. Ms. Garcia, what has been the hardest aspect for you?

Ms. Garcia: I get really exasperated when Anais doesn’t stick to her treatment plan. Her doctor has said that she needs to attend a support group, but she says that she is embarrassed and doesn’t go. If only I could get through to her about the importance of this group.

Anais: But I do everything else, like be physically active and get enough sleep. I just don’t feel comfortable going to the group because I am the youngest member there.

Dr. Barnes: Ms. Garcia, it is important that you bear in mind the purpose of the group is to reduce anxiety and panic attacks, not to bring them on. If you are unyielding about forcing Anais to go to this group, it could provoke an attack instead of preventing one.

Ms. Garcia: I hadn’t considered that, doctor. Anais, I regret coercing you into something that was causing more harm than good. I just feel so helpless sometimes because I can’t help you enough.

Anais: I understand. You just want the best for me. Remember that I keep up with my serotonin therapy and my deep breathing exercises daily. Don’t forget that panic attacks can’t be prevented, only managed.

Dr. Barnes: Perhaps you could look into an adolescent group. If Anais is surrounded by her peers, she would probably be more responsive to the experience.

Anais: I WOULD be much more willing to go if it were for younger people.

Talk Show Host: It sounds like you two have made a big breakthrough today! We have another commercial break from one of our sponsors and then...

The Sanchez

Narrator: Conversation 1

Gerardo: Don't freak out, Javier. It was just a couple of beers.

Javier: Gerardo, I am really alarmed by your behavior. Your anxiety flares up when you are under stress or when you drink. You can't carry on like this!

Narrator: Conversation 2

Mrs. Santana: I am aware of your concerns, but he is only 18 years old. You used to do the same thing at his age!

Mr. Santana: I know, but this may be getting out of control. He binged with his friends last weekend, too. I can't stand meddling, but the doctor said that alcohol could be especially detrimental to his health.

Narrator: Conversation 3

Coach Mora: I am worried about Gerardo. He is our star forward, but he missed training three times last week. Other kids mentioned that he might have been suffering from severe anxiety. He is also enrolled in my nutrition class, and he has been having trouble applying himself. Is there anything I can do to be of assistance?

Mrs. Santana: Hmm... It appears that he may be disregarding the doctor's orders. I will share your concerns with him and watch for signs of increased anxiety. If this continues, he might have to withdraw from the team.

Narrator: Conversation 4

Mrs. Santana: Mr. Mora mentioned that Gerardo was skipping practice and couldn't focus in class. Javier is also fretting about Gerardo's drinking. I know that he is not underage anymore, but it is becoming unmanageable. What can we do?

Mr. Santana: This is getting to a critical stage calling for drastic measures. We can't let the situation get worse. Can you make an appointment with his psychologist?

Test: Internet Doctors

Narrator: You'll hear a webinar about anxiety disorders. For questions 1–8, complete the sentences with a word or a short phrase.

You now have 45 seconds to look at Part 2.

Webinar host: Welcome to today's webinar on anxiety disorders. We are excited to see so many people joining the session!

Today, we are going to focus on illness anxiety disorder, previously known as hypochondria, which is caused by excessive worry that you are currently or may become seriously ill. People with this disorder may experience minor symptoms, such as fatigue or itching, and believe that these symptoms indicate a major illness.

As with other anxiety disorders, people with this disorder may miss out on important events for fear of getting sick. They may also become obsessed with checking the internet for signs and symptoms of possible illnesses and keeping track of every time they get sick. While we may all do this from time to time, especially in the wake of the COVID-19 pandemic, you may have this disorder if you have a family member that has similar tendencies, or if you have repeatedly sought treatment for a more serious illness that turned out to be not life-threatening at all.

Most health providers would agree that some illnesses are not easily detectable, so it is important to get symptoms looked at. However, it is imperative for you to build a trusting relationship with your provider so that if the checking gets out of hand, you can set reasonable limits together, such as limiting testing and specialist referrals. It is also important to avoid getting second opinions or making emergency room visits that can lead to duplicate testing.

Finally, while there are many valid and trustworthy online sites that provide relevant information regarding medical care, they can never replace the human intervention of a medical professional. Instead, these sites can cause unnecessary alarm. If you are concerned that you or a loved one may be suffering from illness anxiety disorder, click on the link in the chat and take our quiz...

Narrator: Now You'll hear Part 2 again. That's the end of Part 2.

Week 03

The Struggle Is Real

- Anne: So... How has Tim been? How is he managing his depression?
- Brooke: Oh, let me tell you that it's been heart-wrenching and an absolute rollercoaster! After trying several different medications, he was ultimately prescribed one that is helping to improve his mood. I didn't know this before, but it's all about trial and error with these medications, you know, and the challenge is to remain patient and hopeful that things will change for the best.
- Anne: That sounds awful! I can't even begin to imagine what it must be like to see your spouse going through such a terrible situation.
- Brooke: Absolutely! I swear there were times when I didn't even know what else I could do to try to help him. He was miserable! He would spend days, sometimes even weeks, just dwelling on his past and his childhood, feeling completely worthless and hopeless, wallowing in self-loathing. The isolation part of it all, though, was the hardest, I think; for months, he refused to go out with friends or see any of his relatives. I feel like sometimes it was almost unbearable to see him struggling like that.
- Anne: Oh, dear! At least he was willing to open up about his thoughts and feelings with you!
- Brooke: Definitely! I'm so thankful he was willing to share what was going through his mind and to see a therapist as well! Otherwise, I have no idea how this whole situation would've ended. But I'm telling you, this new medication has been a total game-changer; it has definitely changed the course of his illness. His sleep has finally improved, he's been more animated, and the tearfulness has decreased. It's truly amazing to see what some of these medications can do, that is, once you find the right one, of course.
- Anne: Oh boy! From what you tell me, it seems like depression is a very sensitive matter.
- Brooke: For sure!
- Anne: So, how did you manage things at home? Did you feel like you were invariably walking on eggshells?

- Brooke: Big time! I started seeing a therapist as well to talk about our struggles at home. I was in a desperate situation, and I needed urgent advice on how to talk to Tim and address some of the most critical issues.
- Anne: That's awesome! Good for you!
- Brooke: It was the best thing I could've ever done! My therapist explained that sometimes, no matter how well-intended you are, you might say the wrong thing and worsen the situation. So, there was a lot of listening without judgment on my part and simply reminding him that I'm here for him and that our home is a safe space for him to take a breather from the outside world and recharge.
- Anne: Aaawww! I love that! I'm so glad he's making progress!
- Brooke: Me too!

Jolie's Case

- Professor: So, the following case we will analyze is Jolie, a 60-year-old widow who lost her husband a year ago to brain cancer and has been living alone since then. Jolie reports experiencing loneliness, difficulty coping with her daily routine, difficulty relating to others, and deep sadness. What are your thoughts on this case?
- Student 1: Well, first of all, we would need to carry out an extensive initial assessment to determine if Jolie is experiencing additional symptoms to the ones reported. Then, we would need to ask her about her past medical history. Finally, I would ask her how long her symptoms have been present.
- Professor: Good contributions. Those assessment questions will clearly help guide her treatment plan.
- Student 2: I agree; however, wouldn't it be crucial to also ask her if she has experienced a depressive episode like this one in the past?
- Professor: Good point; what is your reasoning behind that question?
- Student 2: It's imperative to determine whether this may be a recurrent episode of Major Depressive Disorder, a different type of depressive disorder, or purely an episode of intense sadness caused by grief due to the loss of a loved one.

Professor: Excellent! Yes, this very well could be a case of grief and non-recurrent depression.

Student 3: Similarly, it would be critical to rule out any other possible medical conditions she may have. For instance, thyroid problems could also lead to irritability and even temporary depression.

Professor: Moreover, her case description also mentions that she suffered from a similar episode before, following her mother's passing 11 years ago. Does that provide any valuable input for our treatment planning?

Student 2: Definitely! Mainly because we know her symptoms were relieved between her mother's passing and now. Therefore, it is more likely that her condition is a case of bereavement and non-chronic depression rather than persistent depression.

Student 1: Indeed! However, if she does not fit into the criteria of Major Depressive Disorder, would we still be able to prescribe antidepressant medications for her as compared to a patient suffering from clinical depression?

Professor: Great question! Would anybody like to attempt to answer it?

Student 3: I would think so, especially because she feels like her symptoms are not improving on their own, and she has been through a similar situation in the past. Additionally, we could ask her if she was prescribed antidepressants when her mother passed and if she thought they were helpful.

Professor: Fantastic! Furthermore, as usual, don't forget to ask the patient if they are allergic to any medications before prescribing them.

Week 04

Feeling Better Is Possible

Host: Welcome back, everybody. Next, we have an interview with our guest today, Jennifer Hill, a former alcoholic who has been in recovery for the past 12 years and suffered from Major Depressive Disorder and Generalized Anxiety Disorder. Jennifer is here today to share her story about addiction, treatment, and recovery and to remind us that it is possible to reach a state of happiness even if it seems like it's all going downhill. Jennifer, welcome to our show; we're thrilled to have you with us today.

Jennifer: Thank you; thanks for having me.

Host: Jennifer, you have been admirably outspoken about your struggles with alcoholism, depression, and anxiety; tell us a little bit about your story and how you got to where you are today.

Jennifer: Well, as you mentioned, I have been in recovery for 12 years now, and I have struggled with anxiety and depression essentially my whole life. It all started one day when I found myself in a hospital, in the emergency room. I know this can be triggering for some people, but basically, at that moment, I felt like I had reached a mountain of hopelessness that I couldn't climb anymore and was unable to see the other side.

Host: That must've been incredibly hard!

Jennifer: Oh, it was! Therefore, when I was discharged from the emergency room, I was sent upstairs to the locked psychiatric ward of the hospital, where I never ever in a million years imagined I would ever find myself, and I was put on suicide watch.

Host: I hear you! I would imagine that, for most people, being in a psych ward is not a situation they commonly picture themselves in.

Jennifer: Right! So, I met with a psychiatrist who talked to me about my depression and why I ended up in the ER, and she just made me feel like I belonged. She treated me like I was her equal, with such compassion, and just very openly and ordinarily talked to me about my depression. That was the first time I ever recognized that I had a serious problem. Before then, I hadn't realized the severity and seriousness of the situation.

Orange Stage

Audio Transcript – Term 2

- Host: Wow! What a life-changing moment for you! It's impressive that she helped you open up about your depression as if you were talking about having a broken foot! Because, after all, depression is an illness like any other.
- Jennifer: Exactly! And that is what made me realize that there was no need for me to be ashamed of my depression, and instead of talking about it in hushed tones because I was self-conscious about it, for a brief moment, I felt unashamed, like I belonged, and like I deserved to get help.
- Host: Incredible, what a wonderful experience! So, what did your treatment...

And That's OK

My name is Linda Grayson, I'm 35 years old, and I am depressed. And that's OK. Let me repeat that because we are taught the opposite in our society, so it's counterintuitive. I am depressed, and that's OK.

Over the years, I have learned that being depressed is OK and nothing to be ashamed of. Just like people with diabetes have to manage their blood sugar levels by taking insulin, I have to deal with my symptoms of depression with doctor's appointments, medications, and pain at an emotional level.

For me, depression doesn't only mean feeling profoundly sad because of a specific situation in my life, but it also means feeling sad for no reason at all. Depression means having days when it is challenging to get out of bed because my body and mind don't have the energy or motivation to do so. Depression is feeling like I have no purpose, like there is no reason to do anything because "what's the point?!" And that's OK.

Depression is feeling guilty because I didn't get anything done today and then beating myself up for doing nothing all day because I was too exhausted to do anything in the first place anyway. Depression is pushing everyone away because I don't want to talk to them or see them because I'm too depressed, and then convincing myself that my friends don't want to talk to me anymore because I'm flawed and act in awkward and confusing ways that make them uncomfortable. Depression is feeling like I don't like anything, like I don't want to do anything, and then throwing a pity party for myself because of my extreme lack of motivation.

Depression is not wanting to be alone in my head because I don't say nice things to myself and there's another Linda in there that wants to take me down. And that's OK.

But depression is also consciously being aware of my own depression and how it manipulates my reasoning and stepping back from it to analyze it, and realizing that I can do something about it, and that by doing something, I can move forward and get unstuck from my self-loathing. Depression is knowing that this episode will pass, that I will get to see the light again, and that I can live on life's terms and experience the whole spectrum of human emotion without wanting to get out of it. Depression is coming out on the other side, knowing you're a better person because of it; knowing you are more compassionate because of it; knowing you understand humanity a little differently because you've been through hardship.

Depression is finding the positive aspects in all of the challenging feelings, emotions, and circumstances that come with it and being willing to put up a fight and come out of it victorious.

And that, is OK.

Is Everything We Think Real?

Interviewer: In your book, Dr. Gilliam, you explain that Cognitive Distortions are thoughts that are not based on facts and give us an even greater negative perspective on situations that may not be that bad. Can you tell us a little more about them?

Dr. Gilliam: Certainly! These Cognitive Distortions are thoughts we all have, but they may be more pronounced for some people. We have seen that patients who suffer from depression and anxiety tend to have more acute distortions than people who do not have mental health struggles. The problem is that rarely do we think about these cognitive distortions, and if we aren't able to pinpoint them and stop them at an early stage, they can become very intrusive and affect how we feel and behave. In the long run, these distorted thoughts can affect our mental health, and changing our thought process becomes more difficult the more time we allow these thoughts to take over.

Interviewer: Can you give us some examples of these distortions?

Dr. Gilliam: Of course! One of the most common is what we call dichotomous thinking, which is when a person sees a situation as either black or white, and there are no shades of gray in between. Not only is this way of thinking harmful, but it also sets unrealistic expectations that can damage our relationships.

Interviewer: That is so true! Seldom do we stop and think about what is actually going through our minds.

Dr. Gilliam: Exactly! Rarely will you hear that someone is actively thinking about what they are thinking; it all comes so automatically. Another one of the most popular is jumping to conclusions, where we assume what the result of an event or situation will be without having reliable evidence. Only when we understand that we cannot predict the outcome of a specific situation will we be able to reduce our anxiety levels.

Interviewer: Oh gosh! Little did I know it was a cognitive distortion! I feel like I find myself doing that all the time!

Dr. Gilliam: I know! These distortions are more common than we think. And the last cognitive distortion I will talk about today is catastrophizing, which is when we think about all the possible scenarios that could go wrong. We always resort to the worst-case scenario, seeing it as the only possibility. We ask ourselves, what is the worst thing that could happen? And that is usually our answer to all situations. We think everything will go wrong, and nothing will turn out ok. It's not until the situation proves us wrong that we realize we may be catastrophizing a little too much and too often.

Interviewer: Had I not read your book last month, I would have totally thought you were a fortune teller! It's like you're describing me to the T.

Test: Fascinating Life Events

Narrator: You'll hear three different extracts. For Questions 1–6, choose the answer (A, B, or C) which fits best according to what you hear. There are two questions for each extract. You hear a man telling a friend about a sea lion.

Friend: So, what happened during your beach vacation?

Man: Well, we booked a snorkeling trip that included a visit to an island where sea lions live. The brochure said we would go swimming with them. Shortly after arriving on the island, before we jumped in the water, the tour guide cautioned us that it was mating season and that we should refrain from getting too close to the rocks where the sea lions live. Apparently, male sea lions are particularly aggressive during this time of year.

Friend: Oh, that's fascinating! I've never seen a sea lion up close, let alone a large group in the wild and during mating season. I expect they are gigantic and magnificent.

Man: They are! So, I was completely unaware of exactly how far away from the rocks we should stay, and as I was snorkeling toward the rocks with my head in the water, I lost track of where I was. So, when I finally stuck my head out of the water, I immediately realized that one of the male sea lions was making horribly loud sounds and preparing to jump off the rock. It was evident from his body language and the sounds he was making that I'd gotten too close to his territory, and he felt threatened. He was incessantly flapping his flippers and stretching his neck up to the sky, and all of a sudden, he leaped into the water and began swimming terrifyingly fast toward me.

Friend: Wow! That's a pretty crazy story! Never in my life would I have imagined that male sea lions could behave like that during mating season. So, what did you do? Swim like your life depended on it?

Man: Well, yeah! I was convinced that I never got menacingly close to the rocks; however, the minute I became aware that the sea lion intended to jump in the water, I began swimming away as fast as I could. Our guide started yelling at me to get back to the boat and keep swimming until I was out of the sea lion's sight. When I finally made it back to the boat, the sea lion had returned to the rocks.

Friend: That was close! But I'm sure he still wouldn't have attacked you if you had not swum away, given that you were not that close to the rocks.

Man: Are you kidding! You should've seen the size of that animal and how determined he was to crush me with his long, imposing flippers! After all, the guide did warn us that they are dangerously aggressive during mating season.

Friend: Hmm.

Narrator: Extract 2. You hear a podcast host interviewing an artist about his career.

Host: Tell me about your career as an artist. Did you always know you wanted to create art?

Artist: Well, I grew up in a family of artists, and I've always been an artist as well, but not always this talented, of course. I first started doodling as a child when I was in school. During my teenage years, I started going through changes and feeling plenty of emotions that I needed to express, so I started taking my artistic abilities more seriously.

Host: Definitely, I feel like there's always so much going on that it's hard to keep it in all the time, even as an adult. So, how did you come to establish your career as a full-time artist?

Artist: The first art class I took was when I was in high school, which was a good grounding. At first, I began drawing the dreams I was having back then and capturing my warped perception of reality on paper, so my first drawings were a tad dark and not the finest, I should say. But it inspired me to pursue an art career, so I decided to study fine arts at the university. After I graduated, my creations just became my main thing. Art has been a savior for me in terms of expressing how I feel; it's liberating and therapeutic. When inspiration hits me, I feel a sort of energy flowing through my hand, and my hand transforms ideas into magical creations.

Host: That's fantastic! It sounds like it's no different than when a musician says they feel the spirit when they play the piano.

Artist: Exactly!

Host: And what inspires your creations? Your paintings seem to somewhat be related to nature; is that something you connect with?

Artist: Nature is definitely inspiring. I feel like it's a treat to walk in the woods looking for inspiration. I like seeing the unique entities out there because, compared to the general dullness of daily life and routine, the forest is like a visual and auditory playground for my brain. I love looking for shapes and multidimensional patterns that pop out from the trees, leaves, flowers, clouds, you name it. I love taking these experiences in because they remind me of how interconnected the web of existence really is and how we are nestled in this beautiful, multilayered and united organism called the universe.

Host: Wow! That's one unique and beautiful perception of the world!

Narrator: Extract 3. You hear a doctor and a patient discussing an upcoming heart surgery.

Doctor: Mrs. Hetzel, there are a few more items I would like to review with you before your surgery next week.

Mrs. Hetzel: Of course, doctor.

Doctor: As we discussed a month ago, you will be undergoing heart valve surgery; we are going to use a mechanical valve to replace your current one that is not functioning well. Immediately after the surgery, you will be put on an intravenous blood thinner for a week and then switched to an oral medication indefinitely. Blood thinners are an essential part of the maintenance treatment for patients with valve replacements as they play a vital role in preventing the formation of blood clots and the potential increased risk of having a stroke down the line.

Mrs. Hetzel: Ok, I understand. And, if I remember correctly, I will be taking warfarin, right?

Doctor: Correct, that is the anticoagulant I will prescribe for you. And the last point I would like to review is how you will return to your daily activities and integrate any movement or physical activity. For six weeks after the procedure, you will have to avoid doing any kind of exertion and bathing until the incision on your chest has entirely healed with the help of the healing ointment, and the sutures have been removed. After the six weeks, you can return to work and your normal daily activities, but make sure you are very careful and protect your chest; you just pretty much have to baby your body for a few months before you are back to normal. Do you have any questions?

Mrs. Hetzel: I do, do you think I may require another surgery in the future? Or will this most likely be the only one?

Doctor: Well, it's hard to predict. You are considered a young patient for needing a valve replacement. Usually, we see them in elderly patients, but we do have a few patients your age who end up needing replacements. Given that you are in your early forties and do not have a history of any other medical conditions, I estimate that you will probably not need to undergo another surgery. However, outcomes vary from patient to patient, so we don't like to generalize.

Mrs. Hetzel: Thank you, doctor. I understand. I feel more prepared for my procedure next week.

Doctor: See you next week! Take care.

Narrator: That is the end of Part 1.

The Birds and the Bees

Ms. Franco: Hello, class. Today we are going to talk about the birds and the bees and a possible consequence that can arise from it—STIs, or sexually transmitted infections. While many of you are already enlightened about such things, we all need to be fully informed to make good decisions about our bodies. STIs can be bacterial or viral, and can infect the mouth, genitals, and anal areas of the body. Bacterial infections, like chlamydia, gonorrhea, and syphilis, are caused by bacteria and can be cured. However, viral infections, such as herpes, HIV, and hepatitis B, cannot be cured and will remain in the body your whole life.

Monica: I know that you have to take the right precautions to prevent from getting an STI, but is it true that you can get seriously ill or kick the bucket from all STIs?

Ms. Franco: Well, Monica, most STIs won't kill you, but even bacterial infections can have a serious effect on the body if they are not treated right away. You must consider their repercussions seriously.

Gilberto: Ok, but if you don't go all the way, you can't get an STI, right?

Ms. Franco: Gilberto, you must remember that some STIs can be communicated even without vaginal or anal intercourse. You can become infected through skin-to-skin contact, such as pubic lice and HPV, or oral contact, as with genital and oral herpes and syphilis if you are intimate with an infected partner. STIs can even be passed on from an infected mother to her child during birth. However, the majority of infections are spread through oral, anal, or vaginal intercourse.

Victoria: So, we should protect ourselves even if we only want to go to third base?

Ms. Franco: Yes, Victoria. If you are sexually active at all, you need to safeguard your health and wellbeing for your own sake...

Empower Yourself

Mr. Soto: Hi everyone! As you know, Ms. Franco has been informing you about the ways to prevent STIs. However, today I will be giving you information about what to do if you do get one. Firstly, you should know that common symptoms of an STI are unusual discharge and/or difficulty or pain when you urinate or have sex. Visual symptoms can be blisters, warts, sores around your genitals, or itchy irritated skin around the genital region. However, just because you don't have symptoms doesn't mean you are out of the woods. If you have an STI, you can be symptomatic or asymptomatic. In my personal opinion, one of the furthest-reaching consequences of having an STI is giving it to another person. Infecting someone that you care for, either intentionally or unintentionally, could have serious consequences for your friendship or relationship.

Gilberto: I hadn't thought about that. I know someone who found out that he got herpes from his ex, but not until he was an item with someone else. His ex should have told him about having an STI so he could have prevented infecting his current partner.

Mr. Soto: Yes, that devil-may-care attitude is reckless. Speaking of consequences, untreated chlamydia and gonorrhea can cause pelvic inflammatory disease in women, making them infertile. Most women infected with these two STIs don't have symptoms, so the only way for them to know that they have them is to get tested.

Victoria: Ooooh! Mr. Soto, now I am scared out of my wits!

Ms. Franco: Don't panic, Victoria. The most important thing is to make time to inform yourself and do your utmost to make safe choices. Knowing how to prevent and treat STIs is a matter of educating yourself.

Week 06

Stop the Stigma

Juan: Bye, everyone! See you later! I have class.

Flor: Bye, Juan! See you!

Jaime: Flor! You shouldn't kiss Juan, he's...sick!

Flor: Juan is living with HIV; he isn't sick. It isn't appropriate to refer to people with HIV as 'sick.' People living with HIV and taking their medication as prescribed are likely to have an undetectable viral load. By referring to someone with HIV as "sick," you are stigmatizing them and people living with the virus.

Jaime: Ok, I will try to be more sensitive, but you should be more careful. You shouldn't kiss him.

Andrés: Jaime, HIV isn't transmitted via kissing. The virus can't survive outside the body. It is only transmitted via certain bodily fluids like blood, semen, and vaginal secretions. People with HIV are still people. You can do almost anything with them without risk of infection—kiss, hug, hold hands with them, share a bathroom with them, and eat food prepared by them.

Jaime: Really? I didn't know that, Andres. I will try to be more aware.

Flor: We all have to do our part to reduce the stigma of what it means to have HIV and AIDS. Some still fear people with the virus, leading to discrimination at school and in the workplace. There were some parents who didn't want Juan to be allowed to come to our school. Fortunately, the school has a zero-tolerance policy regarding discrimination. I think that one family eventually ended up unenrolling their children, but the school stuck to its policy, and fortunately for us, Juan is here.

Jaime: Wow! I was really misinformed and out of touch with the facts. The discrimination must be extremely hard for Juan sometimes.

Andrés: Yes, I think that you are right. However, to help him and reduce the stigma of HIV and AIDS, we need to educate and inform one another so we are thoughtful and supportive, not stigmatizing and offensive. Everyone has to do their part!

Spread the Word

Host: Welcome to, “Spread the Word.” Today we are talking about common misconceptions of HIV and AIDS and are taking calls from our listeners. Caller 1, you are on air.

Caller 1: Hi, Dani. A friend of mine said that she can tell if a colleague has HIV just from looking at him. Is this possible?

Host: Definitely not. You can’t identify who is HIV positive from mere appearance, only through blood testing. And a quick reminder to everyone to avoid the spread of malicious gossip. It is not appropriate to share people’s health status with others, regardless of whether the information is accurate or not. Caller 2, what is your question?

Caller 2: Hey, Dan! At the start of the HIV/AIDS pandemic, gay men were more at risk of getting HIV and AIDS. Is this still true?

Host: This is one of the biggest misconceptions still out there. Folks, remember that anyone can get HIV as the virus is spread when people take part in certain behaviors, such as unprotected vaginal or anal sex, or by sharing contaminated needles. Anyone who partakes in any of these behaviors is at risk. HIV transmission is not a matter of who you are, but what you do. Caller 3, your turn.

Caller 3: Thanks, Dan. My sister is HIV-positive and depressed. She says her life is over.

Host: I am sorry to hear that your sister is depressed, but her life is definitely not over. With early diagnosis, surveillance, and medication, people living with the virus can have healthy, purposeful lives. I encourage you to help her take back the things she enjoys most so that she can remember how much she has to live for. Next caller...

Let’s Talk About HIV

Main Organizer: Morning, everyone. Today, we are planning our annual awareness campaign for HIV and AIDS. As you know, the purpose of our campaign is two-fold. First of all, we want to educate people on how to prevent HIV transmission. Secondly, we want to dispel myths about HIV and AIDS to reduce the stigma that people with HIV/AIDS face. Initially, the campaign will focus on local middle schools. Meanwhile, we will also develop a pilot for high schools. We would like everyone’s input for today’s brainstorming session.

Volunteer 1: If high schoolers are more likely to be engaged in risky sexual behavior, why aren’t we focusing on high schools?

Main Organizer: I see your point. Nevertheless, we believe that the program should target middle schoolers to raise awareness before the students become sexually active.

Volunteer 2: We should work with teachers first as they have consistent and direct contact with kids and will have a better idea of what young people will be open to. Kids may also feel out of place bringing up potentially awkward questions with strangers.

Main Organizer: Good point. What else?

Volunteer 3: Another strategy could be to bring in a young guest speaker with HIV to speak to the students about their own personal experience, the prejudice they face, and the misconceptions they encounter.

Main Organizer: No doubt about it. There is a statewide youth HIV forum with a set of guest speakers. It could send a very powerful message and reduce some of the bigotry that people with HIV face.

Volunteer 3: It needs to be crystal clear to our youth that anyone who engages in unsafe sex is at risk. Therefore, I suggest finding a diverse group of speakers. We need to dispel the myth that only queer kids and economically disadvantaged kids of color are at risk.

Main Organizer: Point taken. So, what about...

Orange Stage

Audio Transcript – Term 2

Week 07

Magical Merlin

Anna: Hi, Merlin! Who can we stan?
Merlin: Hi, Anna. Here's a list of people named Stanley near you.
Anna: No! You dumb Merlin! I meant who is hot and famous, you know, a snack.
Merlin: You can buy healthy snacks in Green Foods. Do you want me to order some for you?
Anna: Oh, you are not very smart, are you? Low key, I'm going to trade up for a newer assistant. Anyway, Merlin, check my DMs and tell me if Charlie has written to me.
Merlin: Checking your DMs... No new messages from Charlie. Do you want me to message him?
Anna: No, obviously not. I'm not a simp! Just send him a nudge.
Merlin: Sending Charlie a hug.
Anna: Thanks, Merlin. Wait, what? No! Cancel that! I think he's been going out with this girl, Emma. I'm kinda salty, TBH.
Merlin: I don't understand. A person cannot be salty. Do you want me to look up salty foods?
Anna: Ugh, Merlin. No! I might just give up on Charlie. You know he's been ghosting me since Halloween. I might yeet you out the window!
Merlin: That's not nice!

More Than Wires and Chips

J.A.N.E.: Welcome to the virtual gallery on voice recognition from our National History Museum. I'm J.A.N.E. You probably speak to your mobile phone, smart speaker, or even your computer with a certain regularity, but have you ever wondered how all this came about? Please feel free to ask any questions about the exhibits here. What's your name?
Jeremy: Hello J.A.N.E. I'm Jeremy. What's this funny-looking robot dog?
J.A.N.E.: The first voice-activated toy was called Radio Rex, a robot dog that would come out of its house when it recognized its name. It was commercialized in 1922.
Jeremy: It says here that by 1952, Bell Labs presented Audrey, or Automatic Digit Recognition Machine, which was able to recognize spoken digits and helped make phone calls. All that heavy machinery to make out only ten words! What are those things that look like light bulbs?
J.A.N.E.: Those are vacuum tubes, electronic devices made of glass that control electric current flow in older radios and televisions.
Jeremy: Thanks, J.A.N.E. Got it! And what's that flat circular thingy?
J.A.N.E.: Could you please be more specific, Jeremy?
Jeremy: Sure! Picture a waffle but really, really thin and a bit shiny. It's about 30 cm across.
J.A.N.E.: I understand. That is a silicon wafer that contains semiconductors.
Jeremy: What are semiconductors, J.A.N.E.?
J.A.N.E.: Vacuum tubes gave way to transistors, which are much more efficient and are made of semiconductors. Imagine semiconductors as a material that can conduct or insulate electricity; for example, silicon can change its resistance value according to its temperature and thus let electricity through or block it.
Jeremy: Why is there a doctor dictating to an ancient computer?

Orange Stage

Audio Transcript – Term 2

J.A.N.E.: With the widespread adoption of microscopic silicon-based transistors, speech recognition really started to take off in the 1990s. The software, Naturally Speaking, transcribed spoken language at up to 100 words per minute, which is close to the average recommended for clear speech. This made it worthwhile for professionals such as doctors to keep medical records and translators to speed up their work.

Jeremy: Ok, and then finally came Siri and Alexa and whatchamacallit from Google?

J.A.N.E.: Google debuted its Google Assistant in 2016. Processing your voice takes place remotely on large servers.

Jeremy: Are servers something like my desktop computer?

J.A.N.E.: Servers are powerful computers as large as 980 000 square feet, approximately the size of three golf courses; modern servers cater to thousands of users at any given point, for example, to power voice assistants in your phone.

Week 08

Converting the Luddite

Presenter: Welcome to our show “Converting the Luddite.” Get ready to hear some words of wisdom from our experts in the IoT field, Philippe Robertson and Rebecca Campbell.

Philippe, Rebecca, thank you for joining us in this podcast. During these last few years, the internet became, for many, a major part of our lives because it allows us to communicate with people worldwide via emails, WhatsApp, Twitter, and so on. Additionally, it is the most widely used source of information, and a means to enable colleagues that could be on opposite sides of the world to work remotely together. However, there are still some who are not willing to embrace other types of technology, such as the Internet of Things, or in short, IoT. It might be due to ignorance. In layman’s terms, can you tell us what that is?

Philippe: Certainly. Communication over the internet mainly occurs between human users. In contrast, Alexa or Siri can communicate with your coffee maker for you to enjoy your coffee in the morning. In IoT, communication takes place amongst the devices themselves, using sensors to gather data and transmit it to other pieces of hardware, which allows decision-making processes to be more efficient and timelier, for example.

Presenter: Could you please illustrate this?

Philippe: Of course, let’s suppose that you are running out of eggs; your smart refrigerator detects this and sends a message to your phone, or even better, connects with the nearest supermarket to order your eggs online. Doesn’t it sound like something from a sci-fi novel?!

Presenter: Philippe, can you tell us what happens in Latin America?

Philippe: Well, countries like Colombia and Brazil are making an effort to implement digital transformation public policies. However, there are still quite a few constraints on connectivity and widespread adoption of technology that need to be solved for IoT to really get off the ground in the area. So, in my opinion, in Latin America, the situation is very different, and the IoT is still very much in its infancy.

Presenter: Rebecca, over to you. Do you see the situation in Latin America differently?

Rebecca: Thank you. I do have a different outlook on the situation. In some Latin American countries, the number of connected IoT devices is projected to reach 1 billion by 2023. This implies the development and improvement of telecommunication services and the availability of the spectrum capacity. We have seen that we need a strong signal and a good coverage network, which is proportional to the bandwidth. Talking about specific countries, Brazil is the first country in Latin America that has adopted an IoT strategy, applying it to e-commerce and automation of products. This is providing all kinds of products with some form of intelligence in a way in which they can perform their functions without human intervention.

Presenter: What can we do to push for IoT adoption in the region?

Orange Stage

Audio Transcript – Term 2

Philippe: Let's take Mexico as an example, the government created a plan to grant digital access to the population, but a plan is not enough; we need substantial investment in the development of hardware, software, and training. The influx of capital should come from both private enterprises and the local government for any plan to succeed.

Rebecca: Yes, I agree entirely that public and private investment is necessary, but national and regional strategies, which at the moment are only being implemented in Brazil, are also required. These plans need to include privacy and security standards, for example, as well as making interoperability between platforms possible.

Presenter: Thank you, Philippe and Rebecca. It's time for a message from our sponsors. We'll be right back.

An A+-Graded School

Presenter: Today we are talking to Daniel Jones, a teacher from the first school to receive government funding for school-wide AI implementation. Daniel, welcome.

Daniel: Thank you.

Presenter: Could you tell our audience what this project involves?

Daniel: Of course, the government organized a contest to grant funds to public schools that could demonstrate creative and innovative uses of AI. All the academic staff put our minds together to submit a proposal and we succeeded! That was about six months ago, and now we can share our experience with AI with other schools.

Presenter: That's great. In what areas have you implemented AI?

Daniel: One of the most important areas where AI has improved our school is the marking of some written work. Students simply submit their work, and the AI-powered program marks their work within seconds! But the best part is that learners also received detailed, personalized feedback that includes comments on their strengths and areas of development. Learners seem to really like this as they don't have to wait long for their work to be returned. In short, this has reduced our out-of-class work considerably as teachers don't need to check their students' written work anymore.

Presenter: That sounds fantastic! How do learners' parents feel about this?

Daniel: Parents are almost as delighted as we are! They also really like the face-recognition software that we use to keep a record of attendance and to increase security within school premises. Special hi-res cameras were installed at strategic points to detect staff and students and, more importantly, to quickly identify any unauthorised persons anywhere on school grounds. To put it briefly, AI makes everyone feel much safer now.

Presenter: Aren't there any concerns about the violation to privacy?

Daniel: Well, there are trade-offs when it comes to security, but everyone is required to sign a waiver and accept the terms and conditions of the facial recognition software. It's for everyone's benefit, don't you think?

Presenter: Well, let's leave that to our audience. Please use our social media to leave comments on the topic. Finally, we heard that there is a virtual assistant that helps learners with their homework?!

Daniel: Well, it's a bit more complex than that, but yes, we implemented a chatbot within the school's Learning Management System to help students with simple queries such as looking up relevant lessons or checking up on any pending homework. Learners need to log on and start chatting with the bot in lieu of mailing members of staff outside office hours. In a nutshell, we believe this is a win-win situation as teachers can have a better work-life balance and learners still get their doubts solved outside of class.

Presenter: Daniel, thank you very much for joining us today. This has been fascinating...

Orange Stage

Audio Transcript – Term 2

Ethical Development: An Oxymoron?

Narrator: Jeff
Jeff: What's my opinion? I am a firm believer in the power of science to improve humanity's general quality of life. We have technology and science to thank for multiple advances that have contributed to extending our lifespans and even allowing us to make things like international travel a common thing when it was but a distant dream not many generations ago. Of course, progress comes at a cost, but it's one worth paying as the rewards far outweigh any sacrifices. To make my point, some scientists lost their lives when working on the creation of atomic weapons, but it is because of the existence of such weapons that humanity as a whole has lived its longest stint of peace ever. In other words, I'd much rather microwave my dinner in two minutes for over 50 years of my life even if it gives me cancer afterward.

Narrator: Laura
Laura: Mmm... I haven't given much thought to it, to be honest. I think I'm a bit on the fence as I like having the latest and greatest as much as anybody, but I admit that it may not be necessary. I often wonder what happens to the nearly new phones I discard. I think I'll google it in a second. Anyway, I sometimes feel like I should hold on to things for longer. I mean I can still text my friends with a slightly older phone, can't I?

Narrator: Carmen
Carmen: Of course, it's vital to consider any ethical implications before authorizing any development. Just to show how being unable to distinguish good from bad can be, we need to look at one man's greed and how it very probably impacted almost every person on Earth. His name was Thomas Midgley Jr. and he was a brilliant chemist with questionable values guiding his judgement. He developed leaded gasoline which was the most widely used fuel for the better part of last century. Some hypotheses claim that he added lead to gasoline fully aware of its poisonous effects but even more acutely aware of the enormous profit this would mean for him. Not content with this, he was also key to the development of CFCs, the gases that every single

Carmen: refrigerator uses to keep our foods cool. These gases are single-handedly responsible for the massive deterioration of the ozone layer. He definitely nailed the evil scientist role! Both cases beg the question: Is a relatively short-lived comfort worth the long-term effects on the planet? Personally, I'd very much prefer to still ride my bike and avoid skin cancer to traveling slightly faster, don't you agree?

Week 09

Ban, Ban, You Shut Me Down

Stephen: Welcome, I'm Stephen.
Tania: And I'm Tania. In our podcast today, we cover the backlash from users accusing companies such as Facebook, Twitter, and WhatsApp of succumbing to pressure from governments in their attempt to restrict freedom of information.

Stephen: I can understand the heat this is getting. I might come across like a conspiracist, but these new policies come after multiple censorship attempts from various countries—most recently, in Nigeria. I found this clip from a Nigerian student; listen to what he says.

Student: We, Nigerians, have suffered weeks of abusive social media banning, and it is evident they are trying to break our communities. In every way they can try, but we will not be repressed. I will not have the government control my actions or my ideas!

Tania: I like how she says that it doesn't matter how much effort they put; it will not work.

Stephen: Yeah, I get her frustration. For me, not being able to communicate feels like incarceration. There is polarization on this, too, you know. Listen to a local lawyer.

Lawyer: I believe some changes in legislation and policies are necessary to stop misinformation. Unfortunately, 80% of what people write on these websites is false. I'm not saying their ideas aren't valid, but some have been deliberately distorted.

Tania: His last bit seems to imply that some people are working purposely to spread false information, right?

Orange Stage

Audio Transcript – Term 2

Stephen: He doesn't say who puts that information out, but yes.
Tania: What's your take on this, Stephen?
Stephen: I'm afraid I have to disagree with this lad. Be they observational or speculative, all ideas deserve to be shared with the world. Then, it is up to us to discern what is truthful and what isn't.
Tania: Absolutely! Were it not for the users; how would communication companies have amassed such fortunes? We cannot forget that companies like Twitter and Facebook should be working in our favor.

Instalie

Maya: Hi everyone, in our IGTV live today, we have influencer Carlo Florenzi
Hi, Carlo. How's everything going?
Carlo: Hi Maya, I'm back now. I lost my account for two days, but I finally fixed the problem.
Maya: This week, you were trending for some out-of-the-ordinary posts you made. Of course, we later learned an imposter hacked you, which poses a question: is online security a threat to social media?
Carlo: If people use the passwords I use, it most definitely is. The more times you use the same password for your accounts, the more vulnerable you are to a hack.
Maya: You might not like me saying this, but I don't take social media seriously most of the time. Being hacked isn't the only problem; there's always false information and rumors that make social media extremely deceptive.
Carlo: I find that difficult to accept. For the most part, social media is exceedingly helpful. People have been located and put to safety thanks to the reach of social networks. Think about amber alerts and how quickly users can spread the picture of a missing person online.
Maya: I wouldn't quite put it like that. Take, for example, all the false events some accounts communicate. I have, for instance, been in shock after learning about many people's deaths through social media that are then denied.

Carlo: If that's the case, why do many people turn to social media whenever there is an unfortunate event or catastrophe? I have used them to let people know I'm all right and to access the fastest information about such an event.
Maya: I see what you mean, but that's not entirely true. On many occasions, people spread panic and erratic information, which causes others to do the unthinkable. After seeing a thread that suggested this, some people ingested bleach during the COVID-19 pandemic.
Carlo: I see where you're coming from, but I'm not all in with this.
Maya: We can always agree to disagree.

Week 10

Askiya

Host: For several years now, UNESCO has named different aspects of nations as the world's intangible cultural heritage. This has been done in an effort to preserve traditions and customs inherent to the different cultures and peoples worldwide. They go from typical culinary delicacies to nuances in languages. One of these heritages is the art of wit. Life is too harsh to always be serious. Developing a sense of humor and being able to laugh at one's own difficulties are essential skills to navigate through life more easily. That's where Askiya comes to life. The entire undertone of a conversation between two older men in Uzbekistan who seemingly are just rambling on everyday issues is considered a form of comedy. They talk about the most common things, but cunningly enough, they do it in such a creative way that irony and the actual definition of the words are within the tone and pauses, and not the words themselves. I am sure you have watched the most famous standup comedians on some streaming platforms, but you've never seen anything like Askiya; that's why today, we decided to bring you these Askiya performers so you can crack up at their wittiness. Without further ado, here it is!

Askiyachi 1: My friend, how's it going?
Askiyachi 2: Not too shabby. How about you?
Askiyachi 1: Same, same but different, you know?

Orange Stage

Audio Transcript – Term 2

Askiyachi 2: How come?

Askiyachi 1: Well, you know, my youngest is finishing high school this year and he doesn't know what to do with himself. He wants to take a gap year.

Askiyachi 2: What? Really? Where does he wanna go?

Askiyachi 1: For a change, the United States, can you believe it?

Askiyachi 2: Is he chasing the American dream?

Askiyachi 1: Yeah, but I keep asking him how long he will be prostrated.

Askiyachi 2: How so?

Askiyachi 1: Because you have to be sleeping to still believe in that dream.

Askiyachi 2: It's like when my eldest finished college, he wanted to start a business.

Askiyachi 1: What kind of business?

Askiyachi 2: Against all odds, a hamburger business. And I told him: "If you are going to start a hamburger business, you need to make sure they are the tastiest and best hamburgers in the city."

Askiyachi 1: Of course, because another hamburger business is what this city needs.

Askiyachi 2: That's not the worst part! You know what he told me? Hey, but don't be sarcastic!

Askiyachi 1: No, no, not at all. Tell me what he said.

Askiyachi 2: "Sure, dad because I was thinking about having the worst and most disgusting hamburgers in business."

Askiyachi 1: I wish there was a way we parents could swap our children.

Askiyachi 2: Sounds interesting, elaborate.

Askiyachi 1: Yeah, yeah, like they can go abroad one year with another family, and they teach them some. We exchange them and they might not be very thrilled, but they are bound to appreciate what we do for them. Is that called a cultural exchange?

Askiyachi 2: You mean human trafficking?

Askiyachi 1: I dare say we could call that kid-swapping.

Askiyachi 2: More like kidnapping.

Askiyachi 1: You are right. Anyway, wish me luck with this son of mine.

Askiyachi 2: Will do, but what you need is a ton of patience. I do hope he ends up making the right decision.

Askiyachi 1: Let me know how those hamburgers turn out.

Askiyachi 2: Well done!

Neoteric Times

Dr. Garcés: Welcome to this session of museography organized by the federal government and the Archeology National Institute. We are indebted that the most acclaimed archeologist in our country has graced this session. Dr. Moctezuma, thank you for your time.

Dr. Moctezuma: I am grateful for your invitation, and I'm overjoyed to be here! I foresee great insight coming from these young generation of future specialists in art, museography, and archeology.

Dr. Garcés: Unquestionably! Students, I urge you to keep your microphones muted until indicated not to. Provided that you have questions about what Dr. Moctezuma will be explaining, type them in the chat. Please, restrain from the use of emojis and reactions. Dr. Moctezuma, shall you start?

Dr. Moctezuma: So, students, I prepared a presentation about using technology and social media to hype the exhibits in museums such as mine. I honestly encourage you to write as many questions and ideas as possible. This is a conversation, and I will absolutely do my best to reply to all of you. First, it is of utmost importance to address where museums stand at this moment of history. Museography, as you know, contrives the relationship between the artists and the space where their work will be displayed. Their prerogative may be different from the administrations, though. Several disciplines are involved in developing the necessary skills to deliver a successful exhibit. Nevertheless, nowadays, we find ourselves embedded in the digital world. How can we bring on that world in a museum, such as anthropology, where its pivot is cultural heritage? Any ideas?

Dr. Moctezuma: Now, you can unmute your microphones and if possible, turn on your cameras, please.

Karla: interactive exhibits

Juan: promotions online

Ricardo: allow people to touch the pieces

Cynthia: QR codes

Orange Stage

Audio Transcript – Term 2

Dr. Moctezuma: Karla, your idea is similar to Ricardo's, but I want you to think of the following scenario. Imagine one of the oldest remains ever recovered in an archeological site has been named as UNESCO world's heritage, and of course, it is the main piece of your exhibit. It needs preservation at all costs. Would you allow people to even sigh in awe near it?

Carlos: No, they wear face masks, and to touch it, they can wear plastic gloves.

Romina: I wouldn't let visitors get so close to it.

Karla: Well, maybe not so near as to kiss it, but they could see it from a considerable distance without a glass box.

Ricardo: Perhaps having a 360° view with VR visors might solve that problem.

Dr. Moctezuma: I love this interaction, students. You are visionaries, and this opens up the dialogue to the different possibilities that perhaps we, people who have been in the industry for such a long time, do not even come close to conceiving.

No Ordinary Roof Over Your Head

Podcaster: Welcome to Urban Regeneration. Today, in our show, we will talk about how houses were conceived in urban planning in Mexico City some years ago. Sometimes, we deem architecture for houses just as something functional and it is taken for granted. However, provided it gets considered as another element in our lives, it'll bring about change in our demeanor, state of mind, and even emotional well-being. Not only might a cluttered tiny space be a source of affliction but also its aesthetic and monetary value will lessen. To talk about landscape architecture that has become a patrimony, we have with us in our podcast, architect Dr. Bolaños. He has a PhD in architecture and is the coordinator of digital media in the most prestigious university in Latin America. Dr. Bolaños, thank you for coming.

Architect: Thank you for having me. I was looking forward to being here and conversing with you and the audience about these remarkable matters.

Podcaster: Let's start. Mexico City, back in the mid twentieth century. What picture can you paint to give us context?

Architect: First and foremost, let me clarify that urban planning back then was not a thing in Latin America. Famous architects, such as the French Le Corbusier and Ferdinand Bac; hadn't it been for them, zoning wouldn't be the discipline we know now. Mexico City was going through a spurt of economic growth; thus, the engineering and architecture industries underwent a successful extension. Here is when the inspiration of Luis Barragán shapes up around the 50s.

Podcaster: But Barragán was an engineer, right?

Architect: That's correct, but he was much more than that. Suppose you had this soulful youth, and he went on a gap year under the influence of European trends, what would you think he might bring back to the table of his beloved city?

Podcaster: More graceful artistic points of view into something as bland as buildings.

Orange Stage

Audio Transcript – Term 2

Week 11

Empowering the Zoom Generation

Architect: Exactly! He became a household name in architecture in Mexico. His legacy is all around the city and even UNESCO in 2016, declared one of his houses a cultural heritage since it combines traditional elements with more modern layouts. Unless protecting customary social constructs and notions is prioritized, the complexity of the latest styles is null. This was the most outstanding conquest of Luis Barragán.

Podcaster: That sounds astounding! Could you explain his vision regarding the building of this renowned house a bit further?

Architect: For sure! Architecture is not about spaces but atmospheres. He saw the magic of architecture and landscaping adapting to modern living; therefore, his desire was to have very sharp angles that could match the flow of nature. The walls are pristine since the need for serenity was paramount. Windows are also of great importance due to his devotion toward natural light. What is more, the garden is given an advantageous arrangement, basically about the half of the floor plans were allocated to the design of this natural space.

Podcaster: But this was not the only garden he designed, was it?

Architect: Of course not, he loved creating green environments. Providing he had had the right materials; he would've made each place a haven. He was also recognized for another construction that stands in the north of the city, "Torres the Satellite."

Podcaster: So, he literally took the saying "the sky is the limit" word by word. Yes, sort of. But also ...

Host: In today's episode of *Life Tech Hacks*, we will talk to my friend Gina, who is a teacher. She's the right person to tell us all about e-learning. Gina, how do you feel about e-learning?

Gina: For me, it has been of great help. Students become more competitive and autonomous when I use online resources and up-to-date tools based on the analytics I gather online. E-learning also prepares students professionally by introducing them to webinars and document sharing. All in all, it pretty much gives everything an educator would need.

Host: However, learning online can also be socially isolating as it sometimes limits our interactions with others, wouldn't you say so?

Gina: Yes, students often say that their talking time with other students and teachers has decreased due to the nature of videoconference apps. Moreover, anything technological is prone to failure, and sometimes, this ruins a well-planned class. Ultimately, this doesn't happen all the time, and there is usually a workaround to these cons.

Host: Should we be funding more e-learning instead of building more schools?

Gina: That is a good question. We should not disregard those places where schools cannot cover students' basic needs. Here, the first goal is to invest in providing the means for education. We should not forget that technology is an essential means of teaching but not the only means. In short, educational technology shouldn't neglect the reality of many learners worldwide, whose primary need is having a school to attend.

Host: That's entirely true. Overall, investing in computers, tablets, or the latest software may sound unrealistic as of now. It is hard to imagine these new and costly technologies being a priority in places where schools have no chairs, buildings, or even water.

Gina: Yes, that summarizes the situation very accurately.

Host: Thanks, Gina, for visiting the studio today!

Orange Stage

Audio Transcript – Term 2

Second to None

Speaker: Do you want to make the coolest and most visually pleasing creations without complex software for your classes and projects? In this tutorial, I'm going to show you how to impress everyone with Genially! Since Genially is an online app that does not need installation, all you need is access to the internet. First off, go to genially.com and register with one of your email or media accounts. Before starting a new project, the website will ask you a few questions. The information you enter will help them offer you personalized themes and templates based on your educational background. Once you tick on the terms of use, you can start by selecting the type of project you want to make. You can make anything you need. The preestablished options are games, presentations, infographics, videos, handbooks, and much more. If neither suits your needs, you can start from scratch with a blank creation. There are plenty of free themed templates to choose from. For full access to all templates, you need to pay a small monthly fee. You could, for instance, be shown a timeline, a brochure, a storyboard, a map, or a biography. Click on one that appeals to you and start editing. After selecting your layout, the editor will allow you to move and edit anything from text boxes to backgrounds. You can also add shapes, graphs, or illustrations. More advanced premium features are also available. Documents are automatically saved to the cloud with no cost. When ready to publish your project, make sure you preview it by clicking on the eye icon at the top right corner. When ready, click on "All Set" and choose how to export your creation. Give it a try and watch more of our videos with ideas on how to create the most impressive Genially documents! Now, there is nothing stopping you from acing your assignments and projects.

Week 11

Holistic Education

Speaker: Good morning! Welcome to our symposium today. I understand you are here to stay updated on the latest trends in education. However, my presentation today starts with a controversial statement: Information Technology is not the future of education. First, I will explain what I am basing my bold premise on. Next, I will expand on some plausible solutions for the situation. Finally, I will summarize my presentation with some food for thought. To begin with, let's consider the material and physical aspects of schools. It is worrisome to think that more than half of the schooling population worldwide do not have electricity, running water, chairs, and learning materials in their schools. How could we think of state-of-the-art technology in a classroom when there isn't even a classroom? Second, let's move on to the curriculum. Most countries have an outdated curriculum that teaches children content which was probably relevant 50 years ago. This curriculum is customarily designed by education ministries that are compelled to fulfill specific requirements of the ongoing political agendas. Nonetheless, any of this content considers the needs, interests, or features of the current generation. Third, soft skills. It is believed that critical thinking, problem-solving, communication, digital citizenship, and creativity are the abilities everyone will need in order to thrive. Isn't it our job to prepare students to achieve this? How can we aim for a more egalitarian society when we still care more about academic skills rather than social ones by neglecting values such as respect, tolerance, and peace? So, the proposed solutions are: One: before allowing the state to allocate funds for the top-notch technology, lobby for quality basic facilities for all. Otherwise, the gap between what innovation is deemed in one country will be otherworldly for others. Two: the curriculum issue could be easily tackled while addressing the soft skills need. For example, instead of devoting so many hours to subjects that won't be useful for their future careers, let's teach children how to manage stress by including mindfulness practices and socioemotional skills. We can also foster critical thinking by allowing questions and

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Speaker: debates in the classrooms. Finally, we all ought to embrace the changes that the future will bring about, but this is not done only with new machinery. It is done with a different mindset where society and students' well-being are at the core of education. I hope this conference puts in perspective, the outlook you should be transmitting to your colleagues regarding a holistic education.

The Robot Is out of the Box

Principal: Thank you, Miss Grinsted, for coming to my office this morning. I called you because I'd like you to be the spokesperson for the following breaking news.

Miss Grinsted: For sure! I'd be happy to help pass the news to the rest of the staff.

Principal: Great! Let me show you the latest school asset. Ta-da!

Miss Grinsted: Are those robots? Are you telling me that we are to have robots as students now?

Principal: On the contrary, they will be your new teaching deputies. They will support your daily duties, especially with kids in grades that require special needs and further attention.

Miss Grinsted: How will they do that, if you don't mind me asking?

Principal: These state-of-the-art robots have the latest graphical user interfaces to detect and recognize faces, emotions, poses, etc. They also have an integrated battery of 19 volts.

Miss Grinsted: Hold on... Let me get this straight. You mean we will have to create software for them?

Principal: Not really. It has already been uploaded. That is, once we program them either with Java or C++, their innovative system will configure the service blocks we introduce as commands. That way, the internal software of the robots will be able to read the messages and transform them into speech, actions, facial expressions, and emotions.

Miss Grinsted: Are you saying that we will be programming these robots to become as "human" as we want them to?

Principal: As you can see, their hardware, although powerful and hypermodern, is still very much machine than human. However, they are really user-friendly because students can react to them through their tablets. As for teachers, they can connect via Wi-Fi or Ethernet and HDMI cables using their own laptops. After all, they do have multiple ports.

Miss Grinsted: In English?

Principal: Emmm...

Picking IoT's Brain

Podcaster: Big data, the Internet of Things, and hybrid education might sound like buzz words to you but, what do they mean? What are the implications of these new concepts? Today in *Enhancing Life* I will try to cast some light on this for you. Welcome to today's podcast! Let's start with definitions. As far as I understand, *big data* refers to the collection of information made by big companies. They bank on it to heighten their profits. Social media, for example, paves the way in its use. Using this data, personalized ads pop up in your feed. The Internet of Things basically refers to connection. This connectivity allows enterprises to increase their value and improve their customer service to make life better. Hybrid education is what we have recently experienced due to the pandemic. From a face-to-face environment to a digital one, the switch in these modalities hadn't had any precedent whatsoever. While there are many detractors who claim learners got nothing out of the virtual classes, studies have revealed that hybrid education is here to stay. Now, bear with me and let's focus on how these concepts will influence the future.

Big data in education will transform it in ways never seen before. To begin with, schools will be able to analyze information related to everyone. Basic data won't be for statistics purposes only. On the contrary, it will help tailor a more comprehensive model of the learning process for every student which, in turn, allows a more personalized learning experience.



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Podcaster: This comes along with assessment. A Polish study made in 2020 reports that the Internet of Things plays an important role because it is not about a grade anymore. Diverse systems to evaluate students reflect how their performance is developing or if it's not. Having an all-access library where learners can type in any type of resources they need or are interested in at any time they want will also encourage and motivate students to better themselves.

Finally, hybrid learning will continue in most schools because some of its benefits are related to timing. Students have found that collaboration has been made easier. The DIY culture is more than a trend; it's a new way of being self-reliant. Since most young people are aspiring to become digital nomads during their professional lives, it is fair to say that these changes information technology is bringing about will remain possible for everyone everywhere. Only if the advantages of big data, the Internet of Things, and hybrid learning are taken seriously, will we have an enhanced life. Thank you for listening today. I'm Michael Bradley. See you next time with more news on enhancing life.